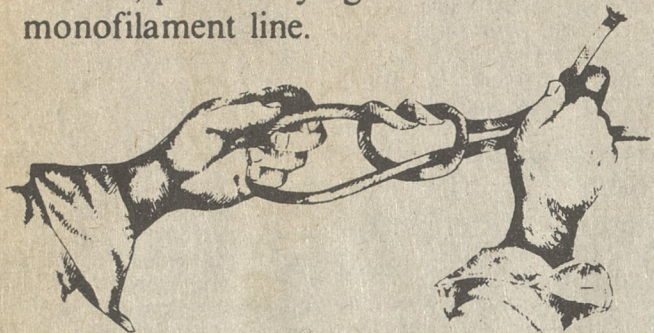


# Some outdoor sports suggestions

## Tackle Tips

Now is a good time to inspect your lures and plugs. Replace broken hooks and ones that are rusted or badly bent. During the winter, sharpen all the hooks on your lures.

Practice tying new knots this winter. To learn a new knot, first tie it in a length of string or clothesline, and when you've mastered tying it in the larger strands, practice tying the knot in monofilament line.



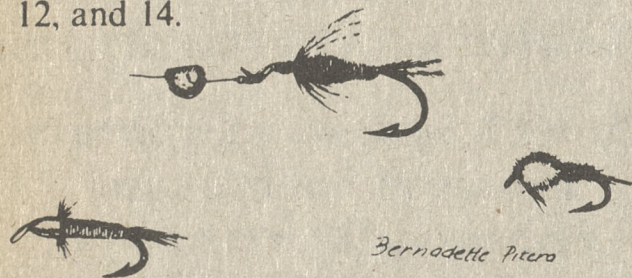
Crappies are fairly deep feeders. In open water, put your bait right on the bottom to begin, and if you get no action, fish a little higher, moving the bait up only six inches or so at a time until you find the level where the fish are bunched.

Orange and yellow lures are productive on bass, pickerel, and pike in waters that contain large numbers of small yellow perch.

When you tie streamer flies, be sure not to dress the hook too thickly—A bulky dressing just doesn't slim down in the water, and won't look like the outline of a baitfish.

If you buy new fly line, the line should fill the reel nearly to its capacity. If the reel can handle more than the standard length of fly line, splice backing onto the line, enough to fill the reel with the fly line.

"Ice flies" tied to imitate nymphs are effective. Tie them on hooks in sizes 10, 12, and 14.



### Tricks that Put Fish on Ice

#### Walleyes

- Because walleyes are a schooling fish, to intercept a school, space tip-ups at intervals in a straight line from shore.
  - Avoid weedbeds. Look for clear bottoms.
  - Set tilts for light biters.
  - Use small hooks and light sinkers.
  - Walleyes often hit a bait or lure as it descends.
- When in doubt, strike!
- Remember, walleyes have tender mouths. Be especially careful when raising them through the hole.

#### Pike and pickerel

- Due to oxygen depletion and the scarcity of food, these fish are not as likely to be found near submerged vegetation in winter as in summer.
- Don't overlook fishing open water.
- Jiggling with spoons is very effective.
- Whatever the bait, let fish take it.
- Avoid depths greater than 15 feet.

#### Panfish

- Always search out schools of panfish. Because

the schools travel slowly, action is enduring.

- The more minuscule the gear, the greater the fun. Fractional pound-test lines add up to superb action.
- Try worms and grubs on size 14 hooks for best results.
- Perch eyes for perch are super baits.

#### Bass

- Bass metabolism is much slower during cold months, so they feed much less often. Bouncing the bait in front of their noses is usually the only method that works.
- The more varied the structure, the more likely bass will be near it. Look for rocky points and gravel bars near deep water.

#### Trout

- You needn't go deep for trout in winter; they are often in cooler surface water.
- When fishing with bait, use a three-inch minnow for best results.
- Trout are especially attracted to sandbars, so find these and fish them.

## BOATING LINES

FROM THE PENNSYLVANIA FISH COMMISSION

Rivers present a great threat to an unwary boater: low-head dams. These structures claim the lives of an increasing number of sportsmen annually. Of all the things on a river that are dangerous, the low-head dam is the most dangerous. In fact, if an engineer designed an efficient, unattended, self-operated drowning machine, it would be hard to come up with anything more effective than a low-head dam.

Hazards exist not only from going over the dam, an obvious source of danger, but also below the dam in the backwash, where the power of water is frequently overlooked. Much of the problem originated in the past when the good fishing that exists below dams was promoted without clearly emphasizing the hazards involved.

Unfortunately, anything caught in this backwash below the dam is trapped and recirculated round and round, making escape or rescue most difficult. A person caught in the backwash of a dam will be carried to the face of the dam, where water pouring over it will wash the victim down under and back beneath the boil. When the victim struggles to the surface, the backwash again carries him to the face of the dam, thus continuing the cycle.

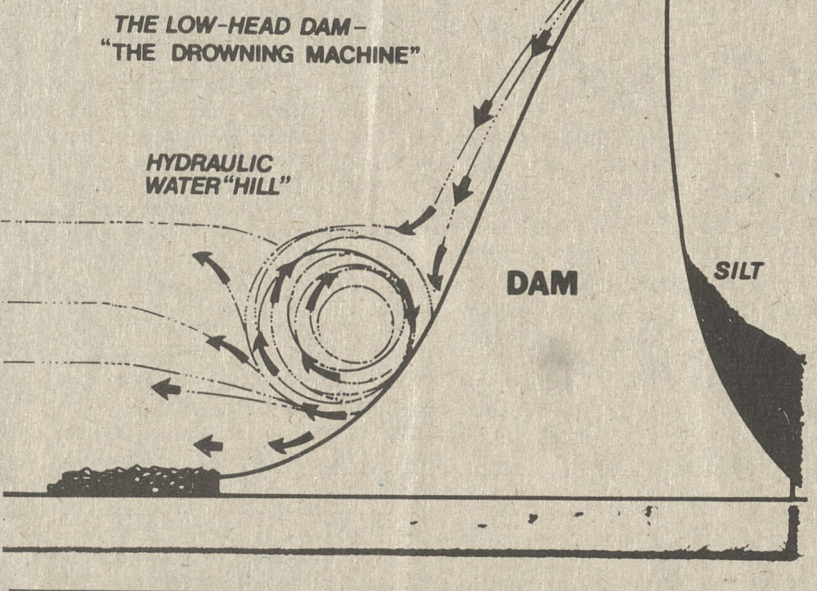
To complicate matters, these dams are usually loaded with debris such as tires and logs on the surface and rocks and steel bars on the bottom, posing another

serious problem for the recirculating victim. If rescue is not immediate and the victim is to survive and escape this water trap, he must go down with the current coming over the face of the dam, stay as close to the bottom as possible, and try to get past the crest of the boil before resurfacing. This maneuver is very difficult, and few have done it.

Another method of escape, with rescuers available, is for the victim to attempt a lateral movement across the dam after each cycle. This involves proper breathing control and great endurance. If the victim is able to work his way to the side of the dam, rescuers then may be able to assist him out of the powerful backwash. This maneuver is also difficult. In either case, the chances of survival are much greater if the victim is wearing a life jacket (PFD).

Dams do not have to have a deep drop to create a dangerous backwash. During periods of high water and heavy rains, the backwash current problem gets worse, and the reach of the backwash current is extended downstream. Small low-head dams that may have provided a refreshing wading spot at low water can become a monstrous death trap when river levels are up.

There are an estimated 2,000 low-head dams in the Commonwealth, and if river travel is something you plan for this year's recreation, whether fishing or cruising, be familiar with the river's dangers.



## Poor eating may be harmful to children

Poor eating can be very harmful to children's health. Today many American children and youth eat too much while others eat too little. Supportive home and school environment can help prevent obesity, says an article in the December-January issue of PTA Today, the magazine of the National PTA.

The fact is that "obesity results from consuming more food than expending energy," according to Rob Wharton, author of the article and director of the Weight Control Program at the Children's Hospital Medical Center in Boston. It is not true that obesity is caused solely by too many fat cells formed during infancy, an abnormal metabolic rate, a thyroid deficiency, or through heredity.

To help a child who suffers from obesity Wharton suggests that parents:

- Eliminate high caloric foods from shopping lists and not allow them in your home;
- Make mealtime a time of togetherness where confrontation and anger are avoided and positive behavior is rewarded;
- Place the proper portion on the

plate of each family member; Decide with the child before mealtime if second portions or desserts will be served;

Plan weekly menus to ensure proper nutrition.

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## Cholesterol is one major health worry

Cholesterol deposited in the arteries of its citizens has become a national health problem in the United States and many investigators believe it to be a major cause of heart disease.

As an aid to help people maintain a cholesterol-lowering diet, the Consumer Education Research Center, a national non-profit consumer group, offers a booklet that lists the milligrams of cholesterol in a wide variety of foods.

Cholesterol is a whitish lard-appearing substance that is only found in animal tissue. When cholesterol collects in the arteries they become constricted, leaving less space through which blood can flow. Circulation becomes impaired, often seriously - sometimes fatally. Oxygen and food reach the tissues less rapidly and gradually the tissues are harmed, the degree of damage varying with the severity of the cholesterol build-up and the length of time it has been excessive.

Visual problems are said to be complicated by cholesterol narrowing the blood vessels to the eyes. Similarly, it is believed that clogging of the arteries with cholesterol causes leg cramps-particularly at night when inactivity further reduces circulation.

To limit cholesterol intake it is necessary to limit consumption of foods rich in saturated fats, such as meat, butter and whole milk dairy products.

The Cholesterol in Food Booklet, which is pocket-sized and a handy, ready reference whether eating at home or dining out, gives an alphabetical listing of the cholesterol count in a wide range of foods from anchovies (275 milligrams in one-and-one-half ounces) to yams (no cholesterol); from bologna (200 milligrams in seven ounces) to Welsh rarebit (100 milligrams in three-and-a-half ounces).

The cholesterol guide, written by Dr. Sally Johnson Lerager and Carol Franz, points out that the average cholesterol count in blood sample should be approximately 150 to 230 milligrams and advises that daily intake of cholesterol should not exceed 300 milligrams.

With this in mind, cholesterol counters using this guide will stay away from such foods as egg yolks (275 milligrams in one large yolk) and organ meat such as kidneys (375 milligrams in three-and-a-half ounces) and liver (600 milligrams in seven ounces).

The guide is available by sending \$2.00 (including postage) to CERC, P.O. Box 336C, So. orange, N.J. 07079.

## Correction

The name of one of the winners in the 1983 Great Back Mountain Home Decorations Contest was inadvertently reported in the Jan. 4 edition of The Dallas Post.

The winner of the unlighted display category was Rosemary Kravitz, of 220 Davenport St., Dallas.

### PLAY CORNER

Pennsylvania League of Angling Youth  
Pennsylvania Fish Commission

#### Safe Ice - THIN ICE

Ice forming on Pennsylvania's ponds and lakes gives many fishermen the urge to go ice fishing for perch, bluegills, crappies, walleyes and other species. Other outdoor enthusiasts enjoy ice skating, ice boating, cross country skiing and winter hiking.

Before trying any of these activities, make sure the ice is at least four inches thick. Test the ice in several places. IF IT'S NOT THICK ENOUGH - DON'T GO!

## When to buy new toys

When should you buy toys for children?

When they need them! Don't save toys only for "occasions" like Christmas or birthdays, or as "rewards" for being good. Children need toys as much as they need food and love, according to Growing Child, the monthly child development newsletter. Timetables don't apply.

If you spread toy purchases out, the children will be able to give each new toy undivided attention.

Signs that a child may be ready for something new to play with are when he masters a new skill, looks for a new challenge, or acquires a new interest.

Whether you buy or make toys, these are the main things to look for:

— A toy should be appropriate for the child's interests and abilities -

not so easy as to be boring, not so hard as to be frustrating.

— A toy must be safe. No small parts to break off, no sharp corners or points, no toxic paint, no potential danger even if it is not played with exactly as the manufacturer intended. A toy should not require a parent's constant supervision.

— A good toy requires a child's active participation and effort. The child must do something with the toy (and not just press a button) to get real satisfaction from play. The more the toy does (under power of battery or motor) the less there is for the child to do.

The guideline here is simple: the child should play, the toy should not. The more different things a child can do with a toy, the more fun he will have and the more he will learn.

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