



Dana Belshe (above right), Sunflower Extension District agent in Goodland, explained the difference between a rod and reel and a fishing pole to a group of about 20 boys Saturday at the Cub Scout Fishing Derby at Bellamy's Farm. Jacob McClary (left) and Jonah McClung made a spinning lure to add to their tackle box. Belshe showed the boys how to make simple sinking and spinning lures.

Photos by Pat Schiefen/The Goodland Star-News



Cub Scouts learn art of fishing

By Pat Schiefen

The Goodland Star-News

Around 20 cub scouts spent all day Saturday at Bellamy's Farm, 14 miles south of Goodland, learning how to fish.

Dana Belshe, Sherman County agent from the Sunflower Extension District, gave a demonstration on fishing safety. He said it is important to know where people are around you when casting a fishing hook or lure into the water. If people are in the wrong place, they can get hooked instead of the fish, Belshe said. A fishing hook is barbed, so when the fish struggles the hook digs in, and it works the

same way when you hook a person.

Belshe showed the Scouts how to make two types of fishing lures, a sinker and a spinner. For the sinker, he heated a hook with a lead weight, then in the flame of a camp stove with a pliers and then dipping it into dry paint of various colors. You can attach rubber worms later, he said.

For the spinners, he put beads on a piece of wire with a looped end to look like an insect body with a spinner added for motion. Then he shortened the wire and added a hook.

Each boy, first through fifth graders, had a small plastic box for a tackle box to

put his lures in.

The boys got to make their lunch in a foil packet to cook while they were busy with other things.

Later that afternoon, the Scouts got to wet their lines and try their luck.

At the next pack meeting on Thursday, Sept. 28, the three boys who caught the largest fish will get a prize.

The annual fund-raising popcorn sales for the Scouts will start on Friday, Sept. 29, said Monica Stramel, assistant cub master and den mother.

"We like to do a couple of things right off the bat that are fun," she said.

Monday 'Family Day' eat dinner with your children

By Sharon Corcoran

The Goodland Star-News

If you have a busy life and find it hard to sit down to dinner with your family, you are not alone.

"Family Day – A Day to Eat Dinner with Your Children," was created in 2001 by the National Center on Addiction and Substance Abuse at Columbia University drawing support from political leaders, businesses and even a cable television network.

Gov. Kathleen Sebelius signed a proclamation making Monday, Sept. 25, Family Day in Kansas, and Regional Prevention Centers across the state are urging families to get on board.

Eating together as a family seems to be

more and more of an anomaly these days, said Wendy Wellman, community prevention consultant in Colby. We're all busy.; Children have busy school schedules and extracurricular activities, she said, parents have demanding work schedules, and that makes it difficult to plan time to eat together.

Families need to take a "time out" to consider the benefits of gathering around the table for more than just a good meal, Wellman said.

Family Day, the fourth Monday in September each year, was inspired by research that indicates that children and teens who have frequent family dinners:

- Are at half the risk for substance abuse

compared to teens who dine with their families infrequently.

- Are less likely to have friends or classmates who use illicit drugs or abuse prescription drugs.

- Are more likely to get better grades in school.

- Have lower levels of tension and stress at home.

- Are likelier to say they can confide in their parents.

- Are more likely to be emotionally content and have positive relationships with other teens.

The center, at its web site, www.casafamilyday.org, encourages families to start having dinner together when children are

young.

Other tips on the site include encouraging children to help with menu ideas and preparing meals, turning off the television and letting the answering machine take all calls, talking about what happened in everyone's day and, after dinner, playing a board game or having dessert to encourage the family to continue talking.

Winn-Dixie, a grocery chain in the South and a sponsor of the day, gives simple meal suggestions on its web site, www.winn-dixie.com:

- Stir fry chunks of chicken, pork, beef or shrimp with frozen vegetables and seasonings. Serve with instant rice.
- Grab a deli rotisserie chicken and re-

move meat from the bones. Add barbecue sauce and eat on buns for a sandwich. Serve with cut-up vegetables and dip.

- Cook chicken or beef strips or shrimp with sliced zucchini and broccoli. Add sauce and serve over pasta.

- Broil fish with lemon and pepper. Serve with microwave potatoes and salad for a meal in under 15 minutes.

- For healthier, easy desserts, choose fresh fruit, angel food cake with strawberries or ready-to-go gelatin cups with low-fat whipped topping.

For more information, contact Wellman at wendyw@st-tel.net, call her at (785) 460-8177 or go to www.kansasfamily.com

Fire chief to have jury trial in December matters of record

Goodland's fire chief is scheduled for a jury trial on misdemeanor theft charges on Monday, Dec. 4, while a former volunteer fireman is scheduled for a preliminary hearing on Wednesday, Nov. 1, on felony charges.

The pair face theft charges for picking up cigarettes from a truck roll over on I-70 on Wednesday, July 19.

Fire Chief Scott Gilmer, 46, faces a misdemeanor charge for attempting to steal a carton of cigarettes from the wreck. Gilmer is on administrative leave from his job. His attorney is Kevin Berens of St. Francis.

Neil Normandin, 38, was charged with a felony for allegedly trying to steal two boxes of cartons of cigarettes worth more than \$1,000 but less than \$25,000. The charge is a level 9 nonperson felony. His attorney is Cal Williams of Colby.

Normandin has turned in his gear and is not answering fire calls, said Bonnie Selby, Sherman County attorney.

The Kansas Highway Patrol reported that a truck driven by Robert Proffitt, Laurel Fork, Va., was heading west on I-70 when it went off the road and rolled about nine miles west of Goodland.

The wreck split the trailer open and some of the \$1.5 million load spilled out. One of the boxes broke open and cartons of cigarettes littered the ditch, Selby said.

State troopers, an ambulance and sheriff's deputies were sent to the wreck. The Goodland Fire Department rescue squad was called to help extricate the driver. Proffitt

was able to free himself from the truck before the firemen arrived, Selby said.

"They went about checking for gas leaks and got (Proffitt) loaded into the ambulance," Selby said. "They did their jobs professionally."

The alleged theft is thought to have happened after the driver was loaded into the ambulance, she said.

A sealed box of cigarette cartons and an opened box were loaded onto the fire truck, Selby said. When confronted by a witness at the

scene, Normandin unloaded the cigarettes.

"(Normandin) is the one believed to have loaded the two boxes," she said. He is also accused of putting cigarettes into his firefighter's suit.

Gilmer apparently had put a carton inside his firefighter's suit, but took it back out voluntarily.

Selby said that is why she charged Gilmer with attempted theft, because he knew he had done something wrong, and did what he could to rectify it.

corrections

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