

# Diabetes affects millions

To the Editor:  
 Tuesday, March 28, was American Diabetes Alert Day. Nearly 14.6 million people in our country have been diagnosed with this disease, but another 6.2 million Americans age 20 and over probably have diabetes and don't know it.

Knowing the signs and symptoms of pre diabetes can help you avoid this disease. Some of these are high blood pressure (at or above 130/80), a family history of diabetes, and having diabetes during pregnancy or having a baby that weighed more than nine pounds at birth.

Signs of diabetes include excessive thirst or hunger, frequent urination, losing weight without trying, or sores that are slow to heal. Your risk for diabetes increases with age, if you gain weight, or if you become inactive.

It is possible to lower your risk by keeping your weight in a normal range, eating low-fat meals including more fruits, vegetables and

## Letters to the Editor

whole grains, and staying active. Keep alert to new knowledge — medicines and techniques are continually changing.

But don't wait for the signs of diabetes if you are at risk. You may have some symptoms, all of the symptoms, or none of them. This can vary with each person. See your doctor at least once a year.

The American Diabetes Association and the National Diabetes Association work with the Diabetes Under Control group.

You control diabetes. Don't let it control you.

Elsie Wolters, Oberlin coordinator

## Man believes land prices fair

To the Editor:  
 The Federal Reserve has released the yearly survey for the average price per acre of land in each of the 50 states. As of Jan. 1, 2005 (note: 2005, not 2006), the cheapest land was in the desert of New Mexico at \$290 per acre.

The most expensive land is in New England. In Rhode Island, land is \$11,200; Connecticut, \$10,800; Massachusetts, \$10,500; and in New Jersey \$10,300 per acre. You will be surprised by the cost of pasture: in Wyoming, \$350; Montana, \$445; North Dakota, \$500; and South Dakota, \$570.

And what about the southern

plains? In Missouri it is \$1,740; Texas, \$925; Nebraska, \$910; Colorado, \$845; Oklahoma, \$805; and Kansas, \$800.

Remember, these prices are from 2004 to 2005, and not from 2005 to 2006.

There is another 10 percent inflation rate since then.

Recently land in Decatur County sold at auction for slightly less than \$850 per acre.

Landowners and brokers who said this price was "too high" are two years behind a land market that is going up double digits every year.

Arthur Loyd Shelton Oberlin

## Scholarship winner says thanks for help

To the Editor:  
 I would like to thank you for the Oberlin Profile scholarship.

It has helped me a lot during my freshman year at Fort Hays State University.

Jody Brooks Clayton

**Editor's Note:** Jody was one of the first beneficiaries of this scholarship, provided by area businesses that sponsor the Student of the Week Feature with *The Oberlin Herald*. The scholarships encourage students who may plan to return here after graduation.

## Man approves gun veto override

To the Editor:

I am very happy that the Kansas Senate and House finally stood up to the governor. Their override of her veto for the concealed firearms carry law for citizens of Kansas was a great victory for democracy!

After all, the Legislators speak for their constituents. It is evident that the majority of citizens wanted this law passed. It was deplorable for Gov. Sebelius and past governors of Kansas to place their own personal values on decision-making when it comes to their veto power. This time, the two-thirds majority was present, defeating the governor's personal bias.

With only three states left that do not allow concealed carry, it should be evident that this right has not been abused nationwide. Statistics show that over the years, there have been a few incidents of permit-bearing citizens misusing their authority to carry a concealed firearm. Thousands of law-abiding people all over the United States carry firearms every day to protect their personal safety.

I have been in law enforcement and corrections for 30 years. The law enforcement community and some legislators believe that there will now be a multitude of incidents involving violence with weapons

that citizens will be carrying legally. I do not believe this. Remember, the people carrying these weapons must meet legal requirements. And do not forget, they are law abiding citizens, or they won't be granted a permit. So, let's all take a breath and relax and not conjure up concerns that have not occurred and probably will not.

Florida was one of the first states to allow concealed carry. Their findings over the years did not substantiate any significant incidents or problems with concealed carry. Store owners and clerks are fighting back with robbers and chasing them from their stores. This stance is actually occurring nationwide; people are fed up. In the larger cities, police are so busy, they cannot respond to many of the "hot" calls as quickly as they need to. So, what's a citizen to do?

I always remember the National Rifle Association's old slogan: "If guns are outlawed, then only outlaws will have guns." I say this: Criminals, be wary. After July 1, 2006, if you decide to commit a violent act, think twice. The one you pick just might be the person who will pull their legally carried firearm and dispense immediate and justified action against you.

Barry Shultz, Lansing



COMING OFF LAST WEEK'S SNOWSTORM and spring break, Oberlin Red Devil track team members began

## Track team takes off at a dead run

By JIM MERRIOTT

Decatur Community High has shifted gears from winter to spring sports.

As the new season began March 16, Red Devil track Coach Joe Dreher is optimistic his budding new 2006 team will blossom in time for the Northwest Kansas League meet May 12 in Quinter.

Oberlin opens up the season with a first meet against Quinter and Rawlins County at 3 p.m. Friday in Quinter.

The seasoned Lady Devils return seven seniors to the team, including four state qualifiers: Kaitlyn Stapp, Whitney Beinke, Lydia Karnopp

and Lora Marietta. Other senior girls are Danica May, Duygu Kavran and Christa Hardy.

The Speed Devil senior boys return four state qualifiers, including state champ Teryn Grafel, who runs the 110-meter and 300-meter hurdles.

Other senior state qualifiers are Denton Bailey, Bret Marietta and Joe Mondero. Other returning seniors are Brent Stallman and Jesse Juenemann.

Eight Lady Devil juniors are sandwiched between the sophomores and seniors, including state qualifiers Lauren Fortin and Sarah Murray. Other juniors are Tricia

workouts Monday to get ready for their first meet Friday in Quinter.

— Herald staff photo by Jim Merriott

## Girls, boys win home tourney

The Oberlin fifth-grade boys and sixth-grade girls basketball teams won their division of the Oberlin Elementary School invitational basketball tournament held Saturday, Feb. 25, in Oberlin.

The sixth grade girls won the tournament and were coached by Stephanie Blau. The team included: Brianna Klima, Serena Stacy, Megan Huntley, Samantha Anderson, Darian Bose, Miranda Shelton, and Kiah Blau.

The fifth grade boys won the tournament and were coached by Roland May. Members of the team included: Zach May, Kade Grafel, Tyler Bruggeman, Mitchell Unger, Matt Glading, Zach Lahe, Ryan May, Konner Fortin and Kennedy Fortin.

The sixth grade boys finished second and were coached by Kristen McHugh. The team included: Garrett Berry, Saegar Grafel, Shane McEvoy, Matthew Wittman,

Conner McHugh, Tyler Shields, Brent Juenemann, and Shay McChesney.

The fifth grade girls finished fourth, and were coached by Jennifer Auxier and Rhonda May. The team included: Jordin Wasson, Alexandria Auxier, Keatra Fisher, Cheyanne Soderlund, Darbi Rouse, Cassidy Shields, Elizabeth Nedland, Nicole Russ, Michelle Russ, Taylor Macfee, Miki Dorshorst, and Denae Anderson. This was the first time the tournament has been scheduled in over four years.

Teams from Quinter, Indianola, Atwood, Norton, Phillipsburg, Oberlin, McCook and Dundy County, Neb., participated, with four teams in each division.

"This was really a positive experience for our kids," said coach Stephanie Blau. "The tournament went well and plans for a tournament next year are in process."

## Wrestlers win spots at state tournament

Seven Oberlin youth wrestlers advanced to the state tournament in Topeka after placing in the District tournament held in Goodland on Saturday, March 18.

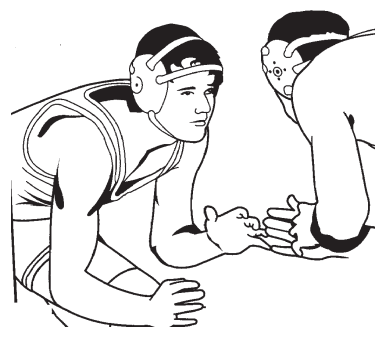
Dayton Dreher, Kade Brown, and Gage Reichert brought home first-place medals for Oberlin.

Kelly Brown and Dalton Paul placed second, Jordan Baker third and Wesley Geihlsler and Colt Diederich fourth.

"The top four qualifiers in each weight class advanced to the state tournament in Topeka," said Coach Kevin Brown.

District tournament results:

- First place:
  - Dayton Dreher, 10 and under, 73 pounds
  - Kade Brown, 10 and under, 85 pounds
  - Gage Reichert, 16 and under, 130 pounds
- Second place:
  - Kelly Brown, 8 and under, 80



- pounds
    - Dalton Paul, 12 and under, 115 pounds
  - Third place:
    - Jordan Baker, 10 and under, 55 pounds
  - Fourth place:
    - Wesley Geihlsler, eight and under, 55 pounds
    - Colt Diederich, 16 and under, 215 pounds
- Others who wrestled included Tabor Erickson, Channing Farr, Gatlin Reichert and Everett Urban.

## Basketball program planned for summer

The Atwood Summer Recreation Commission plans a summer basketball league from May 29 to June 29.

Each team will play two games one night a week for four weeks with a tournament scheduled the last week of June. The league will start with junior high girls (girls entering grades 6-8) on Monday, May 29. Junior high boys will play Tuesdays, high school girls (entering grades 9-

12) on Wednesdays, and high school boys on Thursdays.

Entry fee is \$50 per player, but if a student has played before and has a jersey, the fee is \$35. Registration forms and rules will be available in your school office.

The deadline for registration is Friday, May 5. For questions, contact Joan Cahoj at (785) 626-3682 or dcfoh@ruraltel.net.

## Golf scrimmage cancelled

The Decatur Community High School golf team's Sappa Cup Scrimmage against the faculty, set for Saturday, April 1, has been cancelled due to scheduling problems. The fun scrimmage will be rescheduled to a later date in May, said Coach Dick Ahlberg.



## The Jayhawker

By Jim Merriott

## Reading stream key to fly-fishing

By JIM MERRIOTT

One thing I learned after being a guide in Colorado for 20 years is that it's not necessary to buy out the fly-fishing store to be successful.

There is an old saying in Colorado that 10 percent of the fishermen catch 90 percent of the fish, and 90 percent of the fishermen are just guessing what the 10 percent know.

If you want to catch the wily trout, then you need to understand what's going on in the stream and what techniques work best on what waters.

What most people envision is a dry-fly fisherman making a perfect cast on top of a smooth, clear lake or stream. It's a beautiful sight. The problem is that only about 10 percent of the time will this happen.

The conditions have to be perfect and the bugs that live on the bottom of the stream or lake must start their "rise." This means the bugs are in their last stages of underwater life. They begin to rise to the surface so they can hatch into flying insects.

Ninety percent of the lunker trout are caught by underwater nymph fishing, catching the bug on the bottom before it matures. It is not the prettiest way to fly-fish, but it is the most deadly and the most productive.

There are thousands of fly patterns and a thousand ways to spend your money, but what I have learned is that four nymphs are a necessity in your fly arsenal: the gold-ribbed hare's ear, grizzly shrimp pattern, wooly worm, and the stone fly.

If you are going to try dry fly-fishing, add a mosquito, adams and a pheasant tail.

If you are going to fish terrestrials, add a grasshopper and a bumble bee. If you fish streamers use a wooly bugger and a zonker combination about 18 inches apart. These work on most waters.

Over the years, I have guided and fished the Blue River from Breckenridge to Dillion off of I-70; the Blue running to Kremmling, including Green Mountain Reservoir; and the Colorado River from Hot Sulpher Springs to Kremmling (this is stone fly heaven). If you are

Diederich. The freshman girls include Annamarie Larue, Heather Ploussard and Tamara Ketterl.

Joining the Red Devils boys team for the first time are Logan Fortin, Lucas Juenemann, Everett Urban, Jacob Fortin, Derek Chambers and Sam Stapp.

"It's nice to see this many out for track," said Coach Joe Dreher. "The athletes have really stepped it up the last three to four years and compete well."

Sophomore Shelby Jeffery will be the team manager. Dreher will be assisted by Mark Bricker, Trevor Williams and Pat Dorshorst.

headed farther north, fish the Yampa River. Deckers is one of the most famous catch-and-release areas on the South Platte. Also try Rocky Mountain National Park above Estes Park; the Poudre River west of Fort Collins from Ted's Place to Red Feathers Lake, especially at the narrows; or the Big Thompson running out of Estes down U.S. 34 through Drake (there is handicapped access there) toward Loveland.

You could also check out the Arkansas River from Salida to Cañon City on to Pueblo Reservoir. If you head west toward Gunnison and Blue Mesa don't forget to stop at Sargents and if you can find access, definitely hit Parlin. If you have access to a boat on Blue Mesa, just look for the area where all the other boats are and you will find the kokanee running.

If you like white fish, then the Roaring Fork southeast of Aspen is a real kick (white fish smoke up great). The Eagle along I-70 from Wolcott to Dotsero west of Vail is easy quick access.

The Frypanpan River from Reudi Reservoir to Basalt has some of the largest rainbow in the state. The Rio Grande from Del Norte to Alamosa is also a kick.

Finally, some of the greatest winter fly-fishing in the world is on the San Juan River running south into Navajo Lake in New Mexico. From Navajo Lake, the stretch from Archuleta to Farmington, N.M., is considered world-class fly-fishing.

Another thing to remember is, wherever you see a blue river and a red road crossing that blue line on your map, that's a bridge. Trout like to hide in the shade of the bridges to attack from the shadows.

As the summer nears, I will be giving you more tips on where to catch the big ones on your vacation.

"The Jayhawker," Jim Merriott, is a professional outdoors man with over 20 years of hunting and fishing guiding experience. He has been a member of the professional Outdoor Writers Association of America and the Rocky Mountain Outdoor Writers.

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## Honor Roll

Welcome and thanks to these recent subscribers to *The Oberlin Herald*:

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