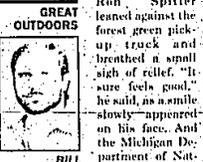


Bottom draw cools Paint Creek



BILL PARKER

Run Spitter leaped against the forest green pick-up truck and breathed a small sigh of relief. "I sure feel good," he said, as a smile slowly appeared on his face. And the Michigan Department of Natural Resources District 14 fisheries biologist had good reason to smile. After all, there were brown trout swimming in the upper stretches of Paint Creek.

The DNR has planted brown trout in Paint Creek since the early 1960's, but the fish never ventured into the upper four miles of the creek. Not until Monday that is, when the DNR planted 500 brown trout just beneath the dam at Lake Orion.

"The construction of a bottom draw pipe at the base of the dam just last year has lowered the water temperature in the upper part of the creek enough to enable the delicate trout to survive."

"The trout just love it," said

Spitter, watching some of the browns dangle the surface of the cool water Monday afternoon. "We just ask that people will enjoy looking at them for now while we establish a population for fishing later on."

The planted fish are sub-legal size when released in the creek and won't reach the legal size of eight inches until later this summer. Anglers who insist upon fishing for the little ones stand a very good chance of killing the fish before it even reaches a legal size. You can't keep them anyway, so stay away from the creek for a month or so and give the fish a chance to acclimate themselves to the area.

Trout are cold water fish and thrive when stream temperatures hover in the 60's. Water in the lower section of the creek rarely gets above 65 degrees in the summer. But with warm surface water from Lake Orion flowing over the dam, the water temperature in the upper four miles of stream often reached 80 degrees during the middle of the summer — a temperature lethal to trout.

Paint Creek starts at Lake Orion and flows southeasterly through the

Blind Mountain Recreation Area and into Rochester where it empties into the Clinton River. The creek is planted annually with brown trout and received 5,600 fish this spring.

Through the combined efforts of Trout Unlimited, the DNR, the Paint Creek Trailways Commission, the Michigan Wildlife Habitat Foundation and many other concerned organizations the creek has been the recipient of a major facelift over the past few years. Log jams and debris have been removed and erosion control devices such as riprap and log aboring have been added. The abandoned railroad grade which runs the length of the creek has been upgraded and several channels have been added to provide easy access to the stream for anglers and hikers alike.

In the spring of 1991, the DNR completed a major improvement by sinking the bottom draw pipe at the base of the dam. The pipe runs out 740 feet from the base of the dam and is anchored in 62 feet of water. The bottom draw only operates when water is flowing over the top of the dam but is expected to drop the temperature of the water in the creek by up to 10 degrees.

Unfortunately, due to bridge construction in downtown Lake Orion just 100-yards downstream from the dam, the bottom draw was not in operation last summer and Spitter and his staff had to wait until this year to analyze the water and stock trout in the upper stretches of the creek.

Paint Creek isn't the only stream in the area in which trout were introduced this spring. Earlier this month the DNR and members of the Western Wayne County Conservation Association planted 4,500 browns in the Johnson Drain, in western Wayne County. It was the first trout plant in this section of the Rough River system in recent history.

Hopefully, the introduction of trout will create a sustaining fishery, but no fishing will be allowed this year.

(Anglers are urged to report their success. Questions and comments are also encouraged. Send information to Outdoors, 805 E. Maple, Birmingham, Mi. 48002 or call Bill Parker-Monday evenings at 644-1101, ext. 241.)

Looking to kick habit? Exercise is the answer

EXERCISING OPTIONS



MYRNA PARTRICH

Dear Myrna: I am your classic case — a 46-year-old male who is underweight, overweight and smokes. I have had medical advice to stop smoking one and a half packs a day. I am only about 10 pounds overweight. Naturally, I don't look bad enough to have the incentive to lose the weight. I have tried various programs to stop smoking and start exercising.

every smoker, gaining weight after quitting is a legitimate problem.

Studies show the average weight gain for women is eight pounds and six pounds for men. Why do people gain weight when they quit?

Research attributes several emotional and behavioral factors to the weight gain, including simply the habit of putting something into one's mouth. Another factor is nicotine speeds up the rate at which the body metabolizes food. It's interesting that people feel smoking relaxes them, when in fact, the body is all charged up instead.

A smoker's heart rate averages 84 beats per minute, compared with the average 72 beats per minute for a non-smoker. When you stop smoking, the body's metabolism slows down, therefore, calories are burned slower and on come the pounds.

Once aware of these possible reactions, quitters can prepare for them and reduce their chances of weight gain. A proper low fat diet and a few good choices for exercise (swim walking, jogging, aerobic classes, etc.) are your first and most important ingredients to better health.

There are smokers who don't quit because of the fear they have of gaining weight — a deadly mistake.

The health risk of smoking a pack-and-a-half a day is equal to carrying 60 to 70 extra pounds in body weight.

Interesting point, go lighter on the coffee when you quit, or you will get the jitters faster. Nicotine blocks the metabolism of caffeine, reducing its effect, when nicotine is removed from the system, it takes less to get the same buzz or better. Can you just imagine all these chemical reactions that we put our bodies through?

OK, I will give you a little incentive. To begin with, exercise is an excellent aid to kicking the habit. It works physiologically to counteract the effects of nicotine withdrawal. Exercise increases the brain's production of endorphin — a natural pain killer that provides a sense of euphoria and a relaxed feeling. This endorphin high can be a real help to people suffering nicotine withdrawal symptoms.

You get a sense of independence and a boosted self-esteem from physical activity, which in turn will help wean you from smoking. The dependence on cigarettes is overwhelming. Exercise has been known to reduce cravings by decreasing depression and anxiety, the same factors that often motivate people to smoke in the first place.

You have not mentioned a problem you might be concerned with — weight gaining, since you are already 10 pounds overweight. To be frank with you, just how do you think you could ever avoid exercising when you quit smoking? For almost

OUTDOORS CALENDAR

- IMPORTANT DATES AND EVENTS**
- May 15-16: Free sampling will be held at 12 state parks throughout the state including the Pontiac Lake Recreation Area, 3150 W. 124th St., Pontiac, Mich. 48134.
 - May 15-17: Blue Water Spring Salmon Chase will be held in Harbor Beach, Mich.
 - May 16-19: The Fishing School begins at the U.S. Fish and Wildlife Service Center in Grand Haven, Mich. The classes for Green Bay, Mich. will be held by a member of the College Chapter of Trout Unlimited.
 - May 16-18: Republic Motor Auction will feature live indoor auctions for sports cars, motorcycles, boats, and more. 401 W. 12th St., Grand Haven, Mich. 49424.
 - May 16-17: The Fishing For Beginners class covering the fishing tackle, the water

- and its types, boats at 9 a.m. will be held at the Point St Ignace Nature Center. The class will include lunch, refreshments and a fishing license registration is required by 10 a.m. Registration required, 431 2nd St., Point St Ignace, Mich. 49781.
- May 17: Blood fish fishing will begin at 10 a.m. at the park through June in Lake Orion, 694 129th St., Orion, Mich. 48059.
- May 21-24: The eight-day Wildlife Art Festival will be held in Orion, 5174 Orion Center, Orion, Mich. 48059.
- May 21-22: Bass tournaments statewide.
- May 22: The race for advanced anglers will be held at Midland Oaks County Park, 6700 24th St., Midland, Mich. 48642.
- June 2: Bass B.A.S.S. Members will attend a monthly meeting beginning at 7 p.m. at the Horton Community Youth and Civic Center. New members are welcome. 200 E. 10th St., Midland, Mich. 48642.
- June 3: Monthly meeting of the

- Midland Four Seasons Fishing Club will be held at the Midland Youth Center on Garden City St. New members are welcome, 477 24th St., Midland, Mich. 48642.
- June 16: Western Wayne County Conservation Association will hold a 300 member meet on its walk through race in Plymouth, Mich. 48150.
- June 16-17: Bird Banding, a bird walk for beginners in which participants will be able to catch and band spring birds, begins at 9 a.m. Sunday at Stroh Park.
- June 16-17: Shooting Spring, a hands on photography workshop in which nature photographer John Malbank will discuss techniques and equipment needed for scenic, nature and macro photography, begins at 10 a.m. Sunday at Stroh Park.
- June 16-17: Starting a Herb Garden, an indoor discussion on herb gardening, including the needs, benefits and uses of herbs, begins at 9 a.m. Sunday at Indian Springs.
- June 16-17: What's New in the Marsh, a look at and discussion about the marsh habitats, begins at 9 a.m. Sunday at Kennington.
- June 16-17: Flowers and Fables, a naturalist walk through the woods in search of spring wildflowers, begins at 2 p.m. Sunday at Stroh Park.
- June 16-17: More Michigan programs are free, adults charge a nominal charge. Advance reservations are required. A number of other programs are scheduled, 2-66-17, PARKS.

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Enter for just \$1,000,000 or a 1992 Mustang GT Hatchback in the First of America's Free Prix Day sweepstakes! Details and entry forms are available at all First of America and Security Bancorp branches or at First of America Free Prix Day, Friday June 5. Watch the time trials and qualifying rounds free, and you could also be facing a next million.

Grand Prix tickets start as low as \$17 for a Saturday General Admission pass. For that price, one adult can come to the races and bring up to two kids FREE! A wide range of reserved grandstand tickets — for one, two or three days — offer a variety of prime viewing options.

Take advantage of the continuous Grand Prix Shuttle running all three days from Renaissance Center and Cobo Center. Just park downtown, take the shuttle, and enjoy the first ever Belle Isle race.

Buy your race and shuttle tickets now by calling the ITT Automotive Detroit Grand Prix Box Office at 313-250-7700, or TicketMaster at 313-645-0800.

*No purchase necessary to enter. Must be 18 years or older to participate. Void where prohibited by law.

**Limit: Two children 14 and under, accompanied by an adult holding a general admission ticket.

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