

SPRING 2024

# Spring OUTDOORS







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# There's no shortage of hobbies to explore

Eating well, exercising and reducing stress are part of a healthy regimen, but those are not the only components of a healthy lifestyle. Spring is an ideal time to consider taking up a new hobby, if not two or three – especially because there are many hobbies that involve the outdoors.

Whether a hobby calls for time outside or in, they can have a positive effect on overall health, physical as well as mental health.

While hobbies can seem like a way to simply pass the time or alleviate boredom, the benefits can be so great that carving out time for them is essential for most people.

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. Studies in those areas have shown that participation in activities which bring out a creative side leads to an increased sense of well-being that is good for long-term health. Those activities 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.

Those looking to change their daily routines may want to consider these health-boosting hobbies.

## HIKING

It's no secret that a walk out in the fresh air is good for us physically as well as mentally. For some, regular walks are part of their routine, and for those ready to take it to a new level – and reap even more benefits – hiking is the next logical step.

Hiking is generally defined as being longer than a walk, often on trails, from level terrain to more challenging hills. But taking up the sport of hiking can be gradual and for many, develops into a hobby.

## 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 being on the water and taking in the 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 and flowers while beautifying our space. These are all factors that promote good health.

## FOSTERING ANIMALS

Fostering animals offers them an opportunity to spend time in domestic settings before being adopted by permanent owners. For the foster person or family, having a dog involves going out on walks and play sessions in the backyard. A sense of purpose comes from helping out needy animals, and this hobby also taps into physical wellness.

## VOLUNTEERING

Being a presence in your community can foster social engagement and boost emotional health. It also can keep you physically active, whether it involves working with kids or seniors, stocking shelves at a food pantry or being part of a group that cleans up a neighborhood. An added bonus is the socialization it offers and for those seeking a new hobby, volunteering might be the perfect answer.


The bottom line is that hobbies, from those listed here to a myriad of others, bring many benefits and great time to try something new, which fits right in with the sense of renewal many feel in the spring.

(METRO CREATIVE)



While hobbies can seem like a way to simply pass the time or alleviate boredom, the benefits can be so great that carving out time for them is essential for most people. Spring, which brings a sense of renewal to many, is an ideal time to try something new, such as kayaking (right), fostering animals, volunteering or hiking.

HEIDI SCHULZ *Spring Outdoors*



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2024 SPRING  
**OUTDOORS**



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# Getting kids interested in **GOLF**

Modern children face no shortage of things to do, and many kids are involved in competitive sports. Data from the U.S. Census Bureau indicates that the proportion of boys and girls playing on sports teams has increased in recent years.

The lasting appeal of athletics and recreation is undeniable, and kids as young as preschool age can participate in a wide range of sports, including baseball and soccer.

And though it might require a little more patience on the part of players and parents, golf is another great sport to introduce to children.

Kids unfamiliar with golf may be hesitant to give it a shot, but the following are some strategies parents can try to get their youngsters more interested in the game.

- Start with miniature golf. Though mini golf and the real thing are two entirely different activities, many an avid golfer first picked up a club on a miniature golf course. Mini golf is all about having fun, and the joy kids have on a miniature golf course might spark an interest in playing traditional golf.

- Play with kids. Young children typically are excited to engage in any activity if it involves playing alongside their parents. Parents who play golf can take their kids along to the course, first taking them to the range and practice green so they can teach them some of the fundamentals of the game.

As kids' skills develop, parents can play nine holes with their youngsters. The time spent bonding on the course will be unforgettable for parents and children. Older children might want to bring a friend

along when playing with parents, and this, too, can be a great way to foster a love of the game in kids.

- Make it about fun, not the final score. It's up to parents if they even want to keep score, but the primary focus when golfing with young children should be fun. Try to take lessons on the range or putting green out to the course, but don't overemphasize technique or score. If kids are having a frustrating round, note that every golfer has such rounds and divert their attention by pointing out the surrounding beauty. And keep in mind that it never hurts to leave time for some post-round ice cream.

- Set a positive example. Golf can be a frustrating game for novices and veterans alike. Parents can set a good example by remaining positive even if their own score is nothing to write home about. Resist any inclination to lash out after a shank or slice, and stay patient even when struggling with your short game. Kids are always watching their parents for cues, so it's best to ensure any frustration does not manifest itself outwardly.

- Avoid forcing the issue. Parents who are avid golfers understandably want to share their passion for the game with their children. But forcing the issue when kids are young might compel them to avoid the game at all costs. Let kids' love of the game develop organically, even if that means putting their clubs away until they're ready to try again.

Golf is a great game that can teach kids invaluable lessons. Certain strategies may foster a lifelong love of the game in youngsters.

(METRO CREATIVE)



Strategies parents can try to get youngsters more interested in the game of golf include setting a positive example, beginning with miniature golf, and focusing on the enjoyment of the sport rather than the score.

METRO CREATIVE *Spring Outdoors*

## TIPS TO REVITALIZE A GARDEN THIS SPRING



As the weather warms up, experts offer several tips that can help bring a garden back to life. Those suggestions include discarding dead plants, pruning perennials needing a trim, testing the soil, mulching garden beds, inspecting irrigation systems, and tuning up garden tools.

STOCK PHOTO *Spring Outdoors*

Gardening is a rewarding hobby that pays a host of significant dividends. Many people love gardening because it allows them to spend time outdoors, and that simple pleasure is indeed a notable benefit of working in a garden.

The National Initiative for Consumer Horticulture notes that gardening provides a host of additional benefits, including helping people get sufficient levels of exercise, reduce stress and improve mood.

With so much to gain from gardening, it's no wonder people look forward to getting their hands dirty in the garden each spring.

As the weather warms up, consider these tips to help bring a garden back to life.

### Discard the dead weight

Winter can take its toll on a garden, even in regions where the weather between December and early spring is not especially harsh. Discard dead plants that have lingered into spring and prune any perennials that need it.

Branches that fell during winter storms also should be removed at this point if they have not previously been discarded.

### Test the soil

Soil testing kits can be purchased at local garden centers and home improvement retailers. Such tests are inexpensive and can reveal if the soil needs to be amended to help plants thrive in the months to come.

### Mulch garden beds

Mulching benefits a garden by helping soil

retain moisture and preventing the growth of weeds. Various garden experts note that mulching in spring can prevent weed seeds from germinating over the course of spring and summer. That means plants won't have to fight with weeds for water when the temperature warms up. It also means gardeners won't have to spend time pulling weeds this summer.

### Inspect irrigation

Homeowners with in-ground irrigation systems or above-ground systems that utilize a drip or soaker function can inspect the systems before plants begin to bloom.

Damaged sprinkler heads or torn lines can deprive plants of water they will need to bloom and ultimately thrive once the weather warms up.

### Tune up the tools

Gardening tools have likely been sitting around gathering dust since fall. Serious gardeners know that tools can be expensive, so it pays to protect that investment by maintaining the tools.

Sharpened pruners help make plants less vulnerable to infestation and infection. Well-maintained tools like shovels and hoes also make more demanding gardening jobs a little bit easier, so don't forget to tune up your tools before the weather warms up.

It's almost gardening season, which means gardeners can start on the necessary prep work to ensure their gardens grow in strong and beautiful this spring.

(METRO CREATIVE)



# The basics of **LYME DISEASE**

Few can resist the allure of a warm afternoon spent in the backyard, especially now that spring is upon us. Whether it's a family barbecue, a lazy afternoon reading in a hammock or time spent playing outdoor games or on a hike in nature, there are many ways to have fun outside.

Those who regularly spend time in nature – hiking or biking area trails – are generally aware of ticks and the importance of taking proper measure of protection. However, a backyard can feel like an oasis and even the most peaceful refuge is not safe from hazards, including ticks.

Ticks pose a particular threat to individuals who live in specific regions, as these unwelcome critters may carry the bacteria responsible for Lyme disease.

Recognition of the disease, its symptoms and potential treatment plans is important for anyone planning to spend time relaxing in their backyards anytime soon.

## Explaining Lyme disease

The Cleveland Clinic notes that Lyme disease is most often caused by *Borrelia burgdorferi*, a bacteria carried by black-legged ticks, which are sometimes referred to as “deer ticks.” The Centers for Disease Control and Prevention indicates some cases of Lyme disease are caused by the bacteria *Borrellia mayonii*, though such cases are rare.

Lyme disease is named after the small town in Connecticut where the disease was first recognized nearly half a century ago. The CDC reports that Lyme disease is the most common vector-borne disease in the United States.

## How it's transmitted

Lyme disease is transmitted to humans through the bite of an infected deer tick. Though there are many varieties of ticks, Johns Hopkins Medicine notes that only the black-legged deer tick and Western black-legged tick transmit Lyme disease.

## Symptoms

The CDC indicates that Lyme disease produces a wide range of symptoms, and those symptoms vary depending on how long it's been since a person was bitten by a tick.

Early symptoms may appear as soon as three days after a bite and as late as 30 days after a bite.

The CDC characterizes symptoms appearing between three and 30 days after a bite as “early symptoms,” which may include:

- Fever
- Chills
- Headache
- Fatigue
- Muscle and joint aches
- Swollen lymph nodes may occur in the absence of a rash

• Erythema migrans (EM) is a rash that occurs in approximately 70 to 80 percent of infected persons. The rash begins at the site of a tick bite after a delay of three to 30 days (average time to appear is about seven days).

The rash expands gradually over several days, reaching up to 12 inches or more (30 centimeters) across. EM may feel warm to the touch but is not typically itchy or painful. EM sometimes clears as it enlarges, resulting in a target or “bull's-eye” appearance, and the rash may appear on any area of the body.

Some symptoms may appear days to months after a tick bite, and may include:

- Severe headaches and neck stiffness
- Additional EM rashes that appear on other areas of the body
- Facial palsy characterized by a loss of muscle tone or droop on one or both sides of the face
- Arthritis with severe joint pain and swelling, particularly in the knees and other large joints.
- Intermittent pain in tendons, muscles, joints, and bones
- Lyme carditis, a condition characterized by heart palpitations or an irregular heartbeat
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord

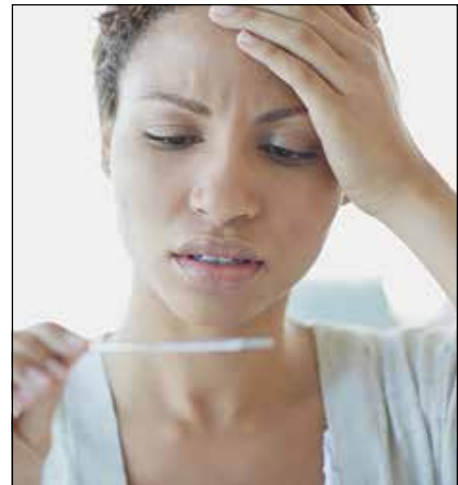
- Nerve pain
- Shooting pains, numbness or tingling in the hands or feet

## It's often treatable

Many cases of Lyme disease are successfully treated after a few weeks of antibiotics. However, some people report persistent symptoms even after antibiotic treatments, and the CDC notes additional research is necessary to help people in such situations.

Lyme disease is something to keep in mind as warm weather returns. More information about Lyme disease is available online at [cdc.gov](http://cdc.gov).

(METRO CREATIVE)



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## LEARN TO TAKE stunning nature photos

Exploring the great outdoors is a rewarding way to bear witness to the majesty of nature. Nature frequently presents awe-inspiring vistas that can take individuals' breath away. Some nature lovers are content to bask in the moment and set the scene to memory. Others may want a more permanent way to commemorate the view.

Amateur photographers eager to capture the beauty of the great outdoors can practice their picture-taking skills. According to photography tips and technique experts at Picture Correct, many factors are involved in taking nature photographs.

These tips can help anyone take stunning nature photos.

- Invest in quality gear. The right photography gear makes it much easier to take great photos. Lenses are very important for capturing shots. Macro lenses are designed for insects and flowers. Wide-angle lenses help snap landscapes. Telephoto lenses can focus on animals without having to get too close.

- Take the foreground into consideration. When you find an

inspiring landscape to photograph, skip the empty landscapes and think about zeroing in on something interesting in the foreground. This can be a particularly attractive flower in front of a vast field, or even a rusty watering can left out in a row of crops. Items in the foreground will impart interest in the photo.

- Consider depth of field. Sometimes you will have no control over the busy background an interesting subject is in front of in a planned photograph. A shallow depth of field achieved with a wide aperture can blur a background and separate the subject from that background, according to Shotkit, a photography and gear authority. Some post-production work also can be done to blur backgrounds in applications like Lightroom or through Photoshop.

- Zoom in and crop subjects. Smaller pictures can be just as compelling as larger ones. Zoom in on the bark on a tree, the skin of a lizard or the wings of an insect. Closer looks at what is hiding in plain sight in nature can

lead to compelling pictures. Zoom in and think about using a macro lens, which will magnify even the tiniest details.

- Study what you want to capture. The best photographers do their research. If you want to grab a great photo of an egret by the water's edge, spend time watching these birds in their habitat and learning their behaviors. This might help you predict when to snap the best photo.

- Use light wisely. The photography resource Expert Photography recommends taking photos primarily during the golden hours. These are right after sunrise and just before sunset. The light during these times of day has a softer, hazy quality that will illuminate subjects evenly and less harshly than midday, when shadows also may pose challenges. Taking photos during these times also means fewer people around and a better chance that wildlife will be out and about.

Nature photography is wildly popular and there are many ways for amateur photographers to make their photos pop.

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# 2024-25 Fishing Seasons

Opening day for Wisconsin fishing is traditionally the first Saturday in May. Season dates are often specific to the species of fish as well as the water body.

**Early inland trout**  
*(catch and release)*  
Jan. 6 (5 a.m.) to May 3

**General inland trout**  
May 4 (5 a.m.) to Oct. 15

**General inland fishing**  
May 4 to March 2, 2025

**Largemouth Bass Northern Zone harvest**  
May 4 to March 2, 2025

**Smallmouth Bass Northern Zone Harvest**  
June 15 to March 2, 2025

**Large and Smallmouth Bass Southern Zone Harvest**  
May 4 to March 2, 2025

**Large and Smallmouth Bass Catch and Release**  
*At all other times of the year*

**Musky Northern Zone Harvest**  
May 25 to Dec. 31

**Musky Southern Zone Harvest**  
May 4 to Dec. 31

**Northern Pike**  
May 4 to March 2, 2025

**Walleye**  
May 4 to March 2, 2025

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

**Free fishing weekends**  
June 1 and 2  
Jan. 18-19, 2025

For future reference, free fishing weekends are the first Saturday and Sunday in June and the third Saturday and Sunday in January.

Regarding fishing seasons, note that temporary or emergency rules may be enacted, which could change the season dates for a species or waterbody. If that happens, the DNR advises anglers to look for signs posted at boat landings.

Not all Wisconsin waters follow the general dates for the hook and line or trout season. Anglers must still consult the current regulations' particular county or boundary waters tables to determine if any special season dates exist for the specific waters they plan to fish with hook and line.

For more information, visit [dnr.wi.gov](http://dnr.wi.gov).

While kids who are 15 years old and younger do not require a license in Wisconsin, there are various options to get everybody else out fishing quickly and easily, according to the Department of Natural Resources. Options include resident and nonresident licenses as well as discounts for first-time buyers, one-day licenses, active-duty military on furlough or leave who are state residents and veterans.

## Licenses needed for anglers 16 and older

### 2024 resident, nonresident costs for licenses, stamps, tags

In Wisconsin, kids 15 and younger can fish without a license. For everybody else, various license options can get people out on the water quickly and easily.

"Get your license to relax and enjoy what Wisconsin has to offer," state Department of Natural Resources representatives said.

For those getting their first license or just visiting, discounted license options are available, including:

- First-time buyer license – for those who haven't fished in Wisconsin before or want to return to fishing after at least 10 years without a license.
- One-day fishing license – for anglers who want to try fishing in the state for one day only.
- Resident anglers who recruit someone new to purchase a first-time buyer license can earn points toward a reduced-price license of their choice.
- Active-duty military on furlough or leave who are Wisconsin residents and veterans.



Season dates for fishing in Wisconsin may vary to fish species and the water body. Traditionally, opening day is the first Saturday in May and there are two free fishing weekends each season, on the first Saturday and Sunday in June as well as the third Saturday and Sunday in January.

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### Where to purchase

Unless otherwise noted, all licenses are available for purchase through the DNR's Go Wild website at [gowild.wi.gov](http://gowild.wi.gov), sales locations or at one of the DNR Service Centers.

A valid driver's license or social security number will be needed to purchase a fishing license online at Go Wild.

Service Center counters are open 8:30 a.m. to 4 p.m., Monday through Friday. The centers located closest to this area include:

- Janesville – 2514 Morse St. Ph: 608-743-4800
- Waukesha – 141 NW Barstow, Room 180. Ph: 262-574-2100
- Milwaukee – 1027 W. St. Paul Ave. Ph: 414-263-8500

### Resident general

- Individual (annual) fishing license, \$20.

- First-time buyer, \$5.
- One-day fishing license, \$8 – can be used toward an upgrade to an annual fishing license for \$12.75.
- 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 but should carry proof of their age when fishing. Note that nonresident senior citizens must purchase a regular nonresident license.
- Spousal license, \$31 – this license is issued to a legally married husband and wife who meet residency requirements.
- Inland Trout Stamp Privilege (residents and nonresidents), \$10 – see the Guide to Wisconsin Trout Fishing Regulations for license restrictions. The stamp is required in addition to a 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.

- Sports license \$60 – this license allows for fishing and hunting of small game and gun deer. (Nonresident fee, \$275).
- Great Lakes Trout and Salmon Stamp, \$10 – required in addition to 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 Great Lakes Fishing, \$14 – this license entitles a resident 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 Great Lakes Trout and Salmon stamp.
- Two-day Inland Lake Trout Fishing, \$14 – this license authorizes fishing for trout on inland lakes (includes inland trout stamp.)

### Resident sturgeon

- Sturgeon Spearing Lake Winnebago (deadline to purchase is Oct. 31), \$20.
- Upriver Lakes Sturgeon Spearing (deadline to purchase is Oct. 31), \$20.
- Sturgeon Hook and Line Inland, \$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 the angler is exempt), but a harvest tag is not required for catch and release sturgeon fishing.
- Sturgeon Hook and Line Wisconsin and Michigan, \$20.
- Upriver Lakes Sturgeon Spearing application, \$3 (deadline is Aug. 1).



# How to build a **BETTER BURGER**

Backyard barbecue season is starting to heat up and while many people grill all year long – even in the winter months – spring is the unofficial kickoff to cookout season for most.

Burgers will always be quintessential grilling fare. It should come as no surprise that the month of May is National Hamburger Month. That's likely due to Memorial Day weekend – which many view as the unofficial start of summer – being one of the first times of the year people begin grilling burgers.

Despite burgers' popularity, it's easy to make mistakes when preparing them. These tips can help anyone build a better burger.

## Use freshly ground meat

Buying ready-made ground meat (of any variety) is taking a gamble because you don't know when it was ground, how many animals it came from or how it was handled. By freshly grinding the meat at home you will have greater control over the cut of meat and the fat content.

Personally ground meat will be fresher, especially when you get nice cuts of meat directly from your local butcher. Top chefs suggest dicing cold meat into chunks and freezing for about 10 minutes prior to grinding for the best results.

## Fat is key

For the most juicy, flavorful burger, you'll want a ratio of 80 percent meat to 20 percent fat. Some people like to eat lean, but with a burger, the fat will be necessary

and it's better to select leaner meats for other dishes.

## Less is more

Handling the burger patties too much can lead to dense, tough burgers. Gently shape the burgers into round, 1-inch thick, flat discs.

To prevent the burgers from rounding in the middle during cooking, press a dimple with your thumb in the center of the patty to help it cook evenly. It's a smart idea to weigh each patty to ensure uniformity of size and even cooking.

## Don't add salt early on

Salt added to the ground meat before it's shaped can draw the liquid out of the meat, leaving a dry burger behind. Sprinkle salt sparingly while it is cooking for flavoring.

## Flip as desired

The cooking resource Serious Eats debunked the myth that burgers should only be flipped once. Flipping the burger repeatedly, as often as once every 15 seconds, encourages faster, more even internal cooking and can dramatically reduce cooking time.

## Keep patties separate

Let everyone build their own burgers, as keeping the cooked meat away from the burger buns for as long as possible will reduce the chances of the juices making



The weather is turning nicer and that means grilling season is nearly here, not to mention May is National Hamburger Month. Despite the popularity of burgers, it's easy to make mistakes when preparing them. There are several tips that can help anyone build a better burger.

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the buns soggy. Soft, squishy buns tend to make for good burger eating, as they will not overwhelm the meat with too much crusty bread.

## Avoid overcooking

Most health authorities recommend not leaving any pink meat in a burger made from ground meat. According to Good Food, burgers can be cooked for 5 to 6

minutes on each side for medium and 8 to 9 minutes per side for well done. For the best results, use a food thermometer to check internal temperature. The USDA says ground meat, whether it's pork, veal, beef, or lamb, should be cooked to 160 F.

The smell of grilling burgers is in the air. Ensure that every burger is a masterpiece by utilizing some important cooking tips.

(METRO CREATIVE)

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# Summer camp options abound

Summer camp season will be here before parents know it. While children anxiously await the last day of school, adults know that it can be challenging to keep kids occupied and mentally stimulated when they aren't in the classroom.

Although it may be alright to enjoy a few days lounging around and playing video games, too much sedentary behavior is not good for anyone, even children. Families turn to summer camp to provide children with activities to occupy their time when school is not in session.

Camps catering to a variety of interests are open to youngsters, so there's likely one out there to excite every child. Each year, more than 25 million children and adults take part in the camp experience, says the American Camp Association.

Summer camp gives kids a chance to spread their wings and enjoy new adventures. When seeking camps, families can consider interests, proximity, cost, and other variables. Here are some of the different types of camps families can consider.

## Sleep-away camp

Like the name implies sleep-away camp hosts campers overnight, typically for several weeks. This may be children's first extended time away from home, and there's bound to be a few nerves that spring up. Round-the-clock activities and chances to bond with their peers can help kids overcome fears of being away from home.

## Academic camp

Academic camps focus their attention

on various subjects, putting like-minded children together. Academic summer programs ensure children's brains stay active, helping students avoid that dreaded "summer slide." Some of these camps mimic a school day so they are familiar to kids. Academic focus may vary from general academia to specific subjects like STEM to astronomy to the arts.

## Day camp

Day camps are a popular choice. Day camps tend to be general recreation camps that offer an array of activities. Campers are dropped off (or bussed) in the morning and arrive home early evening. These camps are readily accessible and run by various organizations. Some camps enable you to pay by the week, rather than committing to an entire season.

## Scout camp

Boys and girls participating in scouting programs often have the option to attend summer camp. During camp kids will have an opportunity to earn badges and advance their rank. Many scout districts have relationships with a specific scout campsite where troops from all over live and advance together for a week or so during the summer.

## Fitness/sports camps

Fitness-minded campers or those who play particular sports can investigate camps that focus on fitness and sports performance. These may be more rigorous than other types of camps since



There are many different types of summer camps families can consider for their kids.

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they involve lots of physical activity. Wilderness preparation camp is another type of camp that may fit into this category. It will highlight survival training and help mold active hikers and campers.

Summer camp options abound. It's only a matter of identifying a path for children and then seeking a camp that offers the desired program.

(METRO CREATIVE)

# FIND THE RIGHT FIT FOR SUMMER CAMP

Many adults fondly recall their days at summer camp. The increase in households with two working parents has made it more important than ever to find a camp to accommodate youngsters who need to remain engaged and entertained throughout over summer vacation. That reality has led to more summer camp options, but it's not always so easy finding one that's the right fit for a child.

No two children are the same and kids change quite a bit as they grow up. So, a camp that worked for an older child or even one that accommodated a younger camper may not make the perfect fit this summer. With that in mind, parents can consider these tips to find the right summer camp for their children.

- Ask around. Even if no two campers are the same, it can benefit parents to ask around when shopping for a summer camp. Summer camp spots are limited and it's not uncommon for competition for available spaces to develop, which can make it more difficult to gather information. However, ask neighbors whose children have outgrown summer camp if there is one they might recommend (or would not recommend).

- Pursue a package deal. Though package deals might not result in lower rates, approaching a camp with the parents of your child's friend or friends may work in your favor. Kids undoubtedly will be more excited about camp if their friends will be there as well. Camp officials may



Parents can consider several suggestions in an effort to find the right summer camp for their children. From identifying what camps are affordable to making sure the camp suits the schedule of the family, many factors should play into the decision.

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see these quasi-package deals as beneficial and a quick and easy way to fill spots.

- Ask kids how they want to spend summer. Specialized camps run the gamut from sports camps focusing on a particular sport to general outdoor recreation camps

to camps that cater to young musicians. More general camps offer a wide range of activities throughout the summer, and that might appeal to children less interested in specialized camps. Ask youngsters for their input before making a final decision.

Involve kids in the search by showing them websites of prospective camps and asking them what they think of each one. If attending an in-person consultation, bring kids along so they can form their own impression.

- Make sure the camp suits your schedule. Kids' preferences are not the only opinions to consider. In households with two working parents, moms and dads must find a camp that aligns with their work schedule. Many camps offer half-day sessions and/or full-day sessions, but some offer just one or the other. If parents need full-day sessions, they might need to begin their search early to ensure they can secure a spot before they fill up.

- Identify what you can afford. Camp costs vary significantly, so parents should identify how much they can afford before they begin their search. Doing so may eliminate various camps right off the bat, saving parents precious time as they try to find a camp for their children before spots fill up. Many towns offer local camps at schools, and these may be an affordable option. Parents also should know that many camps allow them to pick certain weeks or days of the week a child will attend rather than insisting kids attend camp for the duration of the summer.

Summer camp season is right around the corner. Parents and children can work together to identify a camp that will ensure this summer is filled with fun.

(METRO CREATIVE)



# Teach kids to roller skate safely

Roller skating is a popular pastime and can be great exercise. It also helps children develop skills of balance and coordination.

The first recorded use of skates took place more than 200 years ago in a 1743 theater production, during which actors attached wheels to their footwear to mimic ice skating on the stage. This was the invention of John Joseph Merlin. Other inventors saw the potential for skates. James Plimpton revolutionized the roller skate in 1863 when he designed quad wheel skates. He also established the New York Roller Skating Association and opened up a skating rink in Rhode Island to help manufacture public demand for skating to sell his roller skates.

Children can be introduced to skating while young and develop the skills to enjoy this hobby throughout their lives. Here are some tips for parents and guardians looking to school kids in the basics of roller skating.

- Prepare safety gear. It's important to stock up on safety equipment before the first lesson. Children should be equipped with helmets, wrist protection, elbow pads, and knee pads. Their skates should be well-fitting.
- Practice balance first. Balance on skates is achieved when there is equal weight distributed on the front and back wheels of the skates. This happens by standing on skates with the body angled slightly forward. Skaters should look straight ahead rather than down at their feet, which will cause them to lean forward too much and potentially lose balance. Feet should be shoulder width apart
- Soften the knees. Skaters should not have their knees locked and legs stiff. Slightly bending at the knees can also help balance and lower the center of gravity in the body. Rollerland Skate Center suggests having children start by walking in the

skates to get a feel and then encouraging short bursts of rolling. They can glide on one foot until the momentum stops, and then try the other one.

- Start on a level surface. A level surface, such as a blacktop or a skating rink, is preferential for first lessons. Skaters who are traveling downhill can pick up too much speed and then lose balance. It's best to learn to skate gradually.
- Resist the urge to step in. Parents do not want to see their children get hurt or discouraged so they may swoop in prematurely to grab a child swaying on skates or insist on holding hands. This may not work to the kids' advantage and will only delay the development of the child's ability to skate.
- Stopping is important, too. As children get the hang of skating, they'll need to learn how to stop. Quad skates typically have the toe stop on the front of the skate. Inline skates may have the stopper on the heel. Children can build up a little speed and then practice stopping with the foot that feels most comfortable.
- Get up from falls. It's normal to fall when learning to roller skate. Safety gear can prevent many injuries. To get up relatively easily, skaters should get to a kneeling position with one knee on the floor and the other leg with the skate wheels on the floor, knee bent at a 90-degree angle. Position the chest leaning forward over the upright knee. Dig the toe stop or the boot of the leg on the ground into the floor. Reach forward to create momentum and then roll backwards so that you're in a squatting position and can get both feet parallel and the body to standing.

Roller skating is something children can learn early on, paving the way to a lifetime enjoying this rewarding pastime.

(METRO CREATIVE)



Parents and guardians looking to school kids in the basics of roller skating are encouraged to follow some simple guidelines in an effort to make it fun and keep it as safe as possible.

METRO CREATIVE Spring Outdoors

## LICENSES • CONTINUED FROM PAGE 7

### Resident miscellaneous

- Fishing, 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. Note that disabled nonresidents need to buy a regular nonresident license.
- Fishing, veteran/disabled, \$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.
- Fishing, armed forces, \$0 – 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, \$55.
- Family (annual) license, \$70 – includes children 16 and 17 years old (Note: Family licenses do not include grandchildren ages 16 and 17 years old).
- First-time buyer, \$25.75.
- One-day fishing license, \$15 – in the event the angler purchases an annual license, can be used toward that upgrade for \$40.75.
- Four-day individual license, \$29.
- 15-day individual license, \$33.
- 15-day family license, \$45 – Includes children 16-17 years old (Note: Family licenses do not include grandchildren ages 16 to 17 years old).
- Military fishing, \$20 – Not available for online purchase.
- Student fishing, \$20 – available to full-

time nonresident students in residence at any Wisconsin public or private college or university offering a degree (not available for online purchase).

- Inland Trout Stamp Privilege, \$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.
- Great Lakes Trout and Salmon Stamp, \$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 Great Lakes Fishing, \$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 Great Lakes Trout and Salmon stamp.
- Two-day Inland Lake Trout Fishing License (residents only), \$14 – this license authorizes fishing for trout on inland lakes and includes inland trout stamp.

### Nonresident sturgeon

- Sturgeon Spearing Lake Winnebago (deadline to purchase is Oct. 31), \$65.
  - Upriver Lakes Sturgeon Spearing (deadline to purchase is Oct. 31), \$65.
  - Sturgeon Hook and Line Inland, \$50 – 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 the angler is exempt), but a harvest tag is not required for catch and release sturgeon fishing.
  - Sturgeon Hook and Line Wisconsin and Michigan, \$50.
  - Military Inland Sturgeon Hook and Line, \$20.
  - Military Wisconsin and Michigan, Sturgeon Hook and Line, \$20.
  - Upriver Lakes Sturgeon Spearing Application, \$3 (deadline is Aug. 1).
- All annual licenses are valid from date of purchase through March 31, 2025. For more information, visit [dnr.wisconsin.gov](http://dnr.wisconsin.gov) and select "fishing" from the top of the home page.



# Places to take **KIDS FISHING**

There are numerous places throughout the area suitable for fishing with children. Adults are required to have a license and children should be accompanied.

Below is a partial list, including the location and directions – which are general, so if unfamiliar with the area, consult a current map. Notes related to fishing at each are listed as well.

It's suggested to contact parks in advance to confirm hours and possible fees.

## Kenosha County

### ANDERSON PARK POND

Junction of State Highway 174 (22nd Avenue) and 89th Street in Kenosha.

Urban fishing water – shoreline is accessible to public.

### CHILDREN'S FISHING POND

In the Bong State Recreation Area at the junction of State Highways 142 & 75, about 8 miles southeast of Burlington.

Notes: Urban fishing water – shoreline is accessible to public.

### FOX RIVER COUNTY PARK

Located at the junction of County Highways F & W, north of Wilmot and just west of Silver Lake.

Notes: Shorefishing.

### POERIO PARK POND

Junction of 20th Avenue and 13th Place in Kenosha.

Notes: Urban fishing water – shoreline is accessible to public.

### VERN WOLF LAKE

In the Bong State Recreation Area at the junction of State Highways 142 and 75, about 8 miles southeast of Burlington.

Notes: Accessible fishing pier. Shore fishing.

## Racine County

### EAGLE LAKE

In Eagle Lake County Park on Church Road. 1/2 mile west of the intersection of state highway 75 and Church Road.

Notes: Shoreline fishing near a county boat launch and parking area.

### GORNEY PARK

On Nicholson Road, 1.5 miles north of the junction of Nicholson Road and State Highway 38, in the town of Caledonia.

Notes: Urban fishing water - shoreline is accessible to public.

### JOHNSON PARK

On State Highway 38, one-half mile east of the junction of County Highway K and State Highway 38.

Notes: Urban fishing water - shoreline is accessible to public.

### LOCKWOOD (GRACELAND) PARK

At the junction of Ohio Street and Graceland Boulevard in Racine.

Notes: Urban fishing water - shoreline is accessible to public.

### PRITCHARD PARK

Located at the junction of Meachem Road (County Highway Y) and Durand Road (State Highway 11) in Racine.

Notes: Urban fishing water - shoreline is accessible to public.



There are many places throughout the area that can be considered when taking kids fishing, from lakes and parks to ponds and springs. The DNR provides an in depth list, which includes location and directions to each, along with notes about what's offered.

STOCK PHOTO *Spring Outdoors*

### QUARRY LAKE PARK

Located at the junction of Green Bay Road (County Highway MM) and Northwestern Avenue (State Highway 38) in Racine.

Notes: Urban fishing water - shoreline is accessible to public. Disabled accessible fishing pier.

### RESERVOIR PARK

At the junction of Meachem Road (County Highway Y) and Maryland Avenue in Racine.

Notes: Urban fishing water - shoreline is accessible to public.

## Rock County

### KIWANIS POND

In Janesville off of Sharon Road.

Notes: Trout, bass, bluegill and crappie. No motor lake, shorefishing and an accessible pier.

### LAKE LEOTA

Leonard Park, Evansville near the junction of Hwy 14 and Hwy 59.

Notes: Bass, bluegill, crappie and perch. Shore access and pier. Within city park that has ball diamonds, tennis courts, playground equipment, swimming pool and picnic areas.

## Walworth County

### CEYLON POND PARK

In Big Foot Beach State Park. From downtown Lake Geneva, take State Highway 120 south about 1.5 miles to the park.

Notes: Urban fishing water - shoreline is

accessible to public. Fee for admission.

### COMUS LAKE

In Rudy Lange Park in Delavan on Turtle Branch.

Notes: Shorefishing opportunities.

### CONGDON PARK POND

At the junction of Interstate 43 and State Highway 50 on the east side of Delavan.

Notes: Urban fishing water - shoreline is accessible to public.

### GENEVA LAKE

Two locations: Village Park in Williams Bay, and Library Park in Lake Geneva.

Notes: shorefishing opportunities.

### MILLPOND PARK URBAN FISHING POND

In Millpond Park on the south side of the Village of East Troy.

Notes: Urban fishing water - shoreline is accessible to the public. Fishing pier.

### TRIPP LAKE

In a Whitewater city park. Take Highway 12 (East Milwaukee Street) in Whitewater to South Wisconsin Street to Coburn Lane, then go east to the lake.

Notes: Shorefishing opportunities.

### WHITWATER & RICE LAKES

In the Southern Unit of Kettle Moraine State Forest, 2 miles southeast of Whitewater in the Whitewater Lake Recreation Area. Take Interstate 43 to U.S. Highway 12 west, go to County Highway A, then west on County Highway A to County P, north to the lakes.

Notes: Shorefishing opportunities. Fee for admission.

## Waukesha County

### ASHIPPUN LAKE PARK

In Oconomowoc. Take Capitol Drive west to State Highway 16, go west on 16 to County Highway P, then take P north to County Highway K, go west on K to McMahon Road. Watch for "public access" sign.

Notes: Run by Waukesha County Parks. Park has picnic area, restrooms and shorefishing.

### DENOON LAKE

Located on Crowbar Drive, south of Kelsey Drive. Go west from Highway Y.

Notes: Public park with ballfields, restrooms, picnic area and boat launch. Not much shorefishing, due to marshy area near shore.

### LAC LA BELLE

At the Fowler Lake Dam, on Highway 67, one-quarter mile north of State Highway 16 in the Oconomowoc. Located just northeast of the beach and park on Lac La Belle. The beach and park are on Highway 16, just west of Highway 67.

Notes: Disabled accessible public fishing pier.

### LITTLE MUSKEGO LAKE

Access from Idle Isle Park in Muskego on the northeast side of Little Muskego Lake. Take Martin Drive to Hardtke Drive to the park.

Note: Idle Isle Park has a beach, picnic area, restrooms, accessible public fishing pier and boat launch.

### LOWER PHANTOM LAKE

In Phantom Glen Park in Mukwonago. Take County Highway ES (Main Street) to Andrews Street, then go west into the park.

Notes: Park with picnic area, restrooms, disabled accessible public fishing pier and boat ramp.

### MCKEAUN SPRINGS

Trout pond located on the west side of Highway 67, between Piper Road and Road X. About 3 miles north of Eagle.

Notes: No facilities, but there is a picnic area with restrooms just a short distance to the south. DNR manages as a children's trout fishing pond. This is managed as a Category 5 trout water. Only artificial lures may be used and all trout caught shall be immediately released.

### NAGAWICKA LAKE

In Nagawaukee County Park. Take County Highway C, three-quarters of a mile north of Interstate 94 in Delafield.

Notes: Public beach, picnic area, restrooms and concessions, camping, shorefishing and boat launch.

### NEMAHBIN LAKES (UPPER AND LOWER)

Southeast of Oconomowoc, off of County Highway DR.

Notes: County owned access on frontage road between the two lakes, Highway DR. shorefishing on Upper Nemahbin from the road right-of-way. DNR owned carry-in site on Lower Nemahbin off Sugar Island Road.



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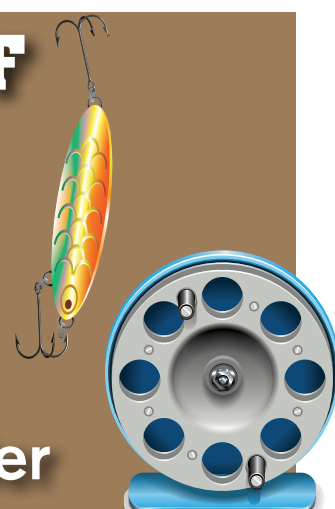


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