

exercising
optionsMyrna
Partrich

Post-smoking exercise reduces weight gain

I've just stopped smoking after 20 years of the habit. I have a fear of gaining weight. What should I do?

I think I've answered this question 100 times in the last few years. Medically speaking, I have talked to physicians who think smoking will increase our metabolism. I don't know whether this is a proven fact. I do know, however, that weight gain after smoking ceases is quite prevalent.

A recent study was taken on three groups of former smokers. The first group ate what they wanted; the second group carefully watched what they ate and did not eat more food; and the third group also watched their food intake and added exercise to their daily routine.

As we expected, the first group gained the most weight. The other two groups also gained, but, naturally, not as much. The second group gained about half as much as the first and the third group gained about a third as much.

The exercise cut down the weight gain considerably. Physicians say weight gain is a sign that your body is getting healthier.

Smoking is not only bad for your lungs, but also your intestines. Smoking makes your intestinal lining so raw and irritated that many nutrients that would normally be absorbed are allowed to pass through.

When you stop smoking, the intestinal lining becomes pink and healthy again. Nutrients that passed through are now being absorbed and you do gain some weight from this process.

My advice to you is naturally cut down your food intake. Avoid animal fats and become a vegetarian for a while (during this transition period). I suggest foods high in complex carbohydrates. These foods will give you the energy you need to exercise five to six days per week. Alternate your exercise days to hard and easy so as not to put too much stress on the body.

Trade up one bad habit for a good habit. The exercise also will help the mental stress you may have at this time.

(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 questions to Sports Department, 805 E. Maple, Birmingham, Mh. 48009.)

Hunters need field-dressing class

DON GRAVES has been processing wild game for 20 years and he has a bone to pick with hunters.

"If it was up to me, there would be a regulation requiring all hunters to take a class in field dressing of wild game before they even step into the woods," Graves said.

The problem is that many hunters don't know the first thing about field dressing their game. And that aspect of the sport of hunting is just as important as the pre-hunt preparations and the hunt itself.

"Every hunter should learn how to properly field dress wild game," explained Graves. "If it's done properly, you can save an awful lot of meat. If it's not done properly, you can lose an awful lot of meat."

Graves, who is retired from the Oakland County Road Commission, learned his butchering skills while working in a food locker after serving in World War II. With the help of his family, Graves has processed close to 300 deer each year for the last 20 years out of his north Oakland County home the lives on Division Street in Oxford. Obviously, that doesn't leave much time for hunting. "I don't hunt too much myself anymore," admitted Graves. "My son usually gets out the first day of rifle season, but that's it. After that we're too busy."

THE BIGGEST problem Graves runs into with the deer people bring to him for processing is that many of the deer are not cleaned out thoroughly. "People should be sure to clean the deer out completely. By that I mean to wash the insides with clean water then dry it with a clean towel or rag as soon as possible," Graves said. "Hunters should also be sure to remove the bladder and the rectum. On does, many people leave the milk bag in the deer and they usually still have milk in them. It only takes a day or two for that milk to go sour and that will also sour the meat."

Let's face it, hunters, field dressing is a dirty job, but it must be done. If you want to let the processor do the work, you'll undoubtedly tarnish and/or lose a bundle of meat.

Throw a pair of rubber or plastic gloves in with your hunting gear. It helps make the job a little easier. Wearing gloves is also a good precautionary measure to protect against contracting Lyme Disease. Lyme Disease is transmitted to the bloodstream of humans through the bite of a deer tick. It is not known if the disease can be transmitted through contact with blood alone, but it's better to be safe now than sorry later.

If you've never field-dressed any wild game, ask someone who has to give you a hand. Don't start hacking away, or you'll undoubtedly do more damage than good.

GRAVES ALSO dispelled a couple of myths about hanging and storing fresh venison.



outdoors
Bill Parker

It is a good idea to hang fresh meat for a few days before processing. This will allow the blood to drain from the meat, which will take away some of the wildness in the taste. The hanging time also allows the cells in the meat to begin to break down — the process that dictates tenderness of the meat.

The ideal temperature for hanging venison is 32 to 40 degrees. In this temperature range, deer can actually hang for up to two weeks without the meat being damaged. However, Graves encourages hunters not to let a deer hang for more than four or five days.

"To hang a deer for more than four or five days is foolish," Graves said. "You will lose a lot of flavor that way."

In warmer weather, it's best not to hang a deer for more than a couple of days. If the temperature reaches 65 to 70 degrees, the hunter should get the deer to a processor as soon as possible.

Although excessive heat will accelerate the decaying process, the biggest problem in warm weather is keeping flies off the meat.

The best thing to do, according to Graves, is to hang the deer with the hide intact in a cool, shady area and cover it with a tarp or canvas. Leave the bottom of the tarp open

for ventilation. Then sprinkle pepper throughout the inside of the deer.

"If the weather is warm, leave the hide on and sprinkle the inside of the carcass with pepper," Graves said. "The pepper will keep the flies away and keep them from laying eggs on the carcass. The peppered meat can later be cut away without much loss."

GRAVES ALSO explained that, contrary to popular belief, it is all right to re-freeze venison.

"Many times people have venison in their freezer, the freezer breaks and the meat thaws," Graves explained. "They can't eat all the meat so they throw it away. That makes no sense at all. Unless the meat has been completely thawed for two or three days, you can re-freeze the meat and it won't hurt it at all."

Michigan law states that hunters cannot keep venison in their freezers for more than six months — an effort to help law enforcement officials combat poaching. But permits can be obtained from the Michigan Department of Natural Resources to keep meat in the freezer for a longer period of time.

"I wouldn't recommend keeping it more than a year," Graves said. "But actually, if you kept it for two years you probably wouldn't have any problem."

(Bill Parker is happy to answer questions readers have regarding the outdoors. Hunters are also urged to report their success. Send questions or comments to: Outdoors, 805 E. Maple, Birmingham 48009.)

outdoors calendar

IMPORTANT DATES AND EVENTS

• Through Oct. 20 — Pheasant season is open in areas of the Upper Peninsula.

• Through Oct. 22 — Early elk season is open in limited area of the northern Lower Peninsula.

• Through Nov. 16 — Firearms Sighting-In Days are offered at the Western Wayne County Conservation Association, 10 a.m. to 4 p.m. daily. National Rifle Association certified instructors will be on hand and minor gunsmithing services will be available. Call 453-9843 for more information.

• Nov. 10 — Mink, muskrat and raccoon trapping season begins in Zone III.

• Nov. 11 — Pheasant season ends in Zone II and III.

• Nov. 11 — Quail season ends.

• Nov. 14 — Ruffed and sharp-tail grouse season ends statewide.

• Nov. 15 — Firearm deer season opens statewide.

• Nov. 15 — Bear season reopens in Zone I.

• Nov. 1 — Mink, muskrat and raccoon trapping season begins in Zone II.

• Oct. 20 — Pheasant season opens in the Lower Peninsula.

• Oct. 25 — Mink, muskrat, raccoon and bobcat trapping season opens in Zone I.

• Oct. 29 — Quail season opens in limited areas of the state.

• Oct. 31 — Bear season ends in Zone I until Nov. 15.

• Nov. 1 — Gray and red fox hunting season opens in Zone III.

• Nov. 1 — Mink, muskrat and raccoon trapping season begins in Zone II.

• Nov. 10 — Mink, muskrat and raccoon trapping season begins in Zone III.

• Nov. 11 — Pheasant season ends in Zone II and III.

• Nov. 11 — Quail season ends.

• Nov. 14 — Ruffed and sharp-tail grouse season ends statewide.

• Nov. 15 — Firearm deer season opens statewide.

• Nov. 15 — Bear season reopens in Zone I.

• Nov. 1 — Mink, muskrat and raccoon trapping season begins in Zone II.

• Nov. 10 — Mink, muskrat and raccoon trapping season begins in Zone III.

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opportunity to roast hotdogs and marshmallows over a blazing fire, will be offered at 7 p.m. Friday at Stony Creek.

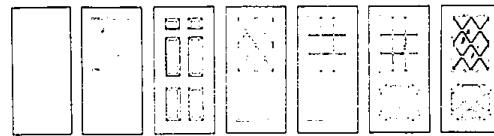
• Apple Cider Day, an opportunity for families to hand press their own apple cider, will be held at noon Saturday and Sunday at Stony Creek.

• Crafts Naturally, an opportunity to learn simple crafts, will be offered at 1 p.m. Saturday at Kensington.

Autumn Special



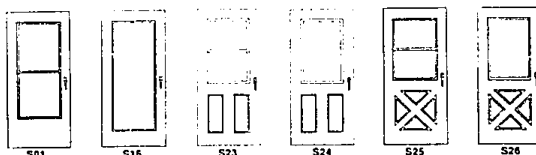
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