

Upland game bird numbers down

UPLAND GAME BIRD hunters can expect harvest numbers similar to last year when the Michigan small game hunting season gets underway beginning Sunday.

Grouse numbers, which move up and down on a 10-year cycle, bottomed out in 1983 with a total harvest of 363,040 birds. The cycle peaked in 1989 with a harvest of 735,740 while the state record harvest was recorded in 1974 at 843,000 birds. Last year hunters bagged 533,460 partridge and Department of Natural Resources biologists feel this year's harvest will be down a bit from last year.

"Generally, the harvest should be slightly lower than last year, but it should still be above average," explained DNR upland gamebird specialist John Urbain. "Our spring drumming survey was down 14 percent. Minnesota's was down about 16 percent and Wisconsin's was also down. Generally, the areas of the grouse range were all down a little bit."

The good news is that the brood numbers are up.



outdoors
Bill Parker

"Our field people are telling us that the brood numbers per hen are up, due mostly to a great nesting period. There was very little or no snow to affect the nesting this past spring," Urbain said.

AN EXCELLENT MAST crop will tend to spread the birds out this fall since they won't be concentrated in one specific area.

We've got a great mast crop from one end of the state to the other," Urbain said. "When you find the birds they will probably be broody, but the broods will be spread out."

The mild spring led to an early nesting season which could lead to the broods breaking up a little earlier this year. Opening season hunters, however, will still find the broods intact. The broods normally begin to

break up at the end of September and the beginning of October.

WOODCOCK HUNTERS took 240,870 birds last year and Urbain again expects similar numbers this fall.

"The woodcock harvest should be about the same as last year," he said. "The singing level was as good as last year but the banders banded 17 percent fewer birds than last year. They got out a little late this year and the birds were already flying. It's pretty tough to band them when they're flying."

The northern Lower Peninsula provided the highest harvest last year with hunters taking 241,940 grouse and 144,250 woodcock. Upper Peninsula hunters took 204,740 partridges and 61,910 woodcock while southern

Lower Peninsula hunters took 86,788 partridges and 35,210 woodcock.

Best bets in the southern area of the state include Tuscola, Sanilac, Montcalm, Gratiot and Berry counties. The Saginaw County also produces a rather substantial flock of woodcock.

While partridge will be abundant throughout the season, the woodcock numbers should improve as the migratory birds begin to invade the state with the beginning of the cold weather. Generally, woodcock begin to leave the Upper Peninsula around the first of October and hit the northern Lower Peninsula in the first week of October. They usually begin to show up in force in the southern portion of the state around October 20th.

(Hunters and anglers are urged to report their success. Questions and comments are also encouraged. Send information to: Outdoors, 805 E. Maple, Birmingham, MI 48069 or call Bill Parker Monday evenings, 6-10 p.m. at 644-1100 ext. 241.)

exercising options



Myrna Partrich

Exercise time often difficult to digest

Dear Myrna: I take an advanced type aerobic class, beginning at 7:30 p.m. On those nights, I eat a light dinner around 5 p.m. Later, I have been getting a stomachache during class. Am I eating the wrong food? Should I take class on an empty stomach?

Not a good situation. You can't continue to exercise this way. The rate of digestion is affected by many factors. You forgot to mention what type of foods you are eating. General digestion rules are foods high in fat stay in your stomach longer. For example, french fried potatoes would be in your stomach two-and-one-half hours after you ate them. They could also be there the next day.

Through my discussions with doctors, I have learned that digestion in the stomach mixes food with secretions to form a thin, watery mixture, which moves to the small intestine where absorption begins. Some foods, especially fatty foods, require more stomach digestion.

Now great low fat foods like vegetables, fruits, grains, bread and pasta digest easily and leave the stomach quickly. Actually, a cold, soft or liquid meal would leave your stomach in a shorter period of time than a hot, fatty meal.

On the average, the stomach empties about three hours after a meal. But we are all different. You may need more time for digestion. Consider what you are eating and allow more time for digestion. If you are eating nervously, fast food may also digest slower. You might consider a larger breakfast and a later lunch during the days you exercise at night. A light snack after exercise will probably be ample food intake for your late exercise days.

A good idea for the weekends would be to change your exercise routine to mornings or early afternoons.

If your stomachache continues, please don't avoid seeing a doctor.

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township and a member of the President's Council of Physical Fitness, is happy to answer questions readers may have regarding exercise. Please send questions to: Sports Department, 805 E. Maple, Birmingham 48069.)

outdoor calendar

IMPORTANT DATES AND EVENTS

- Sept. 15 — Small game season opens statewide.
- Sept. 15 — Deadline for elk permit applications.
- Sept. 15 — Fall Holloway Classic Bass Tournament will be in Davison. Call 653-1272 for more information.
- Sept. 15 — Royal Oak Archers will have a broadhead shoot beginning at 8 a.m. on their walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.
- Sept. 22 — Royal Oak Archers will have a broadhead shoot beginning at 8 a.m. on their walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.
- Sept. 24 — Deadline for antlerless deer hunting permit applications.
- Sept. 28 — National Hunting and Fishing Day.
- Sept. 29 — Western Wayne County Conservation Association will hold a broadhead shoot beginning at 10 a.m. on its walk-through range in Plymouth Twp. Call 453-9843 or 425-0887 for more information.
- Sept. 29 — Royal Oak Archers will hold a broadhead shoot on its walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.

Information.

- Sept. 30 — Fishing ends on designated trout streams and lakes. (Check the 1991 Michigan Fishing Guide for streams with extended seasons.)
- Oct. 1 — Archery deer season opens statewide.
- Oct. 1 — Racecoon season opens statewide.
- Oct. 2 — Monthly meeting of the family-oriented Four Seasons Fishing Club will be held at the Maplewood Center in Garden City. Call Tony Broder at 477-3816 for more information.
- Oct. 2 — A free public boating course, offered by the Ann Arbor Power Squadron, begins at 7 p.m. at Clague Intermediate School, 1616 Nixon Road in Ann Arbor. Call 936-9233 for more information.
- Oct. 2 — Entry deadline for the Oct. 13 Operation Bass Redman Michigan Division qualifier on Grand River.
- Oct. 7 — Fall wild turkey season opens in designated areas.
- Oct. 10 — Pheasant season opens in Zone I.
- Oct. 13 — Operation Bass Redman Michigan Division Qualifier will be held on the Grand River at Riverside County Park.
- Oct. 20 — Pheasant season opens in Zone I and II.
- Oct. 20 — Pheasant season ends in Zone I.
- Oct. 23 — A six-week course on the Basics of Pistol Shooting begins at the Western Wayne County Conservation Association in Plymouth. Call Bill Miller at 523-0285 for more information.
- Oct. 28 — Quail season opens in designated counties.

METROPARKS

- Friday the 13th Campfire Howl, an evening program including songs, stories and activities, begins at 7 p.m. Friday at Stony Creek.
- Birchbark and Branch, an opportunity for families and individuals to help paddle the 35-foot Voyager Canoe, begins at 10 a.m. Sunday at Stony Creek. There is a \$4 charge per person and the program includes a donut and a beverage.
- A Wetland Walk, an opportunity to learn about the importance of wetlands and the interesting plants and animals found there, begins at 2 p.m. Sunday at Indian Springs.
- Autumn Wildflowers, a naturalist walk through the park in search of autumn wildflowers, begins at 2 p.m. Sunday at Kensington.
- Boat Show USA, featuring over 1,200 boats including the new 1992 models, will be held Sept. 21-29 at Metro Beach. Admission is \$7 for adults and \$1 for children under 12.

Most Metropark programs are free of charge while some have a nominal fee. Advanced registration and an annual motor vehicle permit are required. Call the Metroparks at 1-800-47-PARKS for more information.

OAKLAND COUNTY PARKS

- Harvest Moon, a nature program including a candlelit and stories under the light of a full moon, begins at 7 p.m. Friday, Sept. 20, at Independence Oaks.
- The Pollution Solution, a program in which Doug Sheer uses music and magic to help audiences learn more about pollution, begins at 4 p.m. Saturday, Sept. 21, at Independence Oaks.
- Canoes and Colors, a naturalist-led color tour by canoe around Crooked Lake, begins at 3 p.m. Saturday, Sept. 28, at Independence Oaks. Participants may bring their own canoe or rent one from the park.

Partrich takes 'Challenge'

Myrna Partrich, co-owner of The Workout Company of Bloomfield Hills, will participate in the eleventh annual Nike Capital Challenge three-mile foot race today in Washington D.C.

Chosen by Arnold Schwarzenegger to represent the President's Council on Physical Fitness at the run, Partrich said she is "honored to take part in the event."

Partrich has been a member of the council for the past two years.

The Nike Capital Challenge is an invitational race for teams representing the legislative, judicial and executive branches of the federal government.

The Workout Company recently was selected as one of the top 25 exercise studios in the country in a poll taken by Self Magazine.

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Dan Weinert, O.U. senior defender from Rochester Adams High School

THE COMPETITORS

- OAKLAND UNIVERSITY (MICHIGAN)
- (18-3-1) ranked #3 nationally
- NORTHEAST MISSOURI STATE UNIVERSITY
- (13-4-1) ranked #8 nationally
- FLORIDA INSTITUTE OF TECHNOLOGY
- (18-5-0) ranked #6 nationally
- NEW HAMPSHIRE COLLEGE
- (15-7-0) ranked #9 nationally

Note: 1990 records
1991 pre-season rankings

THE SCHEDULE

SATURDAY, SEPTEMBER 21	SUNDAY, SEPTEMBER 22
8:00 a.m. - 6:00 p.m. - Youth Select Tournament	8:00 a.m. - 6:00 p.m. - Youth Select Tournament
11:00 a.m. - Detroit Country Day School vs Livonia Churchill High School	1:00 p.m. - Florida Institute of Technology vs Northeast Missouri State University
1:00 p.m. - Florida Institute of Technology vs New Hampshire College	3:00 p.m. - Oakland University vs New Hampshire College
3:00 p.m. - Oakland University vs Northeast Missouri State University	5:00 p.m. - Presentation of Trophies
5:00 p.m. - Rochester High School vs Warren DeLaSalle High School	4:45 p.m. & 6:00 p.m. - Youth Tournament Championship Games
7:30 p.m. - Tournament Banquet at the Oakland Center	

THE ADMISSION

Tickets and Information:
OAKLAND UNIVERSITY
Athletic Department
370-3190

Youth Soccer Players No charge
Students \$2.00
Adults \$4.00
Tickets will be available at the gate

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