

Tigers ranked ninth

The Fort Hays State University Tigers were picked to finish ninth in the ten-school pre-season Mid-American Interscholastic Athletic Association coaches football poll last week.

After going 1-8 in their first season in the Mid-American association, the Tigers are prepared to lick their wounds and get ready for the upcoming season.

"Our players have a little more experience," said Coach Kevin Verdugo, a Pittsburg native who grew up in the shadows of the stadium on the campus of Pittsburg State University. "With another season and the opportunity to have this off season to get better mentally and physically, they'll know more of what to expect."

Pittsburg in Crawford County is hailed as "The Football Capital of Kansas" because the college football team has three national college championships and 579 victories in National Collegiate Athletic Association Division II football.

Verdugo played quarterback for Pittsburg High School from 1982-86 and played quarterback at the University of Kansas in 1987.

He finished his football career playing quarterback at Colorado State University from 1988 to 1991.

The coach said that an estimated 60-70 prospective players were on hand this summer working in the weight room in preparation for the season.

Northwest Missouri State at Maryville, Mo., was picked for first in the association with 81 votes, followed by Pittsburg State, 71; Washburn, 59;

Central Missouri State at Warrensburg, 55; Missouri Western at St. Joseph, 53; Truman State University at Kirksville, Mo., 41; Missouri Southern at Joplin, 35; Emporia State, 29; Fort Hays State, 16; and Southwest Baptist at Bolivar, Mo., 10.

Players report to camp Thursday for physicals. Practice begins Friday at Lewis Field Stadium.

The Tigers open their season at 7 p.m. Saturday, Aug. 25, at home with the Holiday Inn Kickoff Classic against Western State College.



UNITED REBEL SPRINT SERIES dirt track racers will Sunday following the Decatur County Fair. once again hit the ground at the Oberlin Speedway at 7 p.m.

—Herald staff file photo by Jim Merriott

Races set for Sunday

Dirt track racing returns to the Oberlin Speedway on Sunday.

Drivers from the Tri-State area will match their skills as the United Rebel Sprint 305 Series presents the third annual High Plains Shootout.

Drivers will begin with qualifying heat races prior to the 7 p.m. start.

For information, call Rick Salem at (785) 475-7010 or go to the United Rebel Sprint Series website at www.unitedrebelsprintseries.com.

You can catch bass on hot summer days

It is that time of year again — hot, humid and sultry. The wheat harvest is over and farmers are running sprinklers full-time to save their corn.

With record temperatures, drought, tornadoes, flooding and the like, it isn't difficult to see why bass fishing can slow down or come to a halt this time of the year.

One of the secrets I have learned over the years is to locate the main concentration of bass during these hot summer days. Knowledge of bottom depth variations is the key to productive big-bass fishing in hot weather.

If you are having trouble finding those pesky critters, I would suggest searching for submerged humps, hilltops and other structure in waters ranging from eight to 25 feet deep. A key area to locate and fish is a sunken slough or ditch in and around rocks and brush or near a hump.

One of my favorite places to track down largemouth bass is where an underwater creek cuts across an underwater hilltop. These deep-water humps hold good numbers of big summertime bass.



The Jayhawker

By Jim Merriott
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Using a fish locator, or sonar, will shorten the search. Deep-water humps have a tendency to hold baitfish such as gizzard shad, which cruise in schools. Areas such as these are perfect ambush points for hungry lunkers, which viciously attack the masses.

During the middle of the day is generally an active time to fish the deep water, but don't expect shocking strikes. The majority of the time, you will feel just a light resistance, not a strong tap.

One of the best methods of fishing at this depth is using the Texas-rigged worm.

Over the past 40 years, I have spent a lot of time belly-boating for bass in plentiful structure because this is one of the key holding places for bass. Most of the time, I spend roughly 15 minutes in a particular area.

Years ago, I set up a small easy-to-use portable sonar to my belly boat. If the sonar cannot see any fish on the liquid crystal display, it's time to move. The key to steady good fortune is finding fish, not a magic lure or bait.

If you are lucky enough to have a boat, kayak or canoe, using electronics to locate prime structure and

deep-water fish is a terrific idea, as is using float markers to mark structure and outline break lines.

Markers should be dropped at least 10 feet away from any fish you have detected. If you have tracked down a good area, try and triangulate the locality with landmarks, too. The less obvious your markers are, the easier it is to keep fishing pressure from other anglers down.

A fisherman's underwater eyes are his electronics, and properly deciphering what they say is critical to finding bass.

Knowing the habits of the various fish species also is important. Shad, for instance, generally crop up as a sizable mass on your locator. Crappie look like vertical stacks, and largemouth bass convey themselves as a cluster of individual marks related to cover.

Knowing which bottom types hold fish, and how to find them, is also important. If a second echo appears on your sonar screen this means a hard bottom, such as a railroad or roadbed, or possibly an old highway is below. If the double echo disappears completely, the bottom is mostly soft. Generally, bass prefer harder bottoms.

Another crucial test of your wits

is paying attention to the inverted "V" signal marks on the sonar display. Marks with excessive peaks mean fish are almost directly below the submerged spotter.

Successful anglers locate the fish before catching them. I have known several fishermen who could catch bass when placed within casting distance of them, but only a few can go out and consistently locate fish. That is 90 percent of the battle.

As Yogi Berra once said, "ninety percent of this game is half-mental." Knowing what you are doing and

having a game plan is the secret to success.

Many summertime locations, especially in Kansas and Nebraska, are midday spots. Lakes across the Midwest are crowded during the summer, and fishing deep-hump structure is one way to avoid the pressure.

Another Yogiism to remember is, "You've got to be careful if you don't know where you're going, because you might not get there."

So fish the depths when the heat is on.

Philosophical book delves into hunting

By JIM MERRIOTT

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Some years back, I stumbled upon a hunting philosophy book written in 1942 by Spanish philosopher José Ortega y Gasset. The book, "Meditations on Hunting," explains why hunters hunt.

Never before had I taken the time to sit down and really think why I took up the sport of hunting.

As a youngster, it was just something that our family did. I was told stories about my great grandfather and grandfather commercially hunting during the early 1900s to supplement the family income.

I had never thought much about it. Ortega y Gasset examines hunting as an activity with its own development, and considers what that has meant to men as they evolved.

He takes into account whether men hunted by necessity or choice. However, that has little meaning in the long run, for men can choose to hunt even if they do not need to and can need to hunt for food but not do so.

Ortega's book is a must-read for the avid hunter.

It seeks the nature of hunting in the activity itself and takes into consideration that hunting occurs throughout the entire zoological scale.

His explanation of the relationship between hunting and man's nature can be found by reading and reflecting upon the book.

He covers the history of hunting with an overview that even the non-hunter can understand.

He delves into the art of hunting, digging down to the roots of the sport. Not only does he explore the nature of man, but he studies man and his relationship to other animals.

"Meditations of Hunting" helps us understand why we do the things we do.

The book examines why we hunt and clarifies and defends the philosophy of the sport.

This book is a must in every hunter's library. For information on José Ortega y Gasset and hunting philosophies, look to the Internet.

Members of the International Academy of Low Vision Specialists help those with macular degeneration to keep reading and driving.

by Elena Lombardi
Freelance Writer

Donald Paquette, 72, a former assessor from Anaheim, California thought that his driving days were over. "I could not read the street signs soon enough and I couldn't pass the vision test at the DMV office."

Gonzalo Garcia, 74, Albuquerque, New Mexico, wanted to be able to read and write more easily. He wanted to see the nails and screws when he tried to use them in home repairs. He wanted to see his grandchildren singing in the church choir, but he thought those days were over when he was diagnosed with Macular Degeneration.

Neither Donald nor Gonzalo knew that a low vision optometrist could help with some of those issues.

"In Kansas and Nebraska, Bioptic Telescopic Glasses can be used for driving," says Dr. Dirk Gray, a low vision optometrist in Oberlin, Kansas. "This can allow some with conditions like macular degeneration to continue driving."

"Amazing!" says Donald. "I can read the street signs twice as far as I did before and even see the television better!"

Dr. Richard Shuldiner, a California low vision optometrist provided the bioptic telescopic glasses and also special prismatic reading glasses for Mr. Paquette.

"It is fulfilling to offer another option for people with vision loss from macular degeneration and other eye conditions" says Dr. Gray, who recently completed extensive training in low vision rehabilitation with Dr. Shuldiner in California.

Macular Degeneration is the most common eye disease amongst the senior population. As many as 25% of those over 65 have some degree of degeneration. The macula is one small part of the entire retina, but it is the most sensitive and gives us sharp images.

When it degenerates, ARMD leaves a blind spot right in the center of vision making it impossible to recognize faces, read a book, or pass the drivers vision test.

The experts do not know what causes macular degeneration. But major factors include UV light from the sun, smoking, aging, and improper nutrition.

Vitamins can help. The results of two studies, AREDS and LAST demonstrated a lowered risk of progression by about 25% when treated with a high-dose combination of vitamins.

A new, proprietary supplement, Macula Therapy Formula, based on



Carole Buckles driving with telescope glasses. Carole Buckles, 71 of Arcadia California came to Dr. Shuldiner on the advice of a friend. "I wanted to be able to keep driving and do the fun things in life. One of those fun things is baseball. I love going to the stadium and now I can see those close plays again."

Bioptic telescopic glasses were prescribed to read signs and see traffic lights farther away. As Carole puts it, "These telescope glasses not only allow me to read signs from a farther distance, but makes driving much easier. I've also used them to watch television so I don't have to sit so close. Definitely worth the \$1975 cost. I don't know why I waited two years to do this; I should have come sooner."

the scientific studies is available from Dr. Gray's office and should be taken by those with the condition as well as those genetically related.

Nine out of ten people who have macular degeneration have the dry type. There is no medical treatment except for vitamins. The wet type is more aggressive and results in more dramatic vision loss. It involves leaky blood vessels that sometimes can be sealed with hot or cold laser. Newer treatments, such as Macugen, Lucentis and Avastin are injections to prevent leakage.

"Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Gray, who also has an office in McCook, Nebraska. "There are different types of telescopic

glasses. Some Telescopic Glasses not only work for driving, but also for sporting events, theater, and the movies. Other types of Telescopic Glasses work well for playing cards, television, reading, and seeing peoples faces. We work with whatever is on the persons "wish list."

"Telescopic glasses can cost around \$2000", says Dr. Gray, "especially if we build them with an automatic sun-glass." Reading glasses start at \$500 and hand magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Gray is a member of the International Academy of Low Vision Specialists and would be happy to speak with you by calling 1-877-393-0025.

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