

# Soma, Olson top field



BILL PARKER

Paul Soma learned a lesson last year in the Bass Blastaoff fishing tournament held annually on West Bloomfield's Cass Lake. The Farmington Hills resident and his partner ran out of gas early in the tournament and were forced to navigate around the lake strictly with a trolling motor. With limited mobility Soma and his partner experienced marginal success and placed sixth in the team standings.

But times were different this year. With a new partner and a full tank of gas, Soma and partner Bill Olson, of Lake Orion, won the top prize with a 10-fish limit that tipped the scale at 12-pounds. Soma also earned "Big Fish" honors for a 3.7-pound largemouth.

"We went to the same spots we were going to go to last year," said Soma, who, along with Olson, are members of the Bass'n Stars bass

club of Oakland County. "Cass is a great bass lake. It's an excellent lake and the reason it's so good is because the people around here practice catch-and-release. They have a lot of tournaments (on Cass Lake) and they release all the fish they catch. There are lakes up north that don't get half the traffic Cass gets, but there are more (bass) in there because people release them."

The Soma/Olson team caught six smallmouth and four largemouth. Most of the smallmouth were caught over sand, drop-offs while the largemouth came out of weeds in six to 10 feet of water. Top water lures and jigs with twister tails were served up to eight of the fish while two were caught on jerk baits.

Mike Lohn and Rob Koshon, of Westland, took second-place honors with nine fish that weighed-in at 11.5 pounds.

"I fish this tournament every year," Lohn said. "We were third last year, fourth the year before that, and fifth the year before that. Every year we seem to move up one spot so next year should be our year."

Lohn said white and chartreuse

spinner bait and white "Scum Frogs" produced most of the fish in his boat.

"I fish this tournament every year," he added. "It's a tough lake to fish. We caught most of our fish in the shallows. The deep water is not as consistent."

Dallas and Dennis Mayher, of Grand Blanc, placed third with 10 fish that totaled 9.9 pounds. Jessie Nutt, of Rochester Hills, and Tim Weber, of Lake Orion, placed fourth with 10 fish that checked in at 9.6 pounds.

Twenty-five boats were registered for the tournament and anglers landed 110 fish that exceeded the 12-inch state minimum size limit.

The tournament is co-sponsored by the Metro Bass Anglers and Walked Lake Community Education.

(Anglers are urged to report their success. Questions and comments are also welcomed. Send information to: Outdoors, 805 E. Maple, Birmingham, MI, 48009 or call Bill Parker, Monday evenings at 644-1101, ext. 241.)

## Back to basics after surgery

### EXERCISING OPTIONS



MYRNA PARTRICH

Dear Myrna: I am an exercise star. I have been exercising daily for five years and loving it. I have never looked or felt better. Recently, I have discovered I need minor surgery. My doctor informed me that I won't be able to exercise for two months following surgery. If I stop exercising, will my muscles turn to fat?

For you diehards who have a real tough time giving up exercise for two months, I sympathize with you.

Ask your doctor. Maybe he will suggest slow even-paced walks every day. Depending on the location of surgery, you might be able to do some gentle calisthenics. It never hurts to ask.

Muscles and fat are entirely different. Muscles can never become fat or fat become muscles. However when a person stops exercising, the muscles are likely to shrink in size (atrophy) and body fat may increase depending on the amount of calories consumed in relationship to those burned during activity. Watch your food intake please. You will probably not be able to cut as much as you have been used to.

Don't panic. It takes several weeks of complete inactivity to decrease your fitness level. A two-

month period of time is not as bad as you have anticipated.

When you start back exercising, take a beginners level class first, gradually elevating. If you run, start walking and gradually increase to speed walking.

Take it easy at first. Good luck with your surgery. The fitness level will return.

(Myrna Partrich, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and an appointee to the Governor's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, 48009.)

## OUTDOORS CALENDAR

### IMPORTANT DATES AND EVENTS

• June 19 — Free entry day at the Huron-Clinton Metroparks.

• June 20-21 — NSCA Michigan State Sporting Clays Championship will be held at the Detroit Gun Club in Walled Lake. Participation is open to the first 200 classified shooters. 624-9647.

• June 20 — Romulus Metro Archery Club is offering free indoor instruction for youths under age 16 beginning 9 a.m. each Saturday, 941-9486.

• June 20-21 — Tawas Bay Lake Trout Super Tournament will be held in Tawas City, 1-800-555-TAWAS.

• June 20-21 — In-State Bass Go for the Gold will be held in Grand Haven, (517) 238-5228.

• June 27 — Ladies Day Fishing Derby will be held in Oscoda, (517) 739-7322.

• Through June 21 — Bayrama Fish Fly Festival will be held in New Baltimore, 725-2151.

• June 26-28 — Michigan U.S. Open Sporting Clays shoot will be held at the Hunters Ridge Sporting Club's course in Oxford, 628-HUNT.

• June 27-28 — 1992 American Argon Field Target Association National Championships will be held at the Western Wayne County Conservation Assoc on in Plymouth Township, 532-0285.

• June 28 — Western Wayne County Conservation Association will hold a 3D archery shoot on its walk-through range in Plymouth Township, 453-9843.

• July 1 — Monthly meeting of the family-oriented, Four Seasons Fishing Club will be held at the Maplewood Center in Garden City. New members are welcome, 477-3816.

• July 7 — Romeo B.A.S.S. Busters will hold its monthly meeting 7 p.m. at the Romeo Community

Youth and Civic Center. New members are welcome, 286-6469.

• July 8 — A 12-week broadhead archery league begins at 5 p.m. on the Royal Oak Archers walk-through range in Lake Orion, 693-1369 or 693-9799.

• July 12 — Detroit Archers will hold a broadhead and 3D shoot on its walk-through course in West Bloomfield, 624-8140. Call the Detroit Archers 24-hour hotline for upcoming events at 661-2550.

• July 12 — Royal Oak Archers will hold a Safari Round beginning at 8 a.m. on its walk-through range in Lake Orion, 693-1369 or 693-9799.

• July 15-28 — Basic firearm education class on modern shotguns begins at the Western Wayne County Conservation Association in Plymouth Twp. The class will be taught by certified NRA instructors under the direction of WWCCA member Bill Scheier, a NRA training counselor. Classes are open to the public, 535-0436. Additional classes will be offered on modern rifle (July 30 to Aug. 11).

• July 18-19 — Arrowfest Weekend will be held at the Western Wayne County Conservation Association in Plymouth Twp., 453-9843.

### METROPARKS

• Pedal with Pop: a naturalist-led bike ride to celebrate Father's Day weekend, begins at 7 p.m. Friday at Stony Creek. Participants will receive a "Pedal With Pop" button and should bring their own bike.

• Incredible Insects, an introduction to the fascinating world of insects, including an indoor discussion followed by outdoor observation and identification, begins at 12 p.m. Saturday at Indian Springs.

• An Adult Night Out, a walk through the woods and fields to observe the sights and sounds of the evening, begins at 8 p.m. Saturday

at Stony Creek. Participants must be 16 years old or older.

• Summer's Splendor Bike Hike, a naturalist-led bike hike along the paved hike/bike trails of the park, begins at 1 p.m. Saturday at Stony Creek.

• Summer Adventure Walk, a two-hour hiking adventure to celebrate Father's Day, begins at 2 p.m. Sunday at Kensington.

• Nature Sampler: Reptiles and Amphibians, a program in which children ages 4-6 will learn about snakes, turtles, frogs and salamanders, begins at 10 a.m. Tuesday at Indian Springs.

• Most Metropark programs are free, while some require a nominal charge. Advance registration is required. A motor vehicle permit is required, 1-800-47-PARKS.

### OAKLAND COUNTY PARKS

• Turtle Power, a program in which participants will learn all about turtles, begins at 1 p.m. Saturday at Independence Oaks.

• Super Senses, in which junior naturalists age 9-13 will explore the traditional senses of animals and plants, begins at 1 p.m. Tuesday, Wednesday and Thursday, June 23-25, at Independence Oaks.

• Mother Earth, Julianne Kougur will portray "Mother Earth" on stage and will enlighten people of all ages about our planet, begins at 7 p.m. Sunday, June 28, at Independence Oaks.

• Fishing Contests will be held through Sept. 7 on Crooked Lake at Independence Oaks, 625-0877, and on Buhl Lake at Addison Oaks, 693-2432.

• Advance registration is required for all Oakland County Park programs and early registration is recommended. A motor vehicle permit is also required, 625-6473.

# 50% OFF LIST

On a large select group of **kwikset** door hardware. Chrome, Brass, Antique Brass. Hurry. Sale Ends June 30, 1992.

**HERALD WHOLESALE**  
20810 Crookridge Hwy, Oak Park, MI 48237  
Hours: M-F 10:30-6:00, Sat 10-5, Sun 11-5

## AIR CONDITIONER SALE!

- Bryant Model 593C024 S.E.E.R. rating 10.0
- 2 year parts & labor warranty by Flame Furnace
- 5 years warranty on compressor including labor by Flame Furnace
- 43 years in business with over 60 vehicles to serve you.

Installed for as low as **\$1595.00**

FREE IN-HOME ESTIMATES • EASY FINANCING AVAILABLE

# FLAME

**DETROIT WARREN ROY LIVONIA**  
527-1700 574-1070 524-1700 427-1700

**Air Conditioning Tune-Up Special \$49.50**

Only Call Today for an Appointment

## MICHIGAN TENT & AWNING CO.

BEAUTIFY YOUR HOME WHILE YOU REDUCE HEAT GAIN TO SAVE ENERGY & COOLING COSTS

CUSTOM STYLES AND COLORS

PERMANIZED WITH VINYL AND SILICONE DECORATOR FABRICS Designed for all Weather

- HELPS PREVENT SUN FADE ON DRAPES

CALL NOW FOR A FREE ESTIMATE **894-4400** Serving Detroit & Suburbs Since 1926

Now Save \$7.00 a Gallon on **The FIRST LATEX to Look...and Last Like an Oil!**

**Acrolade**  
EXTERIOR EGGSHELL

**Acrolade**  
100% ACRYLIC

EXTERIOR EGGSHELL: Higher solids result in a thicker film provides better coverage, a long lasting "freshly painted" look. Unsurpassed adhesion protects against peeling, cracking and fading. Ideal for all exterior surfaces: wood, masonry and stucco.

EXTERIOR GLOSS: Acrolade 100% Acrylic paint provides a smooth, long-lasting finish. Available in Gloss, Semi-Gloss, and Satin. Acrylic paint is resistant to fading and staining.

**PAINTERS SUPPLY & EQUIPMENT CO.**

**\$3.00 OFF A QUART WITH THIS COUPON**  
PRATT & LAMBERT EXTERIOR OIL OR LATEX PRIMER  
ONE PER CUSTOMER WITH COUPON EXPIRES 6/30/92

**GIFT CERTIFICATE**

**PAINTERS SUPPLY & EQUIPMENT CO.**

<p>LINCOLN PARK 2040 Fort St. 389-1600</p> <p>WATERFORD 1035 W. Huron 738-5570</p>	<p>GARDEN CITY 6925 Middlebelt 425-0530</p> <p>DETROIT WEST 17801 W. McNichols 537-5100</p> <p>WATERFORD STORE OPEN 6-8:30</p>	<p>DETROIT EAST 15301 E. Warren 885-3200</p> <p>PLYMOUTH 1056 W. Ann Arbor Rd. 455-5997</p>
--	--	---

PRICES GOOD THRU JUNE 27, 1992 AT PARTICIPATING STORES

# June Is Dairy Month.

BUY ANY GALLON OF

**Dairy Mart**

# MILK

AT REGULAR PRICE AND RECEIVE A PEANUT BUTTER AND CHOCOLATE

# ICE CREAM SANDWICH FREE

**Dairy Mart**  
HALF GALLON

# ICED TEA 79¢

FLAVOR OF THE MONTH  
SPECIAL OCCASION - STRAWBERRY N CREAM

# ICE CREAM \$1.99

HALF GALLON

**Dairy Mart**