

## outdoors calendar

### IMPORTANT DATES AND EVENTS

- **June 1** — Housecleaning, an annual volunteer effort to help clean the Rouge River, begins at 8 a.m. in Farmington Hills. Call 475-9510 for more information.
- **June 1** — Kids Fishing Derby will be held in Wyoming (816) 430-3161 and Zealand (616) 772-4216.
- **June 1-2** — Canton Challenge Festival Fishing Derby will be held in Canton. Call 397-3110 for more information.
- **June 1-2** — Great Lakes Boating Association will be held in Cassville. Call 255-5660 for more information.
- **June 2** — Sterling Heights Bass Anglers will hold a fishing tournament on Saginaw Bay. Call (517) 435-1223 for more information.
- **June 2** — The first Red Man bass fishing tournament of the Michigan Division will be held at Riverside County Park on the Grand River. Call (587) 342-8110 for more information. Additional Michigan Division tournaments will be held June 30, July 31, Aug. 11, Sept. 8, and Oct. 13.
- **June 3** — Monthly meeting of the family-oriented Four Seasons Fishing Club begins at 7:30 p.m. at the Maplewood Center in Garden City. Call Tony Herber at 475-3418 for more information.
- **June 4-5** — Michigan Free Fishing Weekend.
- **June 4-5** — Furbation, a 3-day tagged fish tournament begins on Bellefonte/Ford Lake.

- Cash prizes will be awarded to individuals who catch specially tagged fish. Call (616) 372-6112 or the local Easter Seals Society for more information.
- **June 6** — Fishing Derby for Children will be held in Gladwin. Call (517) 435-9141 for more information.
- **June 6** — Children's Fishing Derby will be held in Hillsdale. Call (517) 439-4341 for more information.
- **June 8** — Beaverton Fishing Derby for Children Call (517) 435-9141 for more information.
- **June 8** — Lake Huron Sportfishing Handicapped Fishing Tournament will be held in Oshtemo. Call (517) 339-3469 for more information.
- **June 8** — Great Saginaw River Kids Fishing Tournament will be held in Saginaw. Call (517) 739-1469 for more information.
- **June 9** — Boys' Oak Archers will hold a 3D shoot on its walk-through range in Lake Orion. Call 488-8469 for more information.
- **June 15** — Bass Blastoff will be held on Cass Lake in West Bloomfield. Call 960-8332 for more information.
- **June 15** — Lake St. Clair Walleye Fishing Tournament, sponsored by the Cardinal-Monroe Catholic High School Ods Club, begins at 7 a.m. Rob Trutt, host of the Public TV channel 56 show Great Lakes Outdoors, will be the emcee and guest speaker. Registration is \$125 per boat and includes cash prizes and a buffet dinner. Call 296-1041 or 464-1283 for more information.
- **June 16** — Western Wayne County Conservation Association will hold a 3-D archery shoot at 10 a.m. on its walk-through range in Plymouth Township. Call 433-8352, 10 a.m. to 5:45 p.m. daily or 435-0887 evenings for more information.
- **June 22** — Bass season opens on the Detroit and St. Clair rivers and Lake St. Clair.
- **June 30** — Motor City Charity Bass Classic Tournament will be held on Lake St. Clair. Call 919-0151 for more information.
- **July 13-14** — 1991 Midwest Open Field Target Championship Match (air gun) will be held at the Western Wayne County Conservation Association. The field is limited to the first 100 applicants who register. Call 433-9443 (WVCCA clubhouse), 322-5283 or 359-9036 for more information.
- **Through August** — Jack Levere's Sailing School will hold classes on Lake St. Clair. Call 844-7817 for more information.
- **Through Sept. 2** — Crooked Lake Fishing Contest will be held at Independence Oaks County Park on Clarkston. Call 433-8077 for more information.
- **Through Sept. 2** — Bull Lake Fishing Contest will be held at Addison Oaks County Park. Call 435-0877 for more information.

### METROPARKS

- **Kid Safe**, a program for children ages 8 to 10 which offers a close-up view of reptiles and amphibians, begins at 10 a.m. Saturday at Indian Springs.
- **Summer Seaters**, a look at the fables and facts about Michigan's snakes, begins at 2 p.m. Sunday at Stony Creek.

## outdoors

### • ANGLER ALERT

Anglers fishing Michigan's Great Lakes and connecting waters are being asked to be on the lookout for adipose fin-clipped trout and salmon by the Fisheries Division of the Department of Natural Resources.

The adipose fin on trout and salmon is the small fleshy dorsal fin just ahead of the tail.

Fisheries researchers have several studies under way to get information on movement, growth, survival and the contribution of natural reproduction to sport fishery in the Great Lakes.

Species with clipped fins include chinook salmon, rainbow trout and lake trout. The clipped adipose fin indicates that a microscopic wire tag may have been implanted in the snout of hatchery-raised fish.

Anglers who catch one of these fish are asked to send the head (keep it cold or frozen) along with the length, weight, location and date of the catch to the DNR.

### • SILVER STREAK STRIKE

For the second year in a row, Sil-

ver Streak trolling spoons, manufactured by Wolverine Tackle Company in Orchard Lake, caught more Michigan DNR Master Angler Awards than salmon than any other spoon, plug or type of live bait.


Included in the survey were Atlantic, chinook, coho and pink salmon along with brown, lake and rainbow steelhead trout.

Silver Streaks accounted for 11 awards compared to 12 for J-Plug, 11 for Northern Nailers and 10 for Northern King Spoons. For the third year in a row, Silver Streaks caught more king (chinook) salmon than any other lure.

### • NEW STATE RECORD

An 11.5-inch, 5.8-ounce smelt, taken from Big Bay de Noc in Delta County, has set a new state record, Department of Natural Resources fisheries biologists announced.

Maynard B. Salisbury of Grand Rapids caught the fish while still fishing with a minnow on April 27. It beats the old record of an 11-inch, 4-ounce smelt caught in Houghton County's Cowles Creek.



**exercising options**  
**Myrna Partrich**

**Asthmatics need not take seat on sideline**

Dear Myrna: I am a 36-year-old woman who loves to exercise. I am an asthmatic and lately have been having problems in my exercise class. I work out at another studio four days a week and love it. I will not quit. Do you have any suggestions?

I am familiar with your problem. We have a few clients who have asthma and they have been exercising with us for years. We also have

three exercise teachers who have a touch of asthma and do very well with it.

Having asthma doesn't mean you must sit on the sideline in fear that exertion may bring on an attack. I know doctors agree that daily exercise of some sort is good therapy.

You tell me you're having problems in your exercise class. Probably the first thing to check is the room in which your class takes place. When exercising in a class situation try to avoid dust or other airborne triggers. Choose a studio that is clean and well-ventilated. I can't stress this enough.

Ask the owners about the ventilation system. Is it pumping out clean, fresh air? Are the ceilings high? This might help, too. Does your exercise studio have adequate air conditioning and air filters? I watch people use inhalers — they tell me this will help for a few hours.

Exercise should have a relaxing effect. Stay calm, even in tough situations, if possible. It is well known that emotional stress can easily trigger an attack by causing hyperventilation.

If exercising outdoors, be careful in cold, dry weather. Also, this time of year — wonderful spring — there are a lot of pollens in the air. Wear a surgical mask during your activity.

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township and a member of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Send your letters to Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

**"The Christening" keepsake plate**  
by Abbie Williams

A beautiful portrait of innocence and faith created by mixed children's artist Abbie Williams. A lovely memento for parents or grandparents. It's sure to be treasured by the child in later years, when it may be personalized on the back with his or her name and details of the christening. (Crafted of fine porcelain 7 1/2" in diameter. "The Christening" from domain, is priced at \$29.50.)

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Non thru Fri. 7:30-4:30 Sat. 9:00-2:00 Sun. 10:00-1:00