



exercising options

Myrna Partrich

## Those 3 square meals may have too much fat

Dear Myrna: I'm a female runner. I've been running for two years — four times per week — at least 45 minutes to an hour each time. I know I am raising my metabolism and not my calorie intake. My weight is important to me. I've maintained my weight nicely and I do eat "three squares" (three square meals) a day. Why haven't I lost weight?

As a runner, it is interesting that you haven't told me how many miles a week you run. This means you are being conscious of the time spent on your energy output and weight control. It also may be that you understand your metabolic energy system. I'm going to assume all these things and go right to what could be your problem.

It's about those "three squares" you eat daily. Are you counting calories and not fat intake? Studies on the obese show that high fat intake, not calorie intake, leads to obesity. Important: A calorie of fat is more fattening than a calorie of carbohydrate because the conversion of dietary fat requires only about 3 percent of the original calories. Converting carbohydrates to body fat, on the other hand, costs as much as 23 percent of the original calories.

Also, digestion of carbohydrates requires about eight times more energy than fat digestion. Ultimately, metabolism is unique from individual to individual. Sex, age and training habits figure into the energy equation. Unfortunately, women carry more body fat and less muscle tissue than men. We require fewer calories for basal metabolism. We also know the metabolism rate declines with age.

I understand your dilemma, it can be frustrating. While analyzing your own diet and exercise habits, remember the best way to maintain or lose weight is simply to follow a balanced carbohydrate low fat diet and not worry about calorie intake. It is a formula you will find just for you.

I work very hard physically both teaching and taking exercise classes. My diet is borderline vegetarian (I eat chicken or fish once or twice a week). If I can avoid eating animal fat altogether, I do. A diet high in complex carbohydrates really works for me. If you want to talk further, please call me.

(Myrna Partrich, co-owner of The Workout Company, Inc. of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham, Al. 35209.)

# Hunters must think safety first

**R**ETURNING HOME from the firearm deer season, I was ready to fill this space with a report on successful hunters.

But hunting success turned out to be a rather disappointing report on the local evening news.

The lead story was about a Dearborn man killed in a hunting accident.

Hunters die needlessly each year during the Michigan firearm deer season, usually because someone else fails to follow the commandments of hunter safety.

I've barked about reckless hunters in this space before. It always hurts to hear that a fellow hunter has been injured, worse yet killed, because of someone else's careless mistake. But in time, that pain fades as we fall back into our daily routines.

Not this time. This time, the tragedy hit much closer to home. This time the pain will linger. The hunter's name was John Francis Lee. I'll remember him better as "Little John."

THE FIFTIETH of seven Lee siblings, John tragically was killed November 18th, just two days shy of his 27th birthday.

Hunting on his brother's property in Livingston County near Fowler, John and younger brother Eddie were dragging John's deer from the woods when he was accidentally shot by another hunting companion and close friend. Now, because of a split-second of carelessness, John has moved on to the Great Hunt in the Sky and that friend must now bear an enormous burden for the rest of his life.

According to Sgt. Hobart at the Michigan State Police Department's Brighton Post, the two brothers were dragging a deer across an open field when the accident occurred. The shooter, hunting from a corner of the field, saw a deer get up in the area of the victim and took a shot. It was



outdoors

Bill Parker

near dark — the police report listed 6:10 p.m. as the time of the accident — and the deer was approximately 65 yards away.

One pellet from one round of buckshot struck John below the heart. He died before he could get to a hospital.

ONE ROUND OF buckshot.

One pellet from one round of buckshot was all it took to snuff out a life and inflict a lifetime worth of misery.

The man reporting the incident on TV made a point of stating that a gun was responsible for John's death. But before he could launch a one-man campaign on the horrors of hunting and gun ownership, John's family turned the table on him. They explained, even in their grief, that guns do not kill by themselves. It takes human intervention before a gun will discharge. A gun must first be loaded by a human, aimed by a human and triggered by a human. Guns do not load, aim and discharge by themselves.

Human error causes hunting accidents, not self-operating guns. Carelessness, recklessness and foolish-

ness cause hunting accidents, not self-operating guns.

THOUSANDS OF PEOPLE die in our state each year in automobile accidents, yet I never hear anyone complain about how automobiles kill. I've never heard anyone crying about automobile control or about an automobile ban. Don't they know — cars kill!

Of course, that would be ridiculous. We all know cars can not operate by themselves. Automobile accidents do not occur without human intervention. Automobile accidents do not occur unless someone drives without thinking of safety first. Automobile accidents occur when drivers act in a careless, reckless or foolish manner. The same holds true for a boat, snowmobile, bow and arrow or a gun.

THE HORROR HERE is not in the gun, but in the hunter who chooses to overlook safety and common sense.

One look at the State Police's sketch of the accident indicated to me that the accident occurred be-

cause of human error, not because of a self-motivated gun.

The victim and his brother were walking in the general area of the target. Although the shot was not directed at the victim, he was, unfortunately, too close to the target area. For safety sake, the shot should not have been fired. It was a judgment call. Unfortunately, it appears poor judgment was used. Perhaps, overexcitement played a major role. Obviously, safety was not the priority.

If only the shooter had taken a second, a split second, to be sure of his target and to take notice of the victim and his brother. They were, after all, in the middle of an open field. If only the shooter had taken a split-second to think about SAFETY FIRST maybe this accident could have been avoided.

THERE IS NO room in the woods for careless hunters. There is no room in the world for careless gun owners. Certainly, there is no room on the road for a careless driver.

"Little John" will never again be able to share the camaraderie of the hunting camp or the excitement of downing a trophy buck, but his memory will live forever in the hearts and minds of his family and friends. He has joined a host of other great hunters on the greatest hunt of all. May God rest his soul and comfort the hearts of the loved ones he leaves behind.

(Bill Parker is happy to answer questions readers have regarding the outdoors. Hunters are also urged to send in their success reports. Send questions or comments to Outdoors, 805 E. Maple, Birmingham 45009.)

## Bag a buck? Call us

By Bill Parker  
staff writer

Bagged a big buck during the early archery or the firearm deer season? How 'bout a little buck?

If you have, here's your last chance to gloat.

I'll be running a special column in the near future to report on all the successful hunters in the Observer & Eccentric coverage area. If you, a friend or a family member bagged a buck, send me a line about it. I'll be manning the phone on Monday, Dec. 4, from 6 p.m. to 10 p.m. to take your calls. Give me a ring at our Birmingham office, 644-1101 or 644-1103 to report all the details. Successful hunters from the early elk hunt should also give me a call.

## outdoors calendar

### IMPORTANT DATES AND EVENTS

• Today — Firearm deer season ends statewide.

• Today — Resident bear season ends in Zone I.

• Dec. 1 — Ruffed grouse season opens.

• Dec. 1-10 — Muzzleloading deer season open in the Upper Peninsula.

• Dec. 5-12 — Elk season is open in portions of Zone II.

• Dec. 8-17 — Muzzleloading deer season is open in the Lower Peninsula.

• Through Jan. 1 — Squirrel season is open statewide.

• Through Jan. 31 — Raccoon season is open statewide.

• Through March 1 — Gray and

red fox season is open statewide.

• Through March 31 — Rabbit season is open statewide.

### METROPARKS

• Saturday Morning Stuff, a monthly nature program for children ages 6-10, will be held at 10 a.m. Saturday at Stony Creek. This month, children will learn simple ways to provide treats for animals.

• Kid Stuff, a nature program for children ages 6-10 in which participants will learn to make holiday decorations using natural material, will be offered at 10 a.m. Saturday at Indian Springs. There is a \$1 charge per person.

• Tots-N-Things: Do Animals Get Cold?, a program for children ages 3-5 in which participants will learn

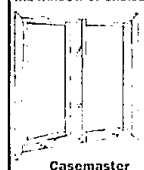
about winter animals, will be offered at 11 a.m. Sunday at Stony Creek.

• Dough Art Christmas Decorations, an opportunity for participants to learn to make holiday decorations using salt dough, will be offered at 1 p.m. Sunday at Indian Springs. There is a \$1 charge 'per

person.

• Lunch with Santa, a one-hour program allowing children to meet and have lunch with Santa, will be offered at 11 a.m. Saturday, Dec. 9, at Indian Springs. There is a \$5 charge per person and advanced registration is required.

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