Heart Health and Deer Hunting

As Jack Frost labels his winter territory, the autumn colors soon begin to fade and the animals prepare themselves for a harsh UP winter ahead. New and old hunters also prepare for a successful season. It is important to be aware of the risks that are associated with deer hunting. Although most of the hunting deaths that you hear about are from firearm accidents, heart attacks are another danger that every hunter needs to look out for. This will help to ensure their own safety as well as the others around them.

It is important to pay attention to the physical, emotional, and environmental stress that effects the myocardial (heart) muscles. When hunters take trips to camp their diets do not provide many nutritional benefits. (Haapaniemi et al., 2007) Processed and high fat foods in combination with alcohol and beer can fulfill their satiety, but their heart health is at risk.

“Buck-fever” is defined by the Merriam-Webster dictionary as a “nervous excitement of a hunter at the sight of game.” It is this nervous excitement that can cause irregular spikes to heart rate and puts the hunter at risk of having a heart attack. Trekking over large hills and other terrain with a gun and dragging a 90—180 pound carcass out of the woods is physically demanding on the extremities and the cardiac muscle. (Haapaniemi et al., 2007) Hunters have a tendency to forcefully hold their breath during dragging bouts. The Valsalva Maneuver is forcefully exhaling while the nose and glottis of the throat are closed during an intense work load. This forceful breath retention can cause compromised coronary circulation. When the blood flow within the heart is compromised, there is a risk for a ventricular arrhythmia. Ventricular arrhythmias are a disruption within your normal heart rate response. The stressed blood circulation and heart arrhythmia may lead to silent myocardial ischemia and can potentially provoke a heart attack. Deer hunters may experience work loads above and beyond their aerobic training zone and heart rate max. In order to prevent heart attacks within the woods, it is important to consume a healthy diet, exercise on a regular basis, and be aware of the signs and symptoms of heart attacks.
Signs and Symptoms for Heart Attacks

Be aware of the signs and symptoms of heart attacks while you or a loved one are out hunting this year.

- **Chest Discomfort/Pain**
  This discomfort or pain can feel like a tight ache, pressure, fullness or squeezing in the center of your chest lasting more than a few minutes. This discomfort may come and go.

- **Upper Body Pain**
  Pain or discomfort may spread beyond your chest to your shoulders, arms, back, neck, teeth or jaw. You may have upper body pain with no chest discomfort.

- **Stomach Pain**
  Pain may extend downward into your abdominal area and may feel like heartburn.

- **Shortness of Breath**
  You may pant for breath or try to take in deep breaths. This often occurs before you develop chest discomfort or you may not experience any chest discomfort.

- **Anxiety**
  You may feel a sense of doom or feel as if you're having a panic attack for no apparent reason.

- **Lightheadedness**
  In addition to chest pressure, you may feel dizzy or feel like you might pass out.

- **Sweating**
  You may suddenly break into a sweat with cold, clammy skin.

- **Nausea or Vomiting**
  You may feel sick to your stomach or vomit.

(Mayo Clinic, 2011.)

**Tips for the Deer Hunter:**

- Be aware of heart attack warning signs.
- Pay attention.
- Check equipment and use safety belts.
- Do not drink alcohol.

(Dallas, 2012.)
Think Local for Thanksgiving!

A local community is a group of people in a specific area that initiates and sustains a sense of togetherness, promotes peace and harmony among one another, and creates a comfortable feeling of social association. Community doesn’t mean just people, it involves all living organisms within our area. It is important to support our local community in every way we can to create a strong communication system and to promote our internal economy.

One of the best ways to support your community is to support our local farmers. Make sure to think about all of the local food options this year when you are preparing your Thanksgiving feast on November 22. Supporting your local community’s farmers not only helps the farmers, but it helps the local economy! There are 27 farms alone in Marquette county, and many of them can provide your Thanksgiving table with healthy and nutritious food that is grown with tender love and care. Listed below are the local farmers and what they have to offer you and your family.

We are the reflection of our community.

Avalon Farm Alpacas
Donna Pearre & Carole Van House
Address: 118 McLaughlin Rd.
Skandia, MI 49885
Phone: 906-869-4086
E-mail: aplacaAFA@aol.com
Website: www.AvalonFarmAplacas.com
What they have to offer: Huacaya alpacas, breeding, fiber production, yarn, and felt

Badger Creek Farm
Micha1 Hainstock
Address: 425 City Rd 492
Marquette, MI 49855
Phone: 906-361-8482
E-mail: badgercreekfarm@gmail.com
Website: www.badgercreekfarm.com
What they have to offer: Produce, vegetables, free-range chicken and duck eggs, pasteurized broiler chickens, mushrooms, wood-fired maple syrup, raw milk herd shares, and herd shares

Beaver Grove Bison
Robert & Jerri Haglund
Address: 336 County Rd. 480
Marquette, MI 49855
Phone: 906-249-1126
E-mail: BeaverGroveBison@aol.com
What they have to offer: Bison (buffalo) meat for burgers, steaks, and roasts that are hormone-free and raised without antibiotics.

Big Creek Hydroponics
Jill Bradford
Address: 555 Old Little Lake Rd.
Marquette, MI 49855
Phone: 906-249-5297
E-mail: hydroup@aol.com
What they have to offer: Hydroponic basil and herbs. Services available year round.

BSB Farms
Lake and Heather Bell
Address: 435 Beckman Rd.
Skandia, MI 49885
Phone: 906-942-7254
What they have to offer: Eggs that can be purchased year round at the MQT Co-op

Blueberry Knoll Farms
Joe and Jennifer Wixtrom
Address: 170 Taylor Rd.
Gwinn, MI 49841
E-mail: azulmoo@att.net
What they have to offer: Natural and pasteurized lean beef and pork meat sold by quarters, halves, or whole. Also have eggs, honey, flowers, and garden produce.

Cedar Creek Farm
Gary & Cynthia Shaffer
Address: 676 Cherry Creek Rd.
Marquette, MI 49855
E-mail: cedarcreekfarmup@gmail.com
Website: www.cedarcreekfarmup.com
What they have to offer: Flowers, vegetables, herbs, mushrooms, blackberries, and other produce. Certified organic through MOSA.

Cloverland Farm
Jim Murphy
Address: 1030 Old Little Lake Rd.
Marquette, MI 49855
Phone: 906-942-7776
E-mail: hideandsheep@yahoo.com
What they have to offer: Vegetables, chicken and their eggs, pork, and lamb.

Dukes Farm
Gabriel Caplett
Address: 254 Dukes Rd.
Skandia, MI 49885
Phone: 906-942-7325
E-mail: caplettg@gmail.com
Website: www.DukesFarm.net
What they have to offer: Potatoes, carrots, onions, shallots, beets. GMO free and Certified Naturally Grown.

Ever Yielding Acres
Charles DeVooght & Miriam Smyth
Address: 115 Basinette Rd.
Marquette, MI 49855
Phone: Charles—810-820-0936
Miriam—906-362-5016
E-mail: everyieldingacres@yahoo.com
miriam.smyth@yahoo.com
What they have to offer: seedlings, vegetables, antibiotic-free eggs, wild apple cider, and maple syrup.

Gather’n Greens
Lee Ossenheimer & Lisa Long
Address: 116 Arbutus Trl.
Negaunee, MI 49866
Phone: 906-475-9338
What they have to offer: Culinary and therapeutic herbs, sweet grass braid, sage smudge sticks, Oyster and Shiitake mushrooms, raw 510 Jungle Honey
Local Farmers Continued...

**Goodwins Farm**  
Rebecca and Brian Goodwin  
Address: 436 Town Hall Rd.  
Skandia, MI 49885  
Phone: 906-346-6035  
E-mail: briann@gmail.com  
What they have to offer: Vegetables, pasture raised beef and lamb, fresh cheese, fresh eggs.

**Raspberry Lady**  
Mary Collins  
Address: 609 M-94 Skandia, MI 49885  
Phone: 906-942-7728  
What they have to offer: raspberries, rhubarb, and asparagus.

**Swanzy Farm**  
Lester Perkins  
Address: 860 N Martin Lake Rd.  
Swanzy, MI 49841  
Phone: 906-869-1432  
E-mail: lester_perkins@yahoo.com  
What they have to offer: fresh vegetables, blueberries, and honey

**Hannah’s Garden**  
Hannah Brisson  
Address: 2503 Werner St.  
Marquette, MI 49855  
Phone: 906-226-2213  
What they have to offer: fruits and vegetables

**Marquette Hoop House Pilot Project**  
Kelly Gantway & Abbey Palmer  
Address: Beside the Jacobetti Center on Hawley St. in Marquette, MI 49855  
Phone: 906-225-0671  
E-mail: outreach@marquettefood.coop  
What they have to offer: variety of sustainably grown produce

**Mindokwin Sugar Bush**  
Jerry Mohlman  
Address: PO Box 86, Gwinn, MI 49841  
Phone: 906-346-4307  
What they have to offer: maple syrup that is wood-fired and is sustainably harvested

**Quarter Acre Farm**  
Colleen Carlyle & Karin Sjowall  
Address: 391 S. Rice Lake Dr.  
Gwinn, MI 49841  
Phone: 906-346-6035  
E-mail: nativesis@people.com  
What they have to offer: vegetables with no synthetic fertilizers, soil conditioners, or pesticides

**Seeds and Spores Family Farm**  
Jeff Hatfield and Jeff Chioldi  
Address: 724 Greenfield Rd.  
Marquette, MI 49855  
Phone: 906-458-8616  
E-mail: seedsandspores@miuplink.com  
Website: www.seedsandspores.com  
What they have to offer: vegetables, herbs, flowers, pastured laying hens, grass-fed cattle, pastured pigs, turkeys, and chickens and their eggs

**The Speckled Hens Garden**  
Jan & Allison Kangas  
Address: 6774 Caps Creek Rd.  
Republic, MI 49879  
Phone: 906-376-2267  
E-mail: countrymom99@hotmail.com  
What they have to offer: Pastured chickens and their eggs and variety of vegetables

**Shady Grove Farm U.P. LLC**  
Randy Buchler  
Address: 254 Francis Mine Dr.  
Gwinn, MI 49841  
Phone: 906-366-9124  
E-mail: rlht@charter.net  
What they have to offer: variety of vegetables and Grateful Eggs, laid by hippy ‘chicks’, Certified Naturally Grown

**Yooper Chicks**  
Gina Eggers  
Address: 205 Red Horse Ln. Gwinn, MI 49841  
Phone: 906-201-2299  
E-mail: yooperchicks@gmail.com  
What they have to offer: vegetarian-fed free-range chickens  
(UP Food & Farm Directory, 2012.)

References:  
