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# Great Outdoors

People venture into the great outdoors for many different reasons. The Outdoor Recreation Jobs and Economic Impact Act was developed in part to analyze the outdoor recreation economy of the United States.

In 2018, its report showed outdoor recreation contributed more than \$412 billion to the U.S. economy and 4.5 million jobs. In 2019-2020, Parks Canada reported 24.8 million people visited parks and historic sites

The outdoors became even more popular during the COVID-19 pandemic. Outdoor areas were safer places to gather and made it easier to gather without compromising social distancing guidelines.

Since then, nature has continued to provide the space and respite people need.

As people continue to venture outdoors, it is important to do so safely. Yale Medicine says serious medical conditions and severe injuries can occur in the wilderness. Preparation is key to avoid such scenarios.

#### CHECK THE WEATHER

Know what the weather will be when spending time in the great outdoors. Hikers or those engaged in other activities should have a way to protect themselves from rain and lightning strikes or being caught in cold weather for a long time. Appropriate clothing and a tarp or another temporary

shelter can be crucial.

#### TAKE A FIRST AID KIT ALONG

The first aid kit should be stocked with the basics for routine medical issues like cuts, burns or insect bites. For serious outdoors people, a lightweight splint can immobilize a sprain or broken bone. Outfit the kit depending on the activity. Consult with a medical professional or park ranger about what to bring.

#### LEAVE A PLAN WITH SOMEONE

Much in the way a pilot files a flight plan, people spending time outdoors should create their own travel plans and leave the details with someone at home.



The plan should list who is going, where everyone will be and the expected time away. This way if the group is not heard from in a set period of time, the person at home will know where to begin the search.

#### RESPECT PLANTS AND ANIMALS

Injuries can occur from encounters with flora and fauna. Do not handle or consume wild plants without knowing that they are safe. Do not approach or feed wild animals Store food up and away from tents so that bears and other animals will not be lured to your campsite.

#### PRACTICE FIRE SAFETY

The conservation organization Wild Virgina urges outdoor lovers to follow fire safety guidelines. Do not create a fire beneath overhanging branches or anywhere other items may catch fire. Use a ring of sand or stones to contain the campfire.

Never light a fire if the fire danger rating is high. Parks usually post wildfire risk charts that will indicate if fires are off limits. Always fully extinguish a fire before leaving the area, and check that the ashes are no longer smoldering.

#### **KNOW LIMITS**

Each individual should know his or her medical history and physical limitations and keep them in mind when planning days outdoors.

(METRO CREATIVE)



Spring is one of the most popular seasons of the year. After several months of chilly temperatures in many regions, spring provides a welcome reprieve from the cold.

Moderate temperatures makes it much more comfortable and inviting to venture outdoors, particularly for families with children who might not adapt to the cold as well as adults. The following are some family-friendly activities that make the most of spring renewal.

#### VISIT BOTANIC GARDENS

If there's a botanical garden nearby, a visit in spring is a great time to soak in the beauty of nature. That's because an abundance of flowers bloom during the spring, meaning a garden will be in peak form. Visitors can meander through rows of rose bushes or tour the labyrinth of trimmed hedges. Beautiful, flowering cherry trees, with their delicate pink or white petals, also are sights to behold in spring.

#### PREPARE A HOME GARDEN

Visiting a garden is one thing, creating one at home is another. In addition to planning a vegetable garden to enjoy tasty pickings throughout summer, you can devote some property to flowers that will attract wildlife. Check with a garden center about which flowers and plants attract butterflies and other beneficial insects. Many garden centers sell butterfly and hummingbird mixes to attract wildlife.

#### GO ANIMAL WATCHING

Flowers are not the only thing on display come the spring. Many animals, including birds, are born this time of year. Baby animals are not only adorable, they can be entertaining to watch grow.

Families can spend time viewing the animals that visit their yards or surrounding parks, being careful to keep their distance. Adults may be quite protective of their young, so it's better to watch from the lens of a camera or with binoculars. Always resist the urge to help a baby animal who

seems like it was abandoned. The parent may be a short distance away gathering food or trying to avoid drawing attention to the young to deter predators.

#### GET OUT ON THE WATER

A bright, warm day is an ideal time to enjoy the open water. Spring is a season when many marinas reopen and avid boaters put their vessels back into the water. You also can venture into streams or lakes aboard kayaks or canoes, getting exercise and seeing the scenery in the process. Bring a fishing pole along and cast it into the water for a few hours of recreation.

#### MAKE WIND CHIMES

Enhance the garden or decor around the home by making wind chimes or other percussion items that can create beautiful music when spring breezes blow. Commercially available kits are sold, but wind chimes also can be made from items like bamboo or even strung shells.

(METRO CREATIVE)



A publication of Southern Lakes Newspapers 1102 Ann St., Delavan, WI 53115

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# How golf got its start

Many people cannot think of a better place to spend an afternoon than out on the links. From prestigious and private country clubs to public courses, more than 15,000 golf courses dot the American landscape, while there are 2,298 golf courses in Canada.

#### THE EARLY DAYS OF GOLF

The modern game of golf is believed to have origins in Scotland, although ball-and-stick games are attributed to other areas as well. For example, in the 13th century, the Dutch played a game with a leather ball being hit to reach a target. According to The Golf Historian, others trace the roots of golf as far back as 100 BCE in Rome and a game called "pagancia."

Golf was played for some time in Scotland, but in 1457 King James II prohibited the game because he saw it as a distraction from archery practice and other training required for defense of the country. By 1500, golf bans were lifted and even royalty were playing and helping to spread golf's popularity throughout Europe, according to the history resource Historic UK. In fact, Mary, Queen of Scots was believed to have played the game and brought it to France when she studied there, while King Charles I brought the game to England.

Golf officially became a sport in 1744 when the first club was formed by the

Gentlemen Golfers of Leith. Later, the St. Andrews Society of Golfers was formed to compete in its own annual competition, using Leith's rules. St. Andrews in Scotland is often recognized as the historic hometown of golf.

#### **GOLF EQUIPMENT**

The earliest golf clubs were made mostly from apple, beach, holly, and pear wood. The balls were made of wood or hard leather. Other historic documents reference balls stuffed with feathers.

#### NORTH AMERICAN GOLF

While many other parts of the world took to golf very early, the United States was late to the game, with only a smattering of people playing during the 18th century. The oldest permanent golf club in North America was not an American creation; the first club was established in Montreal in 1873. It was not until 1894 that the United States Golf Association was formed, according to the Keiser University College of Golf.

#### PROFESSIONAL GOLF RECOGNITION

The Professional Golfers' Association was established in 1916 after a meeting of golf professionals and several leading amateur golfers at Taplow Club in New York City. Its purpose was to raise the status of people earning their living from playing the game, according to the PGA.



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Hidden Gem In Your Back Yard



Golf is played all over the world. It may have ancient roots, but golf remains popular among people of all ages.

STOCK PHOTO Spring Outdoors

Today, there are more than 8,000 members in 80 countries. PGA professionals learn the latest skills and participate in annual PGA Tour competitions testing their prowess. The top five winningest PGA Tour players are:

- Sam Snead: 82 wins;
- Tiger Woods: 82 wins;
- Jack Nicklaus: 73 wins;
- Ben Hogan: 64 wins; and
- Arnold Palmer: 62 wins.

(METRO CREATIVE)

## 6 ways to improve your putting skills

Golf requires mastery of a wide array of skills. Many novice players focus on improving skills related to their swings. Yet they shouldn't overlook the importance of improving their short games as well.

In golf, short game refers to the golf shots golfers must make when they're near or on the green. According to Golf Distillery, a golf play information and tips site, shots like bunker shots, chips and putts are part of the short game. Improving these skills can go a long way toward bettering one's game.

#### LEARN 'GREEN-READING' TECHNIQUES

According to a Golf Magazine-sponsored study through Pinehurst Golf Academy, 65% of golfers under-read the break on a typical putt. Incorrect reads can add to many lost strokes. Reading the green involves determining the correct slope and distance. Golfers who take depth-perception tests and continually practice their skills at reading both the distance and the slope can improve their putts.

#### CHANGE PERSPECTIVE

Different putts require different perspectives in order to assess both distance and slope, according to Todd Sones Impact Golf Schools. If the putt is downhill, Sones suggests reading it from behind the hole. If the putt is uphill, read it from behind the ball.

#### PRACTICE CONSISTENT PUTTER TRAVEL DISTANCE

While the total length of a putt stroke depends on the length of the putt, many golf instructors recommend consistency with the distance the putter head travels. Keep the same distance on the back stroke as on the foward stroke. This will help create a nice, even roll. Most beginners tend to short their back strokes and increase their forward strokes, resulting in less ball control.

### FOCUS ON AN IMAGINARY CHANNEL

When putting, imagine a three- or fourinch channel from the ball to the hole. Rather than staring at the ball, golfers can track their eyes down that imaginary line, suggests the experts at Golf Digest. Keeping a simpler focus rather than overthinking things can improve putting.

#### KEEP A STEADY HEAD

Instead of following the ball with one's eyes, a golfer should hold the focus on the start of the putt to foster a more steady head.

#### CHANGE BALL PLACEMENT

Try moving to position the ball just forward of the center of the stance. This helps the putter make contact at the right moment to achieve the slight lift needed for a successful putt.

(METRO CREATIVE)

# Licenses, stamps, tags needed for all anglers older than 16

Wisconsin residents who are 16 years old or older need a fishing license to fish in any waters of the state. Residents need a fishing license to take rough fish by hand, hook and line or to spear fish where allowed

Residents do not need a fishing license to take smelt, rough fish, or minnows with nets, traps, and seines of legal size. The Wisconsin Department of Natural Resource's Guide to Wisconsin Spearing, Netting, and Bait Harvest Regulations has more information on additional regulations.

Nonresidents who are 16 years old or older need a nonresident fishing license to fish in Wisconsin waters with hook and line

Nonresidents need a fishing license to take rough fish by hand, hook and line, or to spear fish where allowed. Nonresidents of any age need a fishing license to take smelt, spear fish, or to take rough fish and minnows using nets, traps, and seines of legal size. Nonresidents may not sell minnows or smelt. The DNR's Guide to Wisconsin Spearing, Netting, and Bait Harvest Regulations has more information and lists all the regulations.

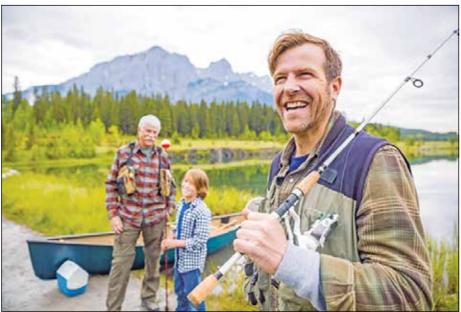
Fishing licenses are sold online at dnr.

Groups of disabled persons on fishing excursions conducted by nonprofit organizations may not need fishing licenses.

All annual licenses are valid from date of purchase through March 31, 2024.

#### ICENSES.

- Resident individual (annual) fishing license, \$20.
- Fishing, junior (16 and 17 years old), and senior (65 and older), \$7.
- Resident one-day fishing license, \$8 – In the event the angler purchases an annual fishing license later in the same license year, the cost of the one-day license will apply towards the purchase of the annual fishing license.
- Resident combination (spousal)
   license, \$31 Issued to a legally married husband and wife who meet residency requirements.
- Resident sports license \$60 This license allows for fishing and hunting of small game and gun deer. (Nonresident fee, \$275)
- Resident junior sports license (10 to 17 years old), \$35 (Nonresident fee, \$36)
- Resident reduced-rate fishing license, \$7 Required of anglers 16 and 17 years of age and anglers 65 years of age and older. Residents born before 1927 do not need a fishing license. Simply carry proof of age when fishing. Nonresident senior citizens must purchase a regular nonresident license.
- Resident conservation patron license, \$165 This license serves as a substitute for separate licenses and stamps for annual fishing, inland trout fishing, Great Lakes trout and salmon fishing, hook and line lake sturgeon harvest, hunting small game, turkey, pheasant, deer, waterfowl, archer hunting, and trapping (trapping for residents and qualified nonresidents only). You also receive an admission sticker for state parks, state forests and



Fishing is a family friendly activity. General inland fishing season opens May 6. Get your tackle ready.

STOCK PHOTO Spring Outdoors

state trails, and a one-year subscription to Wisconsin Natural Resources magazine. (Nonresident fee \$600)

- Resident junior conservation patron license (10–17 years old), \$75 – (Nonresident fee \$77)
- Resident annual fishing licenses for the disabled, \$7 – Anglers must provide one of the following as proof: Social Security Disability Award Notice issued within the past year, Letter from Social Security Administration advising the customer is currently receiving disability benefits, Letter or Notice of Railroad Retirement Disability, or signed statement from a licensed physician or optometrist indicating that the customer's sight is impaired to the degree that he/ she cannot read ordinary newspaper print with or without corrective glasses. Discount applies to resident fishing license only. Disabled nonresidents need to buy a regular nonresident license.
- Resident annual disabled veteran's fishing license, \$3 Veterans must provide one of the following as proof: Veteran's Disability Award Letter showing benefits are being paid for a disability of 70 percent or more, or Letter from Veterans Administration that indicates customer is receiving benefits for a service-related disability of 70 percent or more. Nonresident disabled veterans must purchase a regular nonresident license.
- Free annual resident armed forces fishing license for members of the U.S. armed forces who exhibit proof that they are in active service with the armed forces and that they are a resident on furlough or leave (includes the inland trout and Great Lakes salmon stamps).
- Nonresident individual (annual) fishing license, \$50
- Nonresident one-day fishing license, \$10 – In the event the angler purchases an annual fishing license later in the same license year, the cost of the one-day license will apply towards the purchase of the annual fishing license.
- Nonresident 4-day individual license, \$24

- Nonresident 15-day individual
- Nonresident 15-day family license, \$40 – Includes children 16-17 years old (Note: Family licenses do not include grandchildren ages 16 to 17 years old).
- Nonresident annual family license, \$65 – Includes children 16 and 17 years old (Note: Family licenses do not include grandchildren ages 16 and 17 years old).
- Annual Inland Trout Stamp Privilege (residents and nonresidents), \$10 See the Guide to Wisconsin Trout Fishing Regulations for license restrictions. Required in addition to your fishing license to fish trout on tributaries to Lake Superior and all inland waters, except Green Bay and Lake Michigan tributaries up to the first dam or lake.
- Annual Great Lakes Trout and Salmon Stamp Privilege (residents and nonresidents), \$10 Required in addition to your fishing license to fish trout or salmon on Lake Superior, Lake Michigan, Green Bay and the tributaries of Lake Michigan and Green Bay up to the first dam or lake.
- Two-day Sports fishing license for residents and nonresidents, \$14 This license entitles a resident or nonresident to fish the outlying waters of Lake Superior, Lake Michigan, and Green Bay, as well as Lake Michigan and Green Bay tributaries upstream to the first dam or lake. License includes the Great Lakes Trout and Salmon stamp privilege.
- Two-day Inland Lake Trout Fishing License (residents only), \$14 – This license authorizes fishing for trout on inland lakes. A trout stamp is not required
- Hook and Line Lake Sturgeon
  Harvest Tag, \$20 Anglers who intend to
  harvest a lake sturgeon must purchase this
  tag first, regardless of age or need for a
  fishing license. Harvest tags are available
  for either inland waters or Wisconsin/
  Michigan boundary waters. A fishing
  license is required to fish for sturgeon
  (unless you are exempt), but a harvest
  tag is not required for catch and release
  sturgeon fishing (Nonresident fee \$50)

For more information, visit dnr.wi.gov.



2023-24

## Fishing Seasons

Opening day for Wisconsin fishing is traditionally the first Saturday in May. Hook-and-line fishing for many species of fish on many Wisconsin waters begins on that day. However, to better manage Wisconsin fisheries, season dates are often specific to the species of fish as well as the water body.

For a complete listing of all Wisconsin's fishing seasons, visit drn.wi.gov.

#### Early inland trout

(catch and release) Jan. 7 (5 a.m.) to May 5

**General inland trout** May 6 (5 a.m.) to Oct. 15

**General inland fishing** May 6 to March 3, 2024

Largemouth bass northern zone harvest May 6 to March 3, 2024

Smallmouth bass northern zone harvest June 17 to March 3, 2024

Large and smallmouth bass southern zone harvest May 6 to March 3, 2024

Large and smallmouth bass catch and release

Musky - northern zone May 27 to Dec. 31

At all other times of the year.

Musky - southern zone May 6 to Dec. 31

Northern pike May 6 to March 3, 2024

Walleye May 6 to March 3, 2024

**Lake sturgeon** Sept. 2 to Sept. 30 (hook-and-line)

Free fishing weekends June 3 and 4



e 6 SPRING OUTDOORS 2023

# THE HEALTH BENEFITS OF hobbies

Maintaining physical and mental health often requires a multi-faceted approach. Eating well, exercising and reducing stress are part of a healthy regimen, but those are not the only components of a healthy lifestyle.

Hobbies can have a positive effect on overall health. Hobbies can seem like ways to simply pass the time or alleviate boredom. But a deeper exploration could shed light on just how healthy hobbies can be. In fact, it is essential to carve out time for hobbies because they can be so beneficial.

According to a study published in Aging Clinical and Experimental Research, participation in leisure activities positively influences self-perceived well-being and depressive symptoms.

"The blue zone" refers to the areas of the world that have the longest-living people on the planet, which include Okinawa, Japan; Sardinia, Italy; and Ikaria, Greece, among others. Participation in activities that bring out a creative side leads to an increased sense of well-being that is good for long-term health. They also can reduce cortisol levels. Cortisol is known as the stress hormone, and it can negatively affect energy, mood and sleep.

While most leisure activities regularly engaged in can have positive effects on health, those that focus on a combination of physical and mental stimulation are most beneficial. Women looking to change their daily routines may want to focus on these health-boosting hobbies.

#### **DANCING**

Laugh, sweat and learn some footwork in a dance class. It can make exercise fun for those who find traditional exercise does not keep their attention.

#### KAYAKING

There's something serene about being on the water away from the hustle of life on land. Kayaking strengthens the body, but the calm of taking in the water and scenery nourishes the mind.

Experts agree that outdoor hobbies add another benefit since sunlight helps the body release neuroreceptors that trigger more positive thoughts.

#### GARDENING

Gardening is physical, requires planning, involves spending time outdoors, and yields tangible results through thriving plants. These are all factors that promote good health...

#### **VOLUNTEERING**

Being a presence in your community can foster social engagement and boost emotional health. It also can keep you physically active.

(METRO CREATIVE)



## Ways to soak up summer on the water

Summer fun is right around the corner, and boating is the perfect addition to your bucket list. No boat? No problem. There are plenty of ways to get on the water and enjoy the unique adventures only boating provides, in addition to its many wellness benefits. Studies show being on the water boosts creativity, happiness, relaxation and mental health.

"Americans today prioritize experiences, work-life balance and outdoor recreation. There's no better way to do that than spending time on the water with loved ones," said Ellen Bradley, Discover Boating senior vice-president. "Boating delivers fun, freedom and relaxation in a special way you can't get on land - and we're seeing more people giving it a try than ever before as they learn about the proven benefits of time on the water."

Whether you're into fishing, watersports, riding personal watercraft, sailing or simply cruising around the open waters, boating offers something for everyone, and it's more accessible than you may think. Boaters come from all walks of life, backgrounds and areas of the country, with an estimated 100 million Americans going boating each year, according to the National Marine Manufacturers Association.

Discover Boating, the leading resource for all things boating, helps people find easy ways to get on the water and provides tools and articles to get started. Check out these tips to start planning your next onwater adventure and make the memories of



top: Water sports are a big draw to local lakes, from JetSkiing to water skiing to wake boarding to boating, the lakes are buzzing with activity in the summer. above: Boating in Wisconsin starts in spring and doesn't wrap up until fall.

a lifetime this summer.

#### RENT OR SHARE A BOAT

Rental options are available on most waterways and provide hourly, daily or weekly access to a variety of boat types. Rental outfitters should provide tutorials on operating a boat, share safety instructions and offer suggestions on destinations. Another option is peer-to-peer boat sharing, which allows you to rent boats near you directly through the boat owners and offers

the choice to hire a captain.

#### JOIN A BOAT CLUB

Boat clubs offer access to a variety of boats. You'll pay a monthly fee and be able to book your time on the water online. Most boat clubs take care of docking, cleaning, maintenance and boat training courses.

#### TAKE A CLASS

Take the helm and become a confident boater. Sign up for a boating lesson to hone your powerboating, sailing or watersports skills by mastering the basics while having fun along the way. On-water training courses, watersports camps, youth boating programs and more are offered across the U.S.

#### FIND YOUR DREAM BOAT

Chart your own course to boat ownership by visiting DiscoverBoating. com, where you'll find resources such as the boat finder and loan calculator to help you find a boat that fits your budget, lifestyle and interests.

Visit Discover Boating's Go Boating Today tool to find out how you can secure your boating vacation on-demand this summer. Use the social media hashtag #SeeYouOutHere to share your boating.

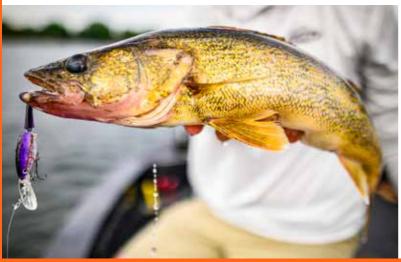


Swimming on local lakes is a great way to cool off on a hot summer's day.

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