



## New Publication on Safe Paddling

“A SmartStart for Safe Paddling” is the title of a new Commission publication produced in partnership with the American Canoe Association (ACA). The full-color publication offers illustrated details on life jackets, paddling skills, and more.

The publication is available by using the form on page 62 or by writing requests to the PA Fish & Boat Commission at P.O. Box 67000, Harrisburg, PA 17106, or online at the Fish & Boat Commission’s web site, [www.fish.state.pa.us](http://www.fish.state.pa.us). On the left side of the main page click on “Boat” and then under “Boating Near You” click on “Water Trails” and navigate to “A SmartStart for Safe Paddling.” The publication can be viewed, downloaded or printed.

## Wear Life Jackets

Fatal boating accidents are on the rise in Pennsylvania, based on new accident statistics reported by the Fish & Boat Commission.

Thirteen fatal boating accidents resulting in 18 deaths occurred in the first half of 2006. “All of these accidents were avoidable,” says Dan Martin, Commission boating safety education manager. “The majority of these accidents would not have resulted in fatalities if the victims had been wearing life jackets.”

In Pennsylvania, every boat owner is mandated to have a Coast Guard-approved life jacket for every person on board. Children 12 years of age and younger are required to wear a life jacket when underway on boats that are 20 feet in length or less and on board all canoes and kayaks. Personal watercraft operators and passengers, sailboarders, and anyone towed behind a boat are also required to wear an approved life jacket.

The common misconception is that life jackets are too uncomfortable to wear, but with the great variety of life jacket styles, colors and sizes available, there is a life jacket for everyone. Life jackets are available for paddlers, anglers and every other type of boater. You can even get an inflatable life jacket that fits around your waist like a belt, or one that attaches like suspenders. “Modern life jackets are much more comfortable than they were in the past,” says Martin. “Best of all, they take away a lot of the worry for kids and adults from being around the water.”

For more information on life jackets and other boating information, visit the Commission’s web site, [www.fish.state.pa.us](http://www.fish.state.pa.us), and click on “Boating.”

## Fishin' from the Kitchen

### Crappies-Lettuce-Tomato Sandwich

by Wayne Phillips

Put a twist on the BLT sandwich by using pan-fried crappies.

#### Ingredients for four servings:

- ✓ Crappies, boneless fillets
- ✓ Flour seasoned with salt and black pepper
- ✓ Vegetable oil
- ✓ Sliced tomatoes
- ✓ Lettuce leaves
- ✓ Burger buns

#### Lemon-dill mayonnaise:

- ✓ 1 cup mayonnaise
- ✓ 2 Tbsp. fresh lemon juice
- ✓ 2 Tbsp. dried dill weed

#### Procedure

Combine ingredients for flavored mayonnaise. Set mixture in refrigerator for at least one hour. Dredge crappie fillets in seasoned flour. Shake off excess flour. Pan-fry until golden brown. Spread flavored mayonnaise on burger bun. Layer crappies, tomato slices and lettuce leaves in the bun.

#### Serve

Serve with pickles for a perfect lunch. For dinner, add coleslaw and potato salad.



photo: Wayne Phillips

#### Hints

Toast the bun if you want some extra crunch to the sandwich. Apply the mayonnaise generously. Iceberg lettuce is the crunchiest lettuce and perfect for sandwiches. Use dry dill weed instead of fresh because fresh dill can make the mayonnaise “watery.”

Making your own mayonnaise is not difficult, and once you have tasted it, you will always make your own. Add 2 egg yolks, 2 Tbsp. fresh lemon juice and 1 Tbsp. of Dijon-style mustard to the bowl of a food processor. Process until thoroughly combined. With the machine running, very slowly drizzle in 1 cup of extra-virgin olive or canola oil. Season with salt and black pepper.