

# Sizing up that record catch

HAVING LOCATED the bottom of the lake, I raised my teardrop out of the hole and carefully threaded a wax worm on the shaft. Back into the icy water it went, but before the lure reached the desired depth I felt a slight tug on the line. A quick twitch from my end and, hand-over-hand, I was pulling in my first blue gill of the ice fishing season.



Bill Parker

I'm not a big fan of first ice — although most agree it provides some of the best angling action of the season — mostly because... I'm chicken. Unless there's a thick cover of solid ice you won't catch me even considering a trip to the lake.

Comforted by the consistently cold weather we've enjoyed since the holidays, I accepted an invitation Saturday to join my friends Jake and Bill Edwards on "a little lake in northern Oakland County."

They kept drilling stories into me all the way to the lake about the "great" blue gill they caught the week-end before.

But I'd finished other people's "secret hot spots" before and I past experiences held true I figured I was in line for another long, cold afternoon.

Our journey came to an end at the south shore of an tiny isolated lake. Covered with a soft bed of virgin snow, its shoreline was decorated with more than a dozen white-domed muskrat houses.

"There's something refreshing about winter in the woods," I thought, as I stood for a moment and drank in the beauty and serenity of the surroundings. "This is what winter in Michigan is all about."

"and it's a lot easier to stay on the lake when it's not real cold and windy."

The fish were biting and it made no difference what we used for bait. Wax worms, spikes, mousies, they all work. At times I fished with a naked teardrop dangling at the end of my line and I still had gills coming out of the hole.

Forty-five minutes into our adventure Jake pulled up a monster. It was nearly a foot long and was clogging in on a pond in weight.

We only kept the ones big enough to fillet — eight-inches or more — and by the end of the afternoon we had close to 40 fish on the ice.

"With all these big fish, this is the kind of lake you could catch a record out of," said Bill.

WE DIDN'T CATCH any record fish that day, but the experience got me thinking about exactly what an angler should do if a fish is caught that may be a record.

The following tips have been passed along by the National Fresh Water Fishing Hall of Fame in Hayward, Wis., for recognition of world records. The same process should be followed for potential state record or Master Angler fish.

- If you think you have a record, do not allow another person to touch your line or lure during the encounter (except for help in netting or gaffing).
- Weigh the fish on a certified scale (one which is legal for trade) as soon as possible. Such scales are found at stores, post offices, fisheries, feed mills and often in sport shops. Be sure the scale has a seal on it bearing a number, inspector and date of check.
- Weigh the fish only once in the presence of two disinterested witnesses and get their full names, addresses and signatures. Measure the girth, fork length and full length.
- Have the fish identified by a professional fisheries biologist and get that person's full name, address signature and place of employment.
- Take a close up photo (color is best). Hold the fish broadside for further identification. If possible also take a black-white photo for press reprint purpose.
- Do not open the fish and keep it cold-fresh or frozen until the status has been determined. (A taxidermist can still mount a fish that has been frozen.)
- Save the first 25-feet or more of line next to the hook bait to send with your application for laboratory line test purposes. Wind the line on a notched cardboard to avoid kinks and tangles.

(Hunters and anglers are urged to report their success. Contact Bill Parker at 805 E. Maple, Birmingham, MI 48009 or call 644-1101 Monday evenings, 6-10 p.m.)



exercising options  
Myrna Partrich

## A few exercise ideas for those recovery blues

Dear Myrna: I've been bedridden for a month, recovering from pneumonia. I am an exerciser and miss it terribly. Are there any exercises I can do in bed? I feel that by the time I recover, I will be a mess from inactivity. Help!

Do you remember when prolonged bed rest was a standard part of the care for illness or injuries? No longer today, we know better. Doctors now encourage patients to get out of bed and move around, within reason of course.

I do recommend exercises in bed, that is, if your doctor will put a stamp of approval on it. Please ask him first.

- Passive joint motion, or working all of your joints through their full range of motion, is essential for maintaining your fitness. Gently bend your knees and rotate your hips and shoulders. Repeat several times a day.
  - Isometric exercises (holding a muscle contraction) will help preserve your muscle strength.
  - To strengthen quadriceps, hold your leg out straight and tense up the muscle in front of your thigh (quads). Hold for 10 seconds and release. Repeat 10 times on each leg, progressively holding longer.
  - To strengthen inner thigh, roll up a towel, place it between your knees and squeeze hard. Hold for 10 seconds and release. Repeat 10 times. As you progress, hold it more like 15 to 30 seconds.
  - To strengthen hamstrings, lie on your back and bend your knees to a 90 degree angle. Push your heels down into the bed. Hold for the same amount of time and gradually progress, holding longer with a brief release.
  - To strengthen calf muscles, stand by the bed and lift onto your toes. Repeat rhythmically 20 times, gradually lengthening the amount of time, holding the movement longer.
  - To strengthen abdominals, lie on your back with your knees bent and feet and back flat on the bed. Lift shoulders, neck and head together slowly and rhythmically. Start with 20 repetitions.
  - To strengthen butt, lie on your back, feet flat on the bed. Tilt your pelvis up one inch and squeeze tight. Start with 30 repetitions.
- Remember to stretch all these wonderful muscles you have worked. After each muscle group contracted, you must spend time to slowly hold a stretch — at least 30 seconds in each area. Breathe deeply and relax.
- Please check with your doctor and take it slow until you have fully recuperated.
- 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 Desk, Myrna Partrich, 905 E. Maple, Birmingham, Mich. 48005.

## outdoors calendar

I SHOULD HAVE realized things would be different this time around as soon as we parked the car and headed toward the lake.

A warm feeling of contentment embraced me as we tramped through the fresh snow into a patch of woods. A narrow path wound lazily through the hardwoods, past a stand of snow-dusted pines and around the base of

BILL WAS STILL spudding a hole as I hauled up my catch and glanced over my shoulder to watch Jake reel in his second gill of the day.

The cloudy windless skies and mild temperatures which hovered near 30 degrees enhanced the experience all the more.

"Oh, I like this. They'll be feeding all afternoon," explained Bill.

- Winter Family Fun Day, a day full of family events including cross country skiing and lessons, ice skating, snowshoeing, snow games, hay rides and more, begins at 12 p.m. Sunday, Jan. 20, at Addison Oaks.
- Starlight Ski, a program in which participants will investigate the sights and sounds of winter during a guided cross country ski tour, begins at 7 p.m. Saturday, Jan. 26, at Independence Oaks. The program is for experienced skiers and participants must bring their own equipment.
- Most Oakland County Parks programs require advanced registration and a motor vehicle permit is required. Call the Independence Oaks Nature Center at 625-6473 for more information.

• Winter Birds, a naturalist-led walk in which participants will learn about some common winter birds, begins at 10 a.m. Sunday at Stony Creek.

• Winter Wildflower Walk, a naturalist-led walk in which participants will learn facts and identification of winter wildflowers, begins at 1 p.m. Sunday at Indian Springs.

• Feeding Birds at Home, a program in which participants will learn about bird foods, various types of feeders and how to attract birds, begins at 2 p.m. Sunday at Kensington.

• Most Metropark programs are free, but some have a nominal charge. Advanced registration and a vehicle entry permit are required. For more information call the Metroparks at 1-800-234-6534.

## IMPORTANT DATES AND EVENTS

- Through Feb. 3 — Special late Canada goose season in the southern Michigan Goose Management Area.
- Jan. 25-27 — Northern Wildlife Art Expo will be held at the Civic Arena in Lansing. Call 623-6644 for more information.
- Jan. 31 — Raccoon season ends statewide.
- Feb. 1 — Sturgeon spearing through the ice opens on non-trout waters.
- Feb. 1 — Application deadline for the spring wild turkey hunt.
- Feb. 6 — Monthly meeting of the Four Seasons Fishing Club, a family oriented fishing club, begins at 7:30 p.m. at the Maplewood Center in Garden City. Contact Tony Brehler at 477-3816 for more information.
- Feb. 8-10, 15-17 — Southeast Michigan Camper and RV Show will be held at the Detroit State Fair buildings.
- Feb. 22-March 3 — Detroit Outdoorama Sport and Travel Show will be held at the Detroit State Fair buildings.
- Feb. 28 — Spearing through the ice ends.
- March 31 — Bobcat and fox seasons end statewide.

## OAKLAND COUNTY PARKS

- Family Affair Ski Tour, a non-competitive skiing event for the whole family, begins at 12 p.m. Saturday at Independence Oaks. Open skiing, lessons, lectures and demonstrations are on the agenda.
- Observer & Eecentric Ski School, a series of cross country skiing clinics will be held (weather permitting) Jan. 12, 19 and 26. Clinics begin at 9:30 a.m., 11:30 a.m. and 6:30 p.m. at Addison Oaks (693-2432) and at 9:30 a.m. and 11:30 a.m. at Independence Oaks (625-0877). Advanced registration is required by the Friday of the week prior to the lesson.
- Senior Outdoors, a cross-country skiing/hiking workshop for seniors, begins at 10 a.m. Thursday, Jan. 17, at Independence Oaks. In addition to a ski tour (weather permitting) seniors will participate in warm-up exercises and receive skiing instruction. Refreshments will be served.
- Snowshoe Tracks, a naturalist-led walk on snowshoes (weather permitting) to find wildlife tracks, begins at 1 p.m. Saturday, Jan. 19, at Independence Oaks. An alternate walk will be held if not enough snow is present for snowshoeing. Space is limited and advanced registration is required.

## METROPARKS

- Nature Detectives — Winter Animals and Tracks, an opportunity for children ages 6-10 accompanied by an adult to explore the nature trail, begins at 10 a.m. Saturday at Metro Beach.
- Let it Snow, a naturalist-led walk through the woods to explore the effects of snow on animals and plants, begins at 1 p.m. Saturday at Indian Springs. The same program will be offered at 1:30 p.m. at Kensington. Participants should dress for the weather.

## sports shorts

- COACHES NEEDED — Bloomfield Hills Academy of Sacred Heart is looking for varsity and Junior Varsity girls' volleyball coaches. Contact Jonnie Terry at 646-8900.
- Birmingham Groves is looking for a girls softball coach for the 1990-91 school year. For more information, call Bill Rankin, athletic director, at 433-8751.

## PALACE TENNIS

United States Open Tennis Champion, Pete Sampras will battle Aaron Krickstein in the Chrysler Plymouth Kings of Tennis Classic at the Palace of Auburn Hills Feb. 25 at 7:30 p.m.

Sampras, who became the youngest player in history to win the U.S. Open age 19, is currently ranked No. 1 in the world.

Krickstein, the 23-year-old Grosse

Pointe native is ranked No. 20 in the world. He was the youngest player in history to attain a Top Ten ranking on the ATP computer in 1984.

Tickets for the event are \$25, \$20, \$5 reserved and \$12 general admission and are available at the Palace Box Office and all Ticketmaster Outlets. Tickets may also be charged by phone to Visa or Mastercard by calling 645-6666.

Please Help A Neighbor's Child In Need!

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Tickets for the event are \$25, \$20, \$5 reserved and \$12 general admission and are available at the Palace Box Office and all Ticketmaster Outlets. Tickets may also be charged by phone to Visa or Mastercard by calling 645-6666.

**Sportscard Show**

FRI. 1/11 - SAT. 1/12 - SUN. 1/13

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**SPORTS STARS APPEARING**

Sat. 1-3: Tiger Dave Bergman  
3:30-5:30: Atlanta's Steve Avery  
Sun. 1-3: Tiger Dan Petry

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SALE ENDS 1/20/91

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<b>Clarkston</b> Michigan Rental 6500 Dixie Hwy 625-1515	<b>London</b> Linden True Value Hardware 620 W. Silver Lake Rd. 735-4100	<b>Union Lake</b> Dick's Lawn Equipment 2245 Cassin Lane Rd. 363-1929