

# Salmon ready to commence fall spawning run

The recent spell of cooler daytime and evening temperatures along with recent days of wet weather paint an ominous picture that summer is fading into the sunset.

For the mature chinook salmon inhabiting the waters of Lake Ontario, the drop in water temperatures in addition to sensing the freshet released by a river's runoff during prolonged rainy periods triggers their impulse to begin the final stage in their four-year life-cycle.

Signs of this annual occurrence have already begun with fish staging off rivermouth areas and some even working their way upstream to suitable spawning grounds in places like the Credit River to the west and Bowmanville Creek to the east.

When this takes place, shoreline anglers stand a good opportunity in hooking into one of these

potential tackle busters, which begin their transformation to an olive coloured fish from a bright silver as seen during the summer months.

Contrary to the belief that salmon don't feed once they invade the rivers, such is not the case.

The fish may not be as active in their feeding habits as they were one or two months ago. But they will put in one last feed before seeking a suitable mate for their fall spawning ritual.

Rivermouth areas provide the best bet in getting some action on the end of your line.

Traditional pier baits include casting spoons like a Little Cleo and dunking baits like a miniature marshmallow or spawn bag attached to a Style 42, Size 10 Eagle Claw hook.

Be sure to have your reel spooled to its maximum and uti-



## Outdoors

Mike Hayakawa

lize heavier monofilament line, anything above eight pounds. Anything less might put you in the position where the line on your reel could be stripped to the bare minimum as these fish make a beeline towards New York State.

For those trolling rivermouth areas from a small vessel, go as slow as possible and utilize body baits like the J13 Rapala, J-Plug, Lyman or Flatfish.

In seeking salmon upstream the trick is to find a bait that will trigger an impulse for them to strike.

Spawn bags, pieces of colored yarn, sponge, flies, spinners and wobbling plugs are favourite offerings among those using spin-

ning gear.

For the fly fisherman, a weight forward, sinking tip line is required along with at least an eight- or nine-weight rod.

During prolonged dry spells fish will be holding in deep pools and possibly work their way upstream during evening hours.

Under high and muddy water conditions, these fish will move during the day and your chances in catching one are best when water conditions begin to clear up.

When pursuing these fish upstream be sure to check the fishing regulations as some areas are subject to closure before the end of the month while other areas will be open longer.

If you are catching fish just for the sport be sure to release them safely back in the water and do not leave your catch to rot away on shore.

## HUNTING SHOW THIS WEEKEND

Want to get a head start on this year's hunting season?

If so you might want to venture over to the International Centre, 6900 Airport Rd., in Mississauga to check out the 16th annual Hunting and Outdoor Show.

The show began Friday but resumes today from 10 a.m. to 6 p.m. and concludes Sunday.

Among activities conducted at this year's show are the sporting dogs show, the annual Remington Calling Championships, moose, waterfowl and deer hunting seminars, the archery and air gun ranges.

The latest in hunting equipment and clothing will be on display.

As well, those items can be purchased from various retailers.

Admission is \$10 for adults, teens and seniors \$7 and youngsters under 12 are admitted free.

# Autumn is a busy time for running enthusiasts



## On the Run

Fred Robbins

The fury of summer track and field is now over as we return to the pat-

tern of the kids going back to school.

Stouffville District Secondary School has great hopes for its junior girls' cross-country team, which returned from a top 10 placing at last year's provincial championships.

With some serious training this year, the goal is for the team to place in the top five at the upcoming provincials. Rumour has it that some of the team has been running all summer.

Chris Weatherill has been actively trying to encourage

teammates to join him to practice throughout the summer.

## ELEMENTARY RUNNERS HOPE TO MAKE THEIR MARK

There's plenty of sport's action at the elementary school level.

The excitement of starting over for the favourite fall sport of cross country has some Grade 7's and 8's training hard to get an early start.

Some names to watch are Lisa

Felepchuk from Orchard Park Public School and Wes Jackson at Summitview Public School.

Lisa did some cross country last year and enjoyed training with the high school group.

Wes Jackson has tried some 5K's this summer and has improved his time over two minutes.

He is now running his best in the low 19 minute range.

He also placed third in the 14 and under age group in his recent 5K at Toronto.

As this fall season starts so do the half marathons and the fall full marathons (26.2 miles).

## BE PREPARED BEFORE GOING OUT TO RUN

A reminder here to check those training shoes.

That pair you had last spring are probably worn out by now.

Most aches and pains start from the ground up.

A good place to check out is Running Free in Markham (708 Denison) 477-7871.

This store is a runners' haven, staffed by runners selling shoes and other accessories to runners.

Have a good start to those autumn crisp days and keep on jogging, walking, or running.

Stay fit and stay healthy.

# Back To School

**Martial Arts Report Card**  
 Discipline A+  
 Confidence A+  
 Attitude A+

## The Martial Arts Student Creed:

1. I intend to develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.
2. I intend to develop self-discipline in order to bring out the best in myself and others.
3. I intend to use what I learn in class constructively and defensively to help myself and my fellow human being and never be abusive or offensive.



## Martial Arts Curriculum:

1. Respect for parents and authority figures
2. Guidance on setting and achieving goals
3. Training to say "NO!" to unhealthy peer pressure
4. Three exciting self-defense techniques
5. Instruction in child emergency situations
6. Advice on How To Defeat The Bully Without Fighting

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## DON VALLEY NORTH LEXUS - TOYOTA ATHLETE OF THE WEEK



### Louie Puopolo

Louie Puopolo accomplished something that a lot of baseball players would never do in their entire careers on the ball diamond. Just recently, the seven-year-old Markham resident executed an unassisted triple play.

With runners on second and third, Louie, playing the infield, caught a fly ball for one out, touched second base and ran to third to force out the other base runners who were on the move. If that wasn't enough, Louie also showed what he could do at the plate for his club in their following contest as he drove in the game-winning run.

**DON VALLEY NORTH LEXUS - TOYOTA**  
 3120 Steeles Ave. E.  
 East of the 404 (Pkwy.) 475-0722

**Markham Ladies Volleyball League Competitive Volleyball**  
 Registration for the 1997/98 Season  
 Wednesday September 10, 1997  
 Brother André Secondary School  
 16th Avenue East of Hwy. #48  
 Tryouts:  
 Wed. September 10, 1997 - 7:30pm  
 Wed. September 17, 1997 - 7:30pm  
 For Information Contact: Diana Kirkland  
 (905) 472-0866 days / (905) 841-4493 evenings

Got a score?  
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