outdoors

O HUNT or not to hunt?

That's the question facing West Bloomfield Township residents.
Because it is illegal to discharge
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 fevorite 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.

Acording to Dorothy Mcfitosh.

real issue.

Acording to Dorothy McIntosh, Mest Bloomfield Township supervisor, there are two reasons for requesting a change in the hunting ordinance.

dinance.
"Obviously, we want to protect the deer, but we also want to avoid any problem with safety," Meticach 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 Bloomlield 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 Bloom-field-based Detroit Archers Association, doesn't think safety is the real

"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.

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Bill Par Parker

Two 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 enservation or they'd know hunting is an
important too in conservation.

"They have absolutely no idea of
what conservation is. If they really
want to preserve the animals, they
save a lot more animals that way
han they would by putting an end to
hunting," he said. "These people
would rather see a deer hit by a can
and splattered all over the road that
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 Department of Natural Rerources last fall, requesting that a Hunling Area Control Committee be established to study the question of safety.

established to study the quantum safety.

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.

362 S. TELEGRAPH

681-6290

· RESIDENTIAL

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.

West Hoomnied 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 unstance, (Provisions of the Recreational Trespass Act call for written permission from the land owner if hunting on privately owned land other hanyour own.

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

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 Li. 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 the safety some or anything all safety you can apply the safety some or anything all safety concerned under state law."

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

Thursday, July 6, 1989 O&E

exercising options

ls 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 place of teast and jude for breakfast. I eat a light, well-balanced dinner. I'm concerned that I don't get enough protein in my dict. Am I, eating enough by the two meals a day? P.S. My workout at lunch is important. I wan't give tuy i'm work work to being important. It's a great streas 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 carbobydrate intake is necessary to maintain that glycogen storage you have.

orage you have.

Glycogen is our major energy source.

We need a supply of glycogen to light the flame that starts burning ompier carbohydrates and Isla. Your major energy foods are complex carbohydrates.

I Abl concerned with your caloric intake. Here are some sugges-

tions.

• Eat a bigger breakfast. How about a bowl of oatmeal or three pieces of a 7-to-10-grain bread or toast? Why 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 etc.

sandwich, etc.

Eat a light evening snack before beditime.
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. Driak 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.)

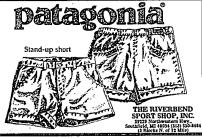
outdoors calendar

IMPORTANT DATES AND EVENTS

e July 11 — A public meeting of the Hunding Area Control Committee will be held at 1:45 pm. at Fire St. 10 m. at 1:45 m. at Fire St. 10 m.

July 14-15 — Jays Potato Chip Salmon Classic in Luddington. Call (618) 845-0324 or 1-800-542-4600 for details.
 July 15 — A fishing derby in Harrison. Call (517) 539-6011 for de-tails.

July 15-23 — A walleye tournament at the Caseville Resort. Call (517) 856-8618 for details.
 July 20-22 — Great Lakes Forcasty Expo in Mio. Call (517) 826-3634 for details.











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