

Township acts to banish hunting

TO HUNT or not to hunt? That's the question facing West Bloomfield Township residents. Because it is illegal to discharge a firearm in the township, West Bloomfield has been closed to firearms hunting for several years. But archery hunters have found a few isolated wooded areas in the township to pursue their favorite game. The township board believes these archers present a safety problem in the ever growing community. The hunters disagree. They believe the township is merely trying to eliminate hunting in the name of preservation. Safety, they feel, is not the real issue.

According to Dorothy McIntosh, West Bloomfield Township supervisor, there are two reasons for requesting a change in the hunting ordinance. "Obviously, we want to protect the deer, but we also want to avoid any problem with safety," McIntosh said. "To my knowledge there haven't been any (safety problems), but we could have some. We want to prevent them before they happen."

"West Bloomfield has been closed to hunting with a firearm for some time. We just took it one step further and petitioned the DNR to close it to bow and arrow hunting, too."

WEST BLOOMFIELD'S Doug Merithew, an avid deer hunter and past president of the West Bloomfield-based Detroit Archers Association, doesn't think safety is the real issue. "There is no safety problem. That's for sure," Merithew said. "I've been hunting in a little spot in West Bloomfield for several years."



Bill Parker outdoors

I've never heard of any safety problems or even any close calls.

"I think it's just a bunch of goody, goody two-shoes who want to preserve everything. Obviously these people have no expertise in conservation or they'd know hunting is an important tool in conservation. ... They have absolutely no idea of what conservation is. If they really want to preserve the animals, they should stop the expansion. They'd save a lot more animals that way than they would by putting an end to hunting," he said. "These people would rather see a deer hit by a car and splattered all over the road than to have the animal harvested humanely by a hunter."

ALTHOUGH MCINTOSH admitted she was unaware of any past safety problems, the township board sent a formal resolution to the Michigan State Police, the Oakland County Sheriff Department and the township supervisor (or an appointed delegate) — will hold a public meeting at 1:45 p.m. Tuesday at Fire Station No. 1, 4601 Orchard Lake Rd.

The committee — made up of a representative of the DNR, the Michigan State Police, the Oakland County Sheriff Department and the township supervisor (or an appointed delegate) — will hold a public meeting at 1:45 p.m. Tuesday at Fire Station No. 1, 4601 Orchard Lake Rd.

The committee meeting will be followed by a public hearing at 2 p.m. At the hearing, testimony will be taken from interested people regarding hunting area safety problems in West Bloomfield Township.

IN MICHIGAN, it is illegal to hunt within 450 feet of an occupied dwelling without the written permission of the landowner. Other areas, public or private, are open to hunting unless there is a specific policy against it or unless there is a local ordinance. (Provisions of the Recreational Trespass Act call for written permission from the land owner if hunting on privately owned land other than your own.)

Only the state can regulate hunting and hunting areas so the township board petitioned the state

(DNR) and the DNR organized the committee. The only way the area will be closed to archery hunting is if the committee feels there is a safety problem in the area.

THE HUNTING Area Control Committee can concern itself only with safety problems. Under the Hunting Area Control Act, the committee will hear all testimony involved with safety of the area, then make any recommendations to the township board.

"The only one that can regulate hunting is the state (DNR), through the Hunting Area Control Act," explained Lt. James Dabb, supervisor of the Recreation, Education and Safety Section of the DNR Law Enforcement Division. "It's strictly a safety issue. That's the only thing the committee can address. The committee can not address trespassing, discharge of a firearm within a safety zone or anything else already covered under state law."

If there have been no safety problems documented in the past, "they'll have to do a lot of convincing," Dabb said.

outdoors calendar

IMPORTANT DATES AND EVENTS

- July 11 — A public meeting of the Hunting Area Control Committee will be held at 1:45 p.m. at Fire Station #1, 4601 Orchard Lake Rd., West Bloomfield. The meeting will be followed by a public hearing about hunting area safety problems in West Bloomfield Township.
- July 12-23 — A brown trout festival in Alpena. Call (517) 354-4181 for details.
- July 14-15 — Jays Potato Chip Salmon Classic in Luddington. Call (616) 845-0324 or 1-800-542-4600 for details.
- July 15 — A fishing derby in Harrison. Call (517) 539-6011 for details.
- July 15-23 — A walleye tournament at the Caseville Resort. Call (517) 855-3818 for details.
- July 20-22 — Great Lakes Forestry Expo in Mio. Call (517) 826-3634 for details.



Myrna Partrich exercising options

Is this avid exerciser getting enough protein?

Dear Myrna: I am a thin man who loves to work out. I spend my lunch hour working out rather than eating lunch. I generally eat one piece of toast and juice for breakfast. I eat a light, well-balanced dinner. I'm concerned that I don't get enough protein in my diet. Am I eating enough by the two meals a day? P.S. My workout at lunch is important. I won't give it up!

I do understand your lunchtime workout being important. It's a great stress releaser during the day and also will help rejuvenate your brain for better productivity.

As far as your diet is concerned, if you eat a well-balanced dinner, I can assume there is some protein in your daily diet. Most Americans consume significantly more protein than their bodies require. You probably are getting enough protein.

But the real question is: Are you consuming enough calories all together?

If daily calorie needs are not met, your body will use dietary protein for your energy needs — your lunchtime workout. An adequate complex carbohydrate intake is necessary to maintain that glycogen storage you have.

Glycogen is our major energy source. We need a supply of glycogen to light the flame that starts burning complex carbohydrates and fats. Your major energy foods are complex carbohydrates.

I AM concerned with your calorie intake. Here are some suggestions.

• Eat a bigger breakfast. How about a bowl of oatmeal or three pieces of a 7-to-10-grain bread or toast? Not eat an orange or grapefruit instead of a glass of juice? Remember — high fiber is important.

• Plan a small snack after your workout. A piece of fruit, a veggie sandwich.

• Eat a light evening snack before bedtime.

• Try to choose high complex carbohydrate foods such as fresh or dried fruits, vegetables, low-fat milk products, cereals, grain breads, potatoes, rice and pasta.

Remember also — it's summer. Drink lots of fluids.

Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, 805 E. Maple, Birmingham 48012.)

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