Steelhead action heats up

ARRY KAMMERRR was ready to call it quits, Having thoroughly worked a tributary of the Black River near Imlay City for better than an hour without the slightest hit from a flesty steelhead, the 40-year-old angler was just about ready to pack up his gear had head for home. "Just a counte mose central to

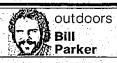
gear and head for home.

"Just a couple more casts," he thought, there is able to brave the 20 miles of the couple more than 20 miles of the couple of the c

only using 6-pound-test line.
Kammerer is not a devout steel-head angler, but tries to get out five or six times a year. He lays claim to about 20 steelhead, but none like the lunker that was waiting for him on this chilly mid-March afternoon.

"AFTER ABOUT 10 minutes be finally tired out," Kammerer sald. "I started walking downstream to him because I dida't want to try to horse him through the current."

When the battle had ended and the fish finally succumbed to the fisherman, Kammerer pulled out a beauti-ful 13.52-pound, 35-inch steelhead.



The fish hit Super Vibrex Blue For apinner with a piece of chartreasyran attached as an attractant.

"I used a spawn bag for about 45 induces but didn't have any juck." Kammerer said. "I decided to try a lure to see if anything would hit. I've caught them on a Meps Number 3 spinner before and the Blue Fox is very similar. When spawn isn't verking it pays to have some spinners in your tackle box."

spinners In your tackle box."
WITH THE WARMER spring, temperatures invading Michigan in recent weeks steelhead action is rapidly picking up in rivers across the state. Spring spawning runs have certainly not peaked, but the action is fair, enough to keep most anglers busy.
Michigan steelhead, which are actually rainbow frout that mature in the Great Lakes, are born either in a river or a hatchery. The fish venture into the Great Lakes at the age of one or two and remain there for up-

to three years while they mature to

to three years while they mature to spawning age. Steelhead spawn once a year, in rivers during the spring of the year as soon as the water temperature be-gins to warm. A mature steelhead will usually spawn twice but is capa-ble of spawning up to four times if it, lives long enough.

lives long enough.

STELHIEAD RETURN to the rivers throughout the year with the biggest runs occurring in the spring. Fish that enter the rivers in the fall and, winter spend three to four months feeding in the rivers before spawning season and provide a challenge for dichard winter anglers. Fish that eater the river in the spring of the year prior to the spawn generally are not feeding and only stay for a few weeks. These fish are usually caught when endeed into striking a love through aggravation.

"The runs are quite good this year," said Paul Seebach, research biologist with the Michigan Depart.

ment of Natural Resources. The wild population is in tune with the warmer winters we've' had the last few years, and the stocking programs have been strong in the last four to five years. The wild reproduction is very good right now, and the hatchery reproduction is also very good."

• NEW TOURNEY DATE

The River Crab Salmon Stakes, one of the state's longest running fishing tournaments, has moved its date from April to May for the first

date from April to may to a full illine in 14 years.

The tournament, which raises money annually to battle child abuse and neglect, will be May 2 at the Chuck Muer's River Crab restaurant

can begreet, with oe olsy? at large the first clair.

Chack Muer's River Crab restaurant in St. Clair.

Last year the tournament raised a record \$55,268 statowide through the sale of \$10 reaffie/entry Uckets and benefactor donations.

Railfe/entry tickets, which are good for a chance at a trip for two to Hawaii, are available at Chack Muer-restaurants including Charley's Chack Muer-restaurants including Charley's Chack Muer-restaurants in Farmington in Troy, Pals in West Bloomiteld, Johnny, Magnum's in Farmington Fills and Mertweather's in South-field. The tickets are also good for \$10 ftf dinner for two at any Chuck Muer restaurant statewide.

options Myrna

It is time for kids to catch mom, dad

Well, if you remember 25 years ago we were riding bikes all over, running around at recess, in physical education classes at school every day, walking to and from school and participating in sports programs. During that time our parents were storing up unwanted fat due to the "Now the wheel has turned. Adults enjoy the results of the fitness boom. As adults we are now exposed to attractive health clubs, vacation spass and a lot of exercise marketing.

Exercise for adults has been less casual and more imperative as we go into the 80s. The end result is morn and dad are in great shape while children are experiencing a fitness horror story as they are fatter and flabbler than ever before.

This may seem hard to believe, but 4% of our children cannot pass a basic physical fitness test and 40 percent show early signs of heart and circulation problems.

In a report published by The National Center for Health Statistics this year, it states "childhood obesity is epidemic in the United States today." There are studies to show that our young people's performance-levels have declined over the past decade. The low level of sports skill that most children have today is said.

How did all this happen?

Children watch, too much television, play too many video games and cast too much junk food. Most schools have reduced or climinated their physical education classes and sports activities are fewer.

Ship m: and I do see the same as you. Many times I am the oldest person in the room at that time and usually the most filt.

Now figure that out. This should not be, It is seary!

For this reason Arnold Schwarzneger will be visiting Michigan. He and I will be trying to convince our state to extend themselves for our youth. I am boning for good results, as all of us are.

By the way, you don't want to miss the "Arnold Schwarzneger Youth fitness Rally's set for Monday, April 13 at 16 to Louis Arena. The shox, a fitness extravaganza by the Workoot Company Exercise Studio, will run from 10-1130 a.m.

Included in the show will be perfo

from 10-11:30 a.m.
Included in the show will be performances by the Cass Tech Performing Arts Group, Annette and Company, Tap Dancers, Super Kids Karate Kids, Gyin Jammers from Shelby Junior High, Avery Elementary School's Aerobic Kids and much more.

Free tickets will be available after April 7 at the Workout Company Exercise Studio or by calling 567-7500.

(Myrna Partrich, co-owner of The Workout Company Inc. of Brownfield Township and a member of the President's Council of Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports De-partment, Myrna Partrich, 803 E. Magke, Birmingham 48099.)

outdoors calendar

 April 3-5 — The Grand National Art Invitational, a juried master April 3-5 — The Grand National At Invitational, a furth master showcase (caturing wildlife, western and landscape art, will be at the Grand Traverse Resort in Traverse City. Show hours are 5-9 pm. Friday, 10-a.m., to 9 pm. Saturday and 10-a.m. to 2 pm. Saturday weekend, admission is \$5 adult and \$3.50 for sonior citizens, Children under 12 will be admitted free, Call 1-800-748; 2003-for more information and Wilderness Weekend packages.
 April 4 — A spring wild turkey workshop will be at the Williams (un Sight Company in Davidson.
 April 7 — Romeo B.A.S.S. Busters will beld its monthly meeting at 7 pm. at the Romeo Community Youth and Civic Center. New members are welcome. Call, 286-669 for more information.
 April 18 — A Hunters' safety

April 18 — A Hunters' safety class will be offered at the Detroit Sportsmen's Congress. Call 739-3500 for more information.

April 19-25 — National Wildlife Week.

Aprill 20 — Spring wild turkey season opens in designated areas of the state.
 May 2 — River Crab Salmon Stakes, an open salmon fishing tournament held annually to raise money to benefit child abuse and neglect programs in Michigan, will be at the programs in Michigan, will be at rain in St. Clair. Prizes, including a trip for two to Hawall, will, be raffed off. Raffleyestry tickes are \$10 each and available at Chuck Muer restaurants including Charley's Grab in Troy. Pals in West Blooomfield, Johnny Magnum's in Farmington Hills and Merlwether's in Southfield or by calling 1:600-663-727. The tickets may also be used as a \$10 credit on dinner for two at any Chuck Muer restaurant statewide.
 May 5 = A hunters build. Lakes Conservation Association in Walled Lake Call 363-2294 for more information.
 May 7 - A six-week course on.

Walled Lake, Call 363-2294 for more information.

May 7 — A six-week course on Basic Muzzleloading Shotgun Shooting begins 7 pm. at the Western Wayne County Conservation Association. The course is open to the public and certificates of completion.

April 20 — Spring wild turkey cason opens in designated areas of lestate.
 May 2 — River Crab Salmon takes, an open salmon fishing tout cament held annually to raise money should be the salmon to the salm

METROPARKS

• Kld Stuff, a hands-on program for children in which participants will explore pond life, begins at 10 a.m. Saturday at Indian Springs. Registration is required and partici-pants should wear waterproof boots.

Whistling Wings: an executing outing into upland meadows to witness the traditional but curious sounds and sights of the American Woodcock courtship; begins at 7 p.m. Saturday at Stony Creek.

Saturday at Stony Creek.

Spring Awakening, a store-pared walk to discover the awaken-ing of nature from its winter-slumiber, including a look for-birds, frogs, insects and other animals that are beginning their annual court-ships, begins at 2 pm. Sunday at-Kensington.

Teasures from the Sea, a pro-

• Treasures from the Sea, a pro-gram in which guest speaker John

Thompson will discuss the salvage operation of the ship SS America, which sank in the Atlantic Occasion, which sank in the Atlantic Occasion, and the sold rush era, begins at 5. pm. Sunday at Indian Springs.

• Most Metropark programs are free, while some require a nominal charge. Pre-registration, its required. A motor vehicle permit is required. A motor vehicle permit is required. Call 1-800-47-PAIKS for registration information.

OAKLAND COUNTY
PAIKS

• Easter Fgg. Stravaganta, an alternoon of family fun and egg. formation including an unusual animal regg hunt, live animals, face painting, a puppet show and more, begins at 1 pm. Saturday, April 11, at Independence Oaks., Limited tickets are, 12 cach and available at the Independence Oaks Nature Center on or before April 4.

• Tening Your To Into Spring, a nature program for, 3-6 year olds including songs, stories, games, a nature hick, a crait and a snack, begins at 10 a.m. and 1 pm. on Wednesday and Thursday, April 15 and 16, at Independence Oaks.



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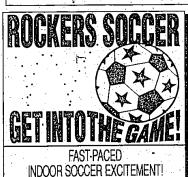
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