



Wisconsin Natural Resources

THE WISCONSIN DNR'S GUIDE TO THE OUTDOORS | WNRMAG.COM

BEAT THE WINTER BLUES

HOW GETTING OUTSIDE IS GOOD FOR THE SOUL

TASTE OF WISCONSIN
WITH JAMES BEARD
AWARD WINNING CHEF
TORY MILLER

SURFING WISCONSIN'S
SHORELINE

WISCONSIN WINTER
DAY TRIPS

OPENING SHOT



HOWARD VRANKIN / Port Washington Harbor on Lake Michigan, Ozaukee County



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Surfer Tommy Shimenetto
on an icy Lake Michigan

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24 #OutWiGo

Surf's Up On Lake Michigan

CHELSEA SCHWABE

WINTER 2021, VOLUME 45, NUMBER 4

CONTENTS

FEATURES

- 14 **Ice, ice beauty**
KATHRYN A. KAHLER
- 16 *Cover Story*
**Prescription outdoors:
How to beat
the winter blues**
JOSHUA MORRIS
- 20 **Winter day trips**
ANDREA ZANI
- 22 **Hunt to eat**
MOLLY MEISTER
- 34 **Venison donation
helps stock
food pantries**
JOSHUA MORRIS

DEPARTMENTS

- 4 *From the Secretary*
PRESTON D. COLE
- 5 *News You Can Use*
- 6 *Letters to the Editor*
- 8 *Outdoors for All*
BIPOC Birding Club
KRYSTAL HARDY
- 11 *Find Your Adventure*
Door County
ANDREA ZANI
- 12 *Gear Up*
Get ready for ice fishing
CHELSEA SCHWABE
- 26 *Culinary Spotlight*
**Next level with
chef Tory Miller**
KATIE GRANT
- 28 *DIY with a Purpose*
**How to build
a bat house**
KATHRYN A. KAHLER
- 30 *Back in the Day*
**Snowmobiling
history**
KATHRYN A. KAHLER
- 32 *Kids Corner*
**Tracking down
wildlife**
ANDREA ZANI
- 33 *Highlights*
Hidden Pictures
- 35 *New York Times*
Crossword

COVER PHOTO: iSTOCK/MIHTIANDER

FROM THE SECRETARY PRESTON D. COLE



MIKE GORSKI

Wisconsin is a magical place during winter. And while many living things go dormant this season, that doesn't mean you have to.

During the pandemic, millions of you found solace in the outdoors from our state parks and forests to trails and everything in between. Getting out and enjoying public lands is something I encourage you to continue to do this winter. Our public lands provide a necessary outlet for individuals and families, and also help support our local communities across the state.

This time of year, we recognize the state's famed history of hunting as Wisconsin continues to be a destination location for hunting white-tailed deer.

Safety is an important part of the hunt. Did you know Wisconsin's 10-year average is approximately six hunting incidents for the nine-day gun deer hunt?

The decline in incidents is the direct result of hunter safety education given by Wisconsin's volunteer instructors and DNR conservation wardens. We thank everyone for reviewing and thinking about firearm safety each and every time you head out and for taking hunter education courses.

Don't worry, this issue isn't only about deer hunting. Rather, it is dedicated to Wisconsin's wondrous winter and features mesmerizing images of landscapes and ice

formations, plus a number of ideas for finding your adventure across the state.

As I have said before, getting outdoors is good for both the mind and the body. Although winter may be tough for those experiencing seasonal affective disorder, or SAD, the cover story, "Prescription Outdoors," focuses on tips from area experts for beating the winter blues.

With thousands of acres of adventure across our state properties, there's space for everyone — even in winter. Across these pages, we provide ideas for how to explore Door County in winter, give a round-up of ideas for winter day trips and offer pint-sized tips for tracking down wildlife for kids.

If you prefer the indoors, check out the DIY bat house project that helps protect Wisconsin's important bat species.

Even though this issue isn't all about hunting, there's a little something about it. Hunting is woven into the fabric of life in Wisconsin. In "Hunt to Eat," meet new hunter Claire Weslaski of Racine, who was part of the record-setting number of women who went hunting last year.

This winter, make memories with those who matter most. Take the time to step outside and go wild in Wisconsin.

As always, thanks for reading. 🍷

NEWS YOU CAN USE

HOLIDAY DEER HUNT

The antlerless-only holiday deer hunt opens the morning of Christmas Eve and runs through New Year's Day in select Farmland (Zone 2) counties. Archery and crossbow deer hunting opportunities also extend to Jan. 31. Visit dnr.wi.gov/topic/hunt for details on all hunting seasons.



LINDA FRESHWATERS ARNDT

RARE PLANT MONITORING

Plant lovers: Spend time this winter preparing to be part of the Rare Plant Monitoring Program to help preserve the state's most vulnerable flora. Training can be completed through online videos or by sessions planned in early 2022. For details, see wiatri.net/inventory/rareplants.



REGGIE GAUCER

BALD EAGLE WATCHING

In cold weather, areas of open water along the Wisconsin, Fox and Mississippi rivers provide ideal hunting grounds for bald eagles in search of fish to eat. This creates great viewing opportunities for those who want to see these majestic birds in action. Several Wisconsin communities offer bald eagle watching events in winter. For details, and to learn more about this once endangered species, visit dnr.wi.gov/topic/wildlifehabitat/baldeagle.html.



JASON SMITH

SKI TRAIL CONDITIONS

When the snow starts to accumulate, cross-country skiers know it's time to dust off skis and boots, break out the wax and get ready for the season. Before hitting the trail, check the DNR's cross-country ski trail conditions report for grooming information on the state's hundreds of miles of ski trails — dnr.wi.gov/trailconditions.

A vehicle admission sticker is required for entry to most parks, and a state trail pass may be needed for skiers age 16 and older. Fees support Wisconsin's state parks.

For more on cross-country skiing at state parks and trails, visit dnr.wi.gov/topic/parks/recreation/skiing.



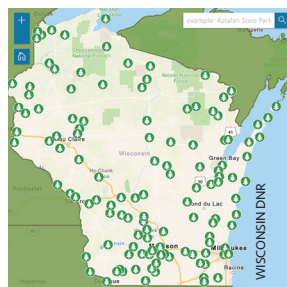
AMANDA KUTKA

GET OUT FOR A FIRST DAY HIKE

Start the new year right on Jan. 1 by stepping out into the fresh air. State parks and other properties are great places to ring in the new year with a First Day Hike; some locations may host organized events. Visit dnr.wi.gov/events to find events near you.

FIND A PARK

Looking for a state park or other property to enjoy Wisconsin's great outdoors? Check out the DNR's



online park finder. You can search for parks based on the activities they

offer, amenities available, accessible features and even find rental opportunities at state parks, forests and trails statewide — dnr.wi.gov/topic/parks/findapark.

LETTERS TO THE EDITOR



GHOST SIGHTING

Found this plant at a county park in Marathon County. Is it rare? I've never seen one.

Dennis Rassel
Kimberly

This is ghost pipe, or Monotropa uniflora, a native plant that lacks chlorophyll. It's not rare, but it is interesting! — Amy Staffen, DNR conservation biologist

COLLEAGUE REMEMBERED

I enjoyed reading about Dean Tvedt (Back in the Day, Summer 2021). I worked with Dean and Wilbur Stites when they filmed segments of the pheasant research during the late 1960s.

Later, during the 1980s when I was putting together the Wisconsin trapper education program for the Bureau of Wildlife Management, Dean filmed and produced the first how-to-trap segment. We put in long hours at the Horicon Wildlife Area ... made easier due to his great sense of humor. It was a pleasure working with Dean.

Chuck Pils, retired DNR
Madison



FISHING WITH NAT

I loved reading the Cast Away issue in Spring 2021 so much. I am 7 years old, so my dad helped me with some hard words. I love fishing and have caught 21 different species now.

After reading the Cast Away issue and watching videos about some species on the fish poster in your magazine, I asked my dad if I could start a fishing show on YouTube called "Fishing with Nat." It's about me learning how to fish from shore and from kayaks, and we go to lots of places in Wisconsin to find new species to catch.

We like using underwater cameras to help me learn about how different kinds of fish act underwater. Here's a picture of me with my favorite fish that I caught this year. It's a longnose gar from the Mississippi River by La Crosse. Thank you!

Natalie
central Wisconsin

Dave Pilarz, left, and Jeff Hanson



CATCH OF A LIFETIME

They say the musky is "the fish of 10,000 casts." My father, Dave Pilarz, caught his first-ever musky on Lake Waubesa after just an hour of fishing, and it was a monster at 49 inches. Big thanks to Jeff Hanson for his excellent guide services.

Mike Pilarz
Madison



A PLACE TO BEE

Thank you so much for the article on bumblebees (Summer 2021). I have been very interested in bumblebees ever since I watched a huge bumblebee chase down my screaming brother.

I am very proud of my bumblebee population both at home and at my place Up North. At any given time, there could be as many as 100 bumblebees in our small patch of flowers, at least three different species. Glad to know there are other people who enjoy watching bumblebees.

Janet Geiger
Kimberly

Write in by sending letters to DNRmagazine@wisconsin.gov or WNR magazine, P.O. Box 7921, Madison, WI 53707. And be sure to follow the DNR on social media for updates on a variety of important topics. Letters and comments may be edited for clarity and space.

Q&A



GET THE LEAD OUT

I've been subscribing to *Wisconsin Natural Resources* magazine for years, as well as maintaining a gift subscription for my dad, an avid fisherman and deer hunter. I enjoy the wide variety of articles and the high-quality photos. This time (Fall 2021), I especially liked the info about the Wisconsin shipwreck sanctuary, timing for deer season and fall leaves.

However, being an avid birder and nurse, I'm disappointed that the articles on fishing with youth, wardens and waterfowl hunting didn't

mention the damage to the environment, our fish and our birds — and eventually human health — with lead sinkers and shot.

As the agency and the magazine work to promote outdoors access and hunting/fishing exposure to young people, it behooves you to mention the effects of such simple choices. As they say, an ounce of protection is worth a pound of cure.

Carol Siewert, RN
Madison



Thanks for the reminder, Carol. The DNR's Get the Lead Out! campaign helps to bring awareness about this very issue to anglers, alerting them of the dangers of lead poisoning in fish and wildlife from lead tackle ingestion. For information about lead and fishing, scan the QR code.



SPIDER SEEKS DINNER DATE

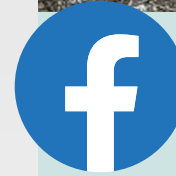
I took a snapshot of this female goldenrod crab spider hitching a ride on a purple coneflower. I also located a single Japanese beetle nearby. Hopefully, the two will meet and the crab spider earns a nice dinner. P.S., We love our DNR magazine!

Anne Marie Sasing
Campbellsport

CLAIMING VICTORY

I captured this picture up on Highway 63 between Shell Lake and Spooner. We thought it was cool that the eagle just sat there and watched us as we drove by. My grandpa suggested I send it in.

Megan Beine
Watertown



You asked, our DNR experts answered. Here are some of the most common or interesting Facebook questions submitted by followers throughout 2021.

Q: How would a deer leg get in a tree? We live in the town of Delafield across from a conservancy zoning. Our street only has six homes, so I don't think a person did it.

A: If there are eagles or other raptors in the area, they could be the possible explanation. We've seen eagles pick up scavenged food items and drop them in the process. Different bird species such as owls could also be responsible.

Q: If you find a deer skull with antlers, do you need to get a special tag to legally have the animal?

A: Once a deer is dead and there is no longer any meat or tissue attached to the skull or bones, you can then pick up the skull without an authorization permit. If you do not want to wait for Mother Nature to use the carcass, a permit from a local warden is needed to take the skull.

Q: Can you pull someone in a sled with an ATV?

A: The DNR does not recommend using ATVs/UTVs to tow passengers, as there are many factors that can cause a towed trailer to become hazardous. Remember to think smart before you start. ATV/UTV safety saves lives.

OUTDOORS FOR ALL

BIPOC Birding Club carves out space for people of color in nature-based activities

KRYSTAL HARDY

On a sunny Saturday in October, a group of bird enthusiasts met at the UW-Madison Arboretum for a morning of camaraderie and bird watching.

The outing was hosted by the BIPOC Birding Club, a Wisconsin-based birding group for people of color and allies. BIPOC is the acronym for Black, Indigenous, People of Color.

Jeff Galligan and Dexter Patterson co-founded the collective of bird and nature lovers as a call to action that arose from the overwhelming frustrations and concerns surrounding the murders of Breonna Taylor, George Floyd and Ahmaud Arbery, all people of color. Subsequent civil unrest highlighted the need for diversity and equity within previously denied spaces, including the outdoors, and the COVID-related shutdowns presented time to reflect on those needs.

In its second year, the BIPOC Birding Club of Wisconsin came together to build a table instead of asking for a seat at one.

"If we want to see the change we know we need to see, we can't wait around for other people to do it for us," said Galligan, who also directs the TRIO and Men of Excellence programs at Madison Area Technical College, programs dedicated to helping first-generation and minority students earn degrees.

Historically, people of color tend to experience higher levels of stress and stress-related illnesses due to socioeconomic

disparities and the trauma caused by systemic racism, prompting racism to be declared a public health crisis in multiple public health studies.

Spending time in nature is good for both the mind and the body, including reducing stress. While being outdoors has endless benefits, there is a need for inclusion in outdoor exploration spaces.

According to the U.S. Fish and Wildlife Service, only 5% of Hispanics and 4% of Black people identify as birders. Galligan and Patterson want to change that.

A NEED TO FLIP THE SCRIPT

Inspired by the tenacity of Black Birders Week creators and other Gen Z-led groups in response to social unrest, Galligan wanted to address the lack of representation in birding, environmental injustices and the stigma surrounding Black mental health.

"It was a trifecta between the things that happened in 2020, Black Birders Week getting started, and me just needing to flip the script a little bit on what was going on with myself," Galligan said.

Nature, as Galligan points out, is a powerful medicine to combat some of society's ills. In line with the increased popularity of forest bathing, grounding and other forms of nature therapy, the BIPOC Birding Club is creating space that is timely, healthy and educational.

For Galligan, this form of nature therapy is familiar. His love of ornithology, or the study of birds, began in his formative years with a general admiration for the outdoors.

"When I was younger, I was always really curious about nature and the outdoors. I was really into entomology — insects — and paleontology, botany and ornithology. I felt most comfortable in wild, outdoor spaces," he said.

Now, he can pass that feeling on to others.

'WE TRULY BELONG HERE'

Club outings take members to state parks, trails and other locations to identify birds, observe their behaviors and share knowledge of birds. The field trips have become an op-



For Jesus Garza-Noriega, the BIPOC Birding Club offers a welcoming environment to introduce outdoor activities to his son Theo.



BIPOC Birding Club of Wisconsin co-founders Jeff Galligan, left, and Dexter Patterson lead a group outing in October.

NIKKI HANSEN

portunity for members to spend time with their families, introduce their children to outdoor exploration and make new friends.

"Representation is incredibly important," said club member Jesus Garza-Noriega. "These spaces can be very limited. Seeing other folks that look like us in those spaces gives us a sense of welcoming, like we truly belong here. When you don't have to assimilate to a space, that's very important."

Other members who have come along on the outings and found fellowship echo the sentiment.

"It's hard to describe. It's just a feeling," said club member Jasmine Banks. "It's just the feeling of belonging there just like everyone else."

Banks recalls her first outing with the club when members took time to explain different bird calls and markings.

"One thing I appreciate about the BIPOC Club is it's an inclusive club for everybody. It's for Black folks and brown folks, but everybody is welcome," Banks said. "You have to understand that this is a safe space for Black and brown folks, and you're more than welcome to come with that understanding. The people that are there, they seem to understand it."

ELIMINATING OBSTACLES

For people of color new to birding, the obstacles can go beyond feeling unwelcome when exploring a newfound interest in the outdoors. Another deterrent to some has been access to equipment such as binoculars and cameras.

"We weren't as financially set as many other folks, and things like binoculars were super expensive,"

Garza-Noriega said. "I really couldn't afford to pick up some kind of hobby like that."

Such factors shouldn't be of concern, Galligan said, adding that he invested grant money to purchase new pairs of binoculars for club members to use at outings. There are also groups such as the Audubon Society where you can use a pair.

"Birding is immersive, right? It kind of inducts people into the whole idea of environmentalism and preservation and good carbon footprints. You don't have to have a pair of binoculars to do it," he said.

"You can incorporate it on your morning run or walk. You could do it while you're waiting for the bus, do it on your lunch break."

SENSE OF HOPE

For Garza-Noriega, the club has provided an outlet for him to introduce his children to birding, along with the benefits of the outdoors, free of the obstacles he's had to face.

"It feels good to see people who look like you doing these sorts of things," he said of exploring wildlife and being in nature.

An active Marine, Garza-Noriega has had to sleep outdoors while in the field but admittedly neglected to appreciate the scenery around him. He met Galligan while a student at Madison Area Technical College and credits him with helping to nurture a curiosity for the wilderness.

"As my mentor, it was through his example of creating resources and spaces for communities of color and marginalized demographics that set the template for me to follow," Garza-Noriega said of Galligan.

"(He) opened those doors of being

able to sit calmly and quietly and appreciate all that's happening around you. Not just moving through it or walking in the woods somewhere, but really taking in all of what nature has to provide and seeing all the different varieties of species that are out there."

Galligan said the reception of the club has been a pleasant surprise, with many Wisconsin groups reaching out in support and partnership. Initially worried that the group wouldn't take off, he said it gives him a sense of hope as community members and environmental partners have welcomed the club with open arms and the common goal to increase diversity.

The BIPOC Birding Club of Wisconsin is just getting started, and the winter season won't slow things down. The club has also created a Milwaukee chapter, which had its first outing in mid-November at Havenwoods State Forest and Milwaukee's lakefront.

Krystal Hardy is manager of multicultural marketing for the Milwaukee Brewers and a freelance writer.



NIKKI HANSEN

BIPOC Birding Club outings feature a strong sense of belonging among birders of all backgrounds.

OUTDOORS FOR ALL

NUMBERS CONFIRM RESOUNDING POPULARITY OF OUTDOOR RECREATION

Every year, 95% of Wisconsinites participate in some form of outdoor recreation, according to DNR survey data.

With 49 state parks, 15 state forests, 44 state trails, 84,000 miles of rivers and streams and roughly 15,000 lakes, Wisconsin offers residents and visitors countless opportunities to Find Your Adventure.

During the ongoing pandemic, people are heading outdoors more than ever to help their physical and mental health.

Every park pass, boat and ATV registration, camping reservation, fishing license and harvest authorization helps the DNR live out its mission of protecting and enhancing Wisconsin's invaluable natural resources for generations to come.

Here's a roundup of outdoor recreation activity in the state for the past three years. Remember to renew your licenses and purchase the 2022 state park pass.



ISTOCK/HOBO_018



STATE PARK VISITORS

- 2019: 15,235,609
- 2020: 17,461,623
- 2021: 18,473,302



STATE PARK PASSES SOLD

- 2019: 307,688
- 2020: 714,942
- 2021: 438,698



STATE PARKS NIGHTS CAMPED

- 2019: 415,222
- 2020: 421,397
- 2021: 543,470



FISHING LICENSES

- 2019: 1,016,322
- 2020: 1,084,104
- 2021: 1,043,895



SPRING TURKEY LICENSES

- 2019: 86,043
- 2020: 90,313
- 2021: 89,434

Sources: DNR's "Wisconsin Statewide Comprehensive Outdoor Recreation Plan, 2019-2023," Bureau of Customer and Outreach Services and Bureau of Parks and Recreation Management. Statistics for state park visitors, park pass sales and nights camped at state parks are Jan. 1-Sept. 30 each year. Fishing and spring turkey license statistics are Jan. 1-Labor Day.

FIND YOUR ADVENTURE

THREE WAYS TO EXPLORE DOOR COUNTY IN WINTER

ANDREA ZANI

Experience a different side of the Door County peninsula by trying these winter activities at state parks across the area:

Visit Newport State Park to check out the winter nighttime sky. The park is an International Dark Sky Park, a rare designation recognizing the absence of artificial light and exceptional environment for star gazing at the minimally developed park on Lake Michigan's shore. While the entire park provides dark sky scenery, three parking areas offer access to optimal views: Lot 1, Lot 3 and near the end of Europe Bay Road.

Hike your way up to Sven's Bluff at Peninsula State Park for a magnifi-

cent view of Lake Michigan. Follow the Skyline Trail, a moderate 3-mile loop with rolling terrain. Look for signs of historic farms along the way, including remnants of old stone fences. Access the trail at the Skyline parking lot on Shore Road.

Enjoy breathtaking views of the fantastic ice formations at Cave Point County Park, nestled inside Whitefish Dunes State Park. Each winter, water from Lake Michigan's crashing surf freezes along the park's dolomite cliffs, creating unique natural ice

sculptures that often can seem otherworldly.

Bonus: If you like the idea of a Door County winter adventure, visit in February when Fish Creek hosts its annual Winter Festival featuring live music, games, food, a chili cook-off, fun run, fiddle contest, fireworks and more. The 35th annual festival is scheduled for Feb. 4-6; go to visitfishcreek.com to learn more. 🍷

Andrea Zani is managing editor of Wisconsin Natural Resources magazine.

Newport dark sky



ROBERT QUEEN



Cave Point ice formations

TIM STOFFEL



Sven's Bluff

MYLES DANHAUSEN JR.

ICE FISHING ESSENTIALS

CHELSEA SCHWABE

Winter transforms Wisconsin's lakes into endless miles of frozen fishing action and adventure. With more than 24% of the annual catch in Wisconsin occurring between December and March, experienced and novice anglers alike bundle up and hit the ice for a unique

fishing experience. Wisconsin Department of Natural Resources experts and the University of Wisconsin Sea Grant Institute suggest gearing up with these essentials for a successful season from the water top.



FOR THE SETUP

- **TOBOGGAN OR SLED:** To haul equipment onto the ice.
- **ICE AUGER:** Use to drill the fishing hole in the ice. The hole should be no more than 12 inches across.
- **SKIMMER:** Scooping tool for removing slush or ice chips from the fishing hole.
- **ICE CHISEL:** Pick-like tool to create holes early in the ice fishing season when the ice is thinner.
- **SEAT:** Wait for the fish to bite on a small stool, folding chair or even a 5-gallon bucket.



For more ice safety tips, scan the QR code.

Chelsea Schwabe is a publications supervisor in the DNR's Office of Communications.

GET READY TO GO

Anglers ages 16 and up need a license to fish; buy at gowild.wi.gov. Or try ice fishing during Free Fishing Weekend, Jan. 15-16, when no license is required. If new to ice fishing, check your local bait store or state park property to see what equipment is available for rent or to borrow.



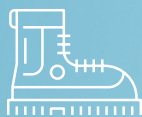
FISHING EQUIPMENT BASICS

- **JIGGING ROD:** Light and flexible rods used mostly for panfish (sunfish, crappie, perch, bluegill) and walleye.
- **LINE:** Light monofilament line, 2- to 4-pound test (breaking strength), is all that's needed for panfish. Game fish require heavier pound test line.
- **LEADERS:** A short wire with an attached hook.
- **TIP-UP:** A device with a flag that signals when fish strike. Commonly used for larger gamefish when rigged with live bait.
- **BAIT BUCKET:** Holds live bait such as minnows.
- **DIP NET:** To retrieve bait from minnow buckets and keep hands dry.
- **HOOK DISGORGER:** A needle-nose-like hand tool for removing a hook from a fish's mouth.



TACKLE BOX

- **HOOKS:** Small No. 10 or No. 12 hooks are recommended for panfish. Short shank No. 3 hooks are great for walleye. Northern pike go for large No. 2/0 to No. 6/0 hooks. Swedish hooks, also called pike hooks, are used for northern pike.
- **LURES:** Ice flies and teardrop lures with live bait are recommended for panfish, and metallic spoons, larger jigs and prey fish-imitating lures are used for gamefish.
- **JIGS:** Simple lure with a weighted head or body affixed with a hook and hair and/or soft plastic body to imitate prey.



SAFETY FIRST

- **LIFE JACKET OR FLOAT COAT:** If worn correctly, this could be a life-saving essential should you break through the ice.
- **RESCUE THROW ROPE:** A simple staple to help get you or a fellow angler out of the water if needed.
- **ICE CLAWS OR PICKS:** Two small plastic or wood rods or dowels with one sharp end made of metal such as a filed concrete nail and attached together with a rope to be worn around your neck or in an easily accessible pocket in case of an emergency.

The DNR does not monitor ice conditions or the thickness of the ice, so be sure to check ice conditions before heading out. Keep these safety tips in mind when out on the ice:

- Dress warmly in layers.
- Go with a buddy and take your cell phone. Make sure somebody knows where you're going and when you'll be back.
- Invest in some ice cleats or snow grips and keep them handy to add to your boots at a moment's notice.
- Steer clear of thin ice and don't venture out onto ice shelves, ice volcanoes or other unstable features.

WITH JUST THE RIGHT CONDITIONS, WATER TURNS TO PHENOMEN-ICE

ICE, ICE BE



LISA LEHMANN

Ice volcanoes form along the shores of large lakes when waves push water up through the cracks of ice shelves. If the air above is cold enough, the droplets freeze, splash to the surface and form a cone of ice. Photographer Lisa Lehmann caught this one at just the right moment on Lake Michigan near Racine.

KATHRYN A. KAHLER

Some winters, nature brings air, wind and water together in just the right way. It's those kinds of Goldilocks moments that create ice phenomena that make Wisconsin winters majestic.

Time will tell if this winter brings that type of magic. Watch the shores of the Great Lakes or Lake Winnebago for ice volcanoes, arches, canopies, caves and shoves. Take a hike along a moving river, and you might see a perfectly formed ice circle making its way downstream.

Or you may wake up one morning and be reminded of the difference between hoarfrost — when water vapor in the air freezes on surfaces — and

rime ice. The latter turned many areas of Wisconsin 50 shades of white last January as fog droplets froze and continued to build on shrubs, trees and fences.

Check out these captivating images of ice phenomena from across the state over the years.

Bundle up and head out to enjoy the state's winter wonders. Snap some photos along the way to send to the magazine — email DNRmagazine@wisconsin.gov — or tag the DNR on social media. 📷

Kathryn A. Kahler is associate editor of Wisconsin Natural Resources magazine.

AUTY

Photographer Michael DeWitt described this ice formation in Lake Superior's Apostle Islands National Lakeshore in February 2018: "As the lake began to freeze this winter, conditions were perfect to create one of the most amazing natural phenomena I've ever witnessed in the Apostles. Big northeast seas, pounding at the exact angle necessary, blew ice into this small cove on Stockton Island." That same wind later created waves that hollowed out the 12-foot-high arch.

MICHAEL DEWITT

As winter wanes, watch for ice shoves to form on Lake Winnebago and the Great Lakes. Melting ice, coupled with sustained strong winds, cause a tsunami-like surge of ice that piles up on the downwind shore. Easterly winds created this ice shove at High Cliff State Park.

TIMOTHY SWEET



JASON SCHROEDER

Ice circles and pancake ice form in rivers, streams and, in this case, on the shore of Lake Michigan near Manitowoc. Chunks of ice break up and spin with the current or wind, causing a shearing effect that forms discs of varying sizes. They often gather slush and clump together, causing the high edges and flat center.



JULIAN KEGEL



JIM IVORY PHOTOGRAPHY

Above: Rime ice forms when supercooled water droplets in fog come into contact with sub-zero surfaces. Ice crystals deposit in long, feather-like formations that are typically white and opaque.

Left: Big Bay State Park on Madeline Island may be accessible by "ice road" from Bayfield when winter conditions permit. Always make safety a priority when exploring ice and snow. For tips, visit dnr.wi.gov/Education/OutdoorSkills/IceSafety.

BEAT THE WINTER BLUES WITH A HEALTHY DOSE OF FRESH AIR

PRESCRIPTION OUTDOORS



ISTOCK/YURI KARVATSKIY

JOSHUA MORRIS

The change of seasons from fall to winter can also bring a change in mood.

Winter in Wisconsin can create the perfect recipe for melancholy: a sprinkle of bitter cold that limits outdoor activity, a dash of overcast days affecting your vitamin D and a pinch of prolonged darkness impacting one's circadian rhythm.

As the temperature drops and the days get darker and shorter, so too comes the battle with seasonal affective disorder, or SAD, a type of depression that generally arrives in fall or winter, then departs in spring.

"Historically, 4% to 6% of people experience seasonal affective disorder, while 10% to 20% have a milder form, those winter blues," said Shilagh Mirgain, Ph.D., a psychologist at the University of Wisconsin School of Medicine and Public Health in Madison.

Unlike the winter blues, a non-medically diagnosed, sporadic and shorter-lived feeling associated with winter, SAD is clinically diagnosed, lasts for at least two weeks and is a milder version of more severe depression.

According to Mirgain, if the seasons start to change and you begin to feel down or disinterested in activities, have problems sleeping, experience fluctuating weight and appetite or have difficulties concentrating, you may be experiencing SAD.

"These are all symptoms of seasonal affective disorder," Mirgain explained. "People might have some of those symptoms if they have winter blues but not as persistent. They may have a few days where they feel these symptoms, or they may pop up here or there during the winter."

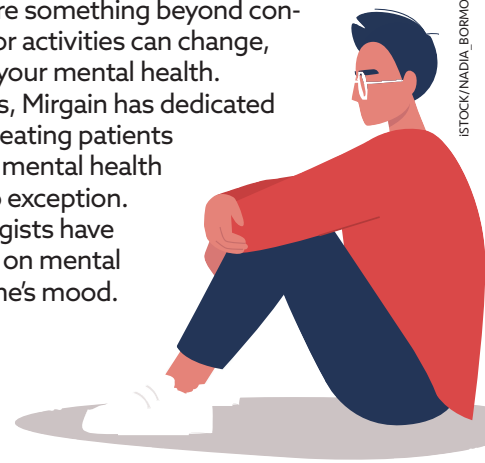
BENEFITS OF THE OUTDOORS

While the elements are something beyond control, your environment or activities can change, significantly improving your mental health.

Over the past 16 years, Mirgain has dedicated her clinical practice to treating patients who experience myriad mental health setbacks, and SAD is no exception. She and other psychologists have studied nature's effects on mental health and improving one's mood.



ISTOCK/NADIA BORMOTOVA



The data suggests that being outside, even for short lengths of time, can go a long way for a person who may be experiencing depression.

"There is so much research that shows even a little time in nature, as little as five to 10 minutes, can really do wonders in boosting mood and can help us feel more vitality and mental clarity," Mirgain said. "I often say that nature can offer something above and beyond what human connection can."

There are benefits to getting outdoors, even in winter.

"It might just be going out for a shorter period of time, or on a nicer winter day, going out for a walk and having hot chocolate afterwards," she said. "It just might take some extra effort."



PARKS ARE PERFECT REFUGE

With the pandemic, Wisconsinites have flocked to state properties for a safe respite. The DNR has welcomed over 3.2 million more visitors to state parks this year than in 2019, and sales of park passes have increased by 42% over two years ago. Park pass sales were even higher in 2020, during the height of the pandemic.

Wisconsin is home to 49 state parks, 15 state forests, 44 biking

trails, more than 5,000 campsites and thousands of acres for adventure available year-round.

"From candlelight hikes to cross-country skiing events, all of our properties have winter activities that everyone can get out and enjoy," said Steve Schmelzer, DNR parks director. "The landscape is completely different in winter, giving visitors a unique perspective of their favorite properties."

According to Schmelzer, one of the most popular nature-based winter activities Wisconsinites enjoy is hiking, which only requires a good pair of boots and, in cold weather, lots of layers.

"Make sure you have a plan and dress for the weather," he said. "Don't let the winter keep you from visiting. There truly is something for everyone."

GETTING MINDFUL IN NATURE

There is still hope for those adamantly against going outdoors in bitter weather or limited in their access.

"Seeing images of nature may give us some of the same benefits," Mirgain said. "So even if it's a really stormy winter day, having photographs of nature or maybe even watching a nature documentary can also give you some benefits."

Research suggests that meditative practice can also help improve one's state of mind, which is why yoga therapy and mindfulness meditation instructor Tina Langdok encourages the practice of mindfulness in nature.

"Mindfulness is an intentional focus on the present, which reduces stress and cultivates awareness of patterns that might be keeping us closed in or not getting outside as much," said Langdok, owner and founder of Trilium Studio in Milwaukee. Her yoga

TIPS TO HELP STOP THE SADNESS

Shilagh Mirgain, Ph.D., a psychologist at the University of Wisconsin School of Medicine and Public Health in Madison, suggests giving these options a try to help relieve seasonal affective disorder, known as SAD.

VITAMIN D

During Wisconsin's winter months, the sun's rays and resulting vitamin D are significantly reduced. Studies have shown that vitamin D deficiency is linked to depression. You can buy vitamin D supplements or get a boost from certain foods like tuna, cheese and egg yolks.

PROPER DIET

Research shows that dietary intervention and nutrition play a role in alleviating the severity of seasonal affective disorder. We crave those carbohydrates, processed foods or sugary treats that come with cold-weather holidays. But spikes in sugar can make us sluggish, groggy and not feeling well. Stay hydrated and eat a well-balanced diet to get good protein, fruits and vegetables.

WORK TOWARD A GOAL

"One of the best things to do to boost our mood is feeling that sense of purpose and progress toward a goal," Mirgain suggests. Projects can be as simple as putting together a puzzle, taking care of a small plant or building a snowman. Set daily, weekly and monthly goals.

LIGHT THERAPY

Mirgain recommends a lightbox as an effective way to boost your mood. "A lightbox that has 10,000 lux of light can be very helpful to look at for about 20 minutes in the morning as during the wintertime, we have shortened daylight hours, which can disrupt our natural circadian rhythm."

Speak with a physician before purchasing a lightbox, making any significant exercise or dietary changes, including supplements, or if your seasonal symptoms are persistent or severe.

— JOSHUA MORRIS



studio offers mindfulness-based practices for health and well-being.

"Nature is a great place to be mindful," she said. "We miss out on a lot of experiences because our minds are often stuck on autopilot."

"If we bring mindfulness to nature and spend time more in our senses, the more deeply we get engaged in our surroundings. We feel the air and we hear the birds, which are all rich layers of nature."

IMPORTANT PERSPECTIVE

The benefits of being mindful in nature have a lot to do with the feeling of awe we may get when viewing something out of the ordinary.

"Nature definitely helps lower the stress hormones in the system like cortisol, which can improve thinking, vital-

WONDERFUL WINTER

When the temperature drops and the snow flies, it's human nature to cozy up indoors with a fire, good book or favorite binge-worthy show. But the world outside is calling us to explore, and you don't need to wait for the thaw to head out.

Welcome winter outdoors and cure cabin fever with these fun pursuits.

— Andrea Zani



PITCH A TENT

Dozens of state parks, forests and recreation areas around the state offer hundreds of places to set up camp in the off-season, with plowed sites and unplowed walk-in spots. Some have electrical hookups and water available, while others require a bit more roughing it. Reservations are not required for most of these campsites in winter. Check out the DNR's winter camping page to start planning your adventure, dnr.wi.gov/topic/parks/camping/winter.



CATCH A FISH

Fans of fishing need not slow down when the water's surface freezes over. Bundle up and head out on the ice for plenty of angling fun. The DNR does not monitor ice conditions or thickness, so be smart and safe. An angling license is required in winter (buy at gowild.wi.gov) except during Free Fishing Weekend, Jan. 15-16. Season dates and bag limits apply. To learn more, including ice fishing tips and techniques, see dnr.wi.gov/topic/fishing/icefishing, and flip to our Gear Up feature in this issue for a list of ice fishing essentials.

ity and boost one's mood," Mirgain explained. "I think you also have to look at the psychology of awe and all the benefits received when you experience it.

"Awe typically is found in nature. When we're feeling awe and connected with nature, it also helps us revise our sense of ourselves."

Getting outdoors can help refocus the mind away from the dreariness of winter to a fresher, more holistic perspective.

"We get out of the 'me' and into the larger 'we' and see our place much differently," Mirgain said. "We gain perspective as we see a tree that may have been there for hundreds of years or experience the silence in the dormancy of winter.

"That can all help us take stock of

our lives and help us recognize the impermanence, but also how nothing ever stays the same. Problems do resolve; there is hope for our situations."

Getting outside in the winter may be no easy task and certainly is not the complete cure for SAD, the winter blues or other mental health setbacks. Nature, however, can be a great way to cope with the onset of symptoms that come with the changes in season.

Enjoying nature also is one way to encourage caring for it.

"I often say that what we value, we protect," Mirgain said. "If we can instill into the next generation the value and immense benefits of nature, they're more likely to protect the outdoors." ❧

MORE INFORMATION



Interested in learning more? Scan the QR code to listen to the DNR's Wild Wisconsin — Off the Record podcast "Logging Off – Outdoors and Your Mental Health," featuring additional insight from psychologist Shilagh Mirgain on the benefits of getting outdoors.

Joshua Morris is a public information officer in the DNR's Office of Communications.



LINDA FRESHWATERS ARNDT

VISIT A WATERFALL

Waterfalls are scenic any time of year, but they're often more spectacular when frozen. Plus, with generally smaller crowds in winter, you'll have a great view. Copper Falls, Pattison, Amnicon Falls, Willow River and Governor Dodge are state parks with some of the most picturesque waterfalls, dnr.wi.gov/topic/parks. The Department of Tourism has resources on additional waterfalls, including in the Chequamegon-Nicolet National Forest, county parks and around Marinette County, the "Waterfalls Capital of Wisconsin." Visit travelwisconsin.com for more information.



ISTOCK/IMCORTHAND

TAKE A HIKE

Whether it's just around the block or a longer trek through snow-covered woods, getting out for a refreshing hike can be just the thing to soothe your body and mind on a cold winter's day. Add snowshoes for a different feel to the outing — several state parks and other state properties offer rentals, dnr.wi.gov/topic/parks/rentals.



LINDA FRESHWATERS ARNDT

MAKE A DIFFERENCE

Winter is a great time to learn how to help various plants and animals through the state's many citizen science projects, which often have off-season training sessions to prepare volunteers for spring. There are also opportunities to get involved and help keep lakes and streams healthy through monitoring. To learn more about the numerous DNR and partner projects and the Citizen-Based Monitoring Network, go to dnr.wi.gov/topic/wildlifehabitat/citizenmonitoring. For a family-friendly winter monitoring activity, take part in Audubon's 122nd annual Christmas Bird Count, Dec. 14 to Jan. 5; visit audubon.org for details.

EXPLORE WISCONSIN WITH WINTER DAY TRIPS

ANDREA ZANI

No matter the season, Wisconsin's beautiful state properties have something for outdoor lovers in every part of the state. Wherever you are, lace up your boots and make a day trip to explore one of these scenic destinations.

Andrea Zani is managing editor of Wisconsin Natural Resources magazine.

COUNCIL GROUNDS STATE PARK

Find it: Lincoln County, north-central Wisconsin

About the property: Located on the Wisconsin River, Council Grounds is named for the Native Americans who once used the spot for annual councils and festivals. It features 508 wooded acres and 35 varieties of deciduous and coniferous trees, including sizeable tree stands planted by the Works Progress Administration in the 1930s.

For winter fun: Water activities on the river dominate in summer, but winter brings the chance for ice fishing, hunting and trapping, along with hiking and backcountry snowshoeing and cross-country skiing.

AMANDA ANDERSON PHOTOGRAPHY

KINNICKINNIC STATE PARK

Find it: Pierce County, northwestern Wisconsin

About the property: Wildlife watchers have plenty to see at this state park, located where the St. Croix and Kinnickinnic rivers meet. A variety of ecosystems plus the Kinnickinnic River Gorge and Delta State Natural Area support numerous animal species including as many as 90 species of birds.

For winter fun: Five of the park's trails are open as multi-use areas in winter, with hiking, snowshoeing, skiing and skijoring allowed. Four other trails are designated for classic-only cross-country skiing, and fat tire bikes are permitted on the Red Trail. There's also a sledging hill near the Brown Trail parking lot.



KATIE CODDING



Ring-necked pheasant

LINDA FRESHWATERS ARNOT

HONEY CREEK WILDLIFE AREA

Find it: Racine and Walworth counties, southeastern Wisconsin

About the property: Long Lake, Honey Creek and Sugar Creek are part of this 1,495-acre high-quality wetland community and Conservation Opportunity Area. Cherry Lake Sedge Meadow State Natural Area is within its borders.

For winter fun: The property provides public hunting, trapping, fishing and other outdoor opportunities. Pheasants are stocked here, with the current hunting season running through Jan. 9.

GOVERNOR THOMPSON STATE PARK

Find it: Marinette County, northeast Wisconsin

About the property: The park features more than 2,800 acres of woods plus wetland areas including 6 miles of shoreline on the Caldron Falls Flowage and is adjacent to the Peshtigo River. The combination of habitat types supports a diversity of wildlife and a wide variety of recreational activities.

For winter fun: Trails accommodate both classic and skate-style cross-country skiing, and a warming shelter is available at Woods Lake. Ice fishing and sledding also are popular here in winter.

LEARN MORE

For more about these and other scenic state properties to visit this winter, visit dnr.wi.gov/topic/parks. Accessible options at all state parks can be found at dnr.wi.gov/topic/openoutdoors.



TRAVEL WISCONSIN

400 STATE TRAIL

Find it: Sauk and Juneau counties, southern and west-central Wisconsin

About the property: This 22-mile trail follows the Baraboo River from Reedsburg to Elroy, repeatedly crisscrossing the river along the way.

For winter fun: Snowmobiling is the prevailing winter activity when trail conditions permit, with the trail connecting to many miles of county trails. Fat-tire biking also is popular, and a 7-mile stretch is open for horseback riding between LaValle and Wonewoc.

Hunting has become a family affair for Claire Weslaski, second from left, who shares outings with her husband, Kevin, in blaze orange, and their two adult children.



PHOTO COURTESY OF CLAIRE WESLASKI

HUNT TO EAT

WHY DEER HUNTING IS A WIN-WIN FOR YOU AND THE HERD

MOLLY MEISTER

It was the night before last year's nine-day gun season in Wisconsin, and Claire Weslaski couldn't sleep.

"(It) was like Christmas Eve to a kid," she recalled. "Finally, the day arrived!"

That morning, Claire, donning blaze pink from head-to-toe including her knit hat, walked into the woods alongside her husband, Kevin, outside their cottage near Rosholt in Portage County. Kevin went one way, and Claire went to the tree stand he built for her.

"I entered the woods right on time, and I went to my stand with my thermos of coffee. It went just as planned and practiced. I had no surprises," said Weslaski, who owns a website design company in Racine. "Even the '(deer) eyes in the woods' didn't scare me as I shined my flashlight around."

While Claire perched patiently in the deer stand, a doe walked right in front of her at 7:58 a.m.

"I pulled up my gun and thought, 'It's the moment of truth, are you going to do it?' I only had seconds to answer myself," she said. "If she went into my sight, I would shoot. And I did."

A lifelong athlete and nature lover, Weslaski was encouraged to take up hunting by her son, now an avid bowhunter, and her husband, who's hunted frequently over the years. Even her daughter started showing interest.

In the weeks leading up to her first deer season, Weslaski dove headfirst into preparation. She purchased her first gun, learned to shoot, scouted land, bought her harvest authorizations, read through the DNR's hunting regulations handbook and watched countless tutorial videos.

Although venison has been a staple in the Weslaski household for decades, the family of four had been relying on the harvests of friends and relatives to keep them stocked up.

This November marked Weslaski's second deer hunting season, and she's now among the growing trend of hunters earning their meat. What started as joining the family hobby turned into putting venison on the table for her family.

"That's the most rewarding part. And I'm buying less processed meat from the grocery store. When I saw my freezer full of venison from the doe I harvested last fall, it was one of the highlights of my life," she said.

"I've been cooking beef, pork and chicken day after day for 30 years. Now, I'm able to cook my own venison and share it with others."

Weslaski enjoys the leanness of the meat, as does her triathlete husband, who has made it a tradition to eat a venison steak to load up on clean protein before each race.

GOOD FOR YOU

Getting outside in nature is good for your physical and mental health.

NUTRITION COMPARISON

Here's how venison stacks up against other meats per 3-ounce portion:

Nutritional Value	Nutrition Comparison		
	VENISON	BEEF (85% LEAN)	CHICKEN
Calories	134	213	165
Total Fat	2.7 grams	13 grams	4 grams
Saturated Fat	1 gram	5 grams	1 gram
Cholesterol	95 mg	77 mg	75 mg
Protein	26 grams	22 grams	26 grams

And it turns out that venison has benefits for you, too.

Venison is lower in saturated fat (good news for your heart), unsaturated fat and calories than store-bought beef, according to Jean Reiche, a clinical dietitian at UW Health in Madison. It is also high in protein and contains essential nutrients such as iron, riboflavin, niacin and B vitamins.

"Another perk of deer meat is that as a hunter and consumer you know exactly where it comes from," Reiche added. "While meat at the store has labels, those labels don't necessarily show all the ingredients. It's likely that antibiotics, natural flavoring, solutions, salt or other preservatives were added along the way."

Reiche recommends using venison in place of store-bought meat for a healthier option with a variety of uses. Venison can easily be substituted as a leaner protein in spaghetti sauce, soups, chili, burgers and more.

GOOD FOR THE HERD

Studies show that hunting can help keep the deer population in check, which in turn helps Wisconsin's ecosystem.

"White-tailed deer have a high reproductive rate that has to be matched with a high mortality rate. Otherwise, things get out of balance," explained Jeff Pritzl, the DNR's state deer program specialist.

"If the population goes unchecked, food resources become scarce, which can lead to starvation, and we would likely see an increase in car versus deer accidents."

Every ecosystem has a limit to the number of deer it can sustain, Pritzl said. If humans stopped hunting deer, nature would eventually reduce the population in other ways, but not without significant negative consequences for ecosystems, human interests and deer herd health, including agricultural crop destruction and the spread of disease.

TAKING RESPONSIBILITY

For Weslaski, it's all about taking responsibility for the food she puts on the table.



A desire to put fresh venison on the table motivates Claire Weslaski.

"Sure, I could go grab a burger after a long day in the woods, but I wouldn't know anything about where it was raised, how it was harvested or the process it went through to get on my plate," she said.

"Instead, I head home where I have a pot of venison chili waiting on the stove. I know where the deer I harvested lived, and that it led a happy, natural life. I feel satisfied and proud that I went out there and harvested it myself." 🍷

Molly Meister is a public information officer in the DNR's Office of Communications.

LEARN MORE



Scan the QR code for more on the DNR's Hunt for Food opportunities.

#OUTWIGO



Jake Bresette catches waves in Lake Michigan near Ozaukee County this fall.

ANDREW FELLER

SURF'S UP *on Lake Michigan*

CHELSEA SCHWABE

While many may try to stay cozy indoors during winter in Wisconsin, several brave souls are making the pilgrimage to Lake Michigan. Inspired by nearly one quadrillion gallons of freshwater and sealed in winter wetsuits, a unique group of surfers is catching waves in 36-degree waters.

Tommy Shimenetto can often be found enjoying a day of winter surfing in Lake Michigan.

TYLER RICKENBACH/ANKUR STUDIOS

There are no worries of sharks, stingrays or jellyfish here, and the waters are far less crowded than some better-known surf destinations.

Lake Michigan surfers searching for the next big wave get excited by the promise of winter storms that arrive thanks to low-pressure systems. These wind-producing weather patterns cause cold air and strong winds to skip across warmer water, creating larger waves. The larger the temperature difference between air and water, the larger the swell — a surfer's paradise.

Wisconsin boasts 800 miles of Great Lakes coastline that offers a variety of surf spots, with the best time to hit the water in spring, fall and winter, according to local surfers. When surfing in freshwater, there's less buoyancy than saltwater and more drag. You'll typically see surfers here using boards that are larger and more buoyant than their saltwater counterparts.

Much like in warmer surf destinations, some reefs even create barrel waves for surfers to drop in on. From camping on an island and then hitting the waves in the morning to wading out near downtown Milwaukee, it's an experience one can only get here.

Hang 10 and hear from surfers finding their adventure along the Lake Michigan shoreline.

TOMMY SHIMENETTO

Sheboygan

Tommy Shimenetto, a painter for Dane County, grew up with the constant calling of Lake Michigan's waves from the north side of Chicago. While vacationing in Hawaii, he and his wife took surf lessons and, once back in Illinois, answered the call by first trying stand-up paddleboarding.

Having successfully conquered Lake Michigan's waves on the paddleboard, and realizing that the waters were surfable, the couple's interest to take it to the next level through surfing was piqued. After hearing that the Sheboygan shoreline offered many opportunities to drop in, he took his board across the border more than a decade ago.

He got so hooked on the scene, he sold his house and relocated his family to Sheboygan. Today, onlookers can catch Shimenetto surfing throughout the year or helping with beach cleanup. You may even see him catching waves with his wife and 7-year-old daughter, who was introduced to the sport as a toddler.

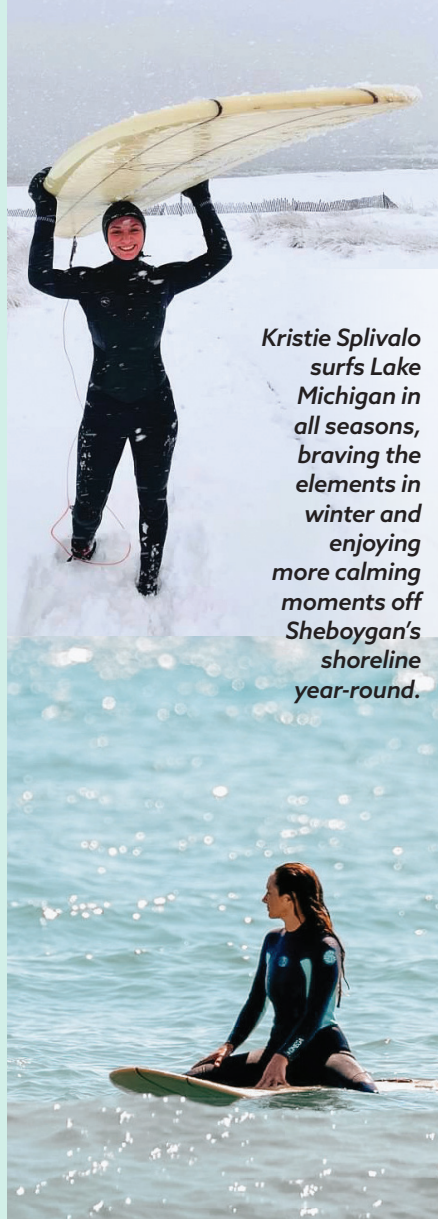
"Surfing Lake Michigan is easily accessible, allows you to put together a unique trip and it has that coastal feeling of other surf destinations," he said. "Being part of Wisconsin's surf community is one of the most warm, heartfelt receptions. People come from all walks of life and when we put on our wetsuits, none of that matters — friendships are built out there on something everyone is enjoying."

KRISTIE SPLIVALO

Sheboygan

A native of Sheboygan County, Kristie Splivalo started surfing after her husband with West Coast surfing roots introduced her to the sport. Her love of water runs deep, having grown up near Elkhart Lake and spending most of her time around Wisconsin's waters. She and her sister would often enjoy drives along Sheboygan's lakefront, leaving Splivalo intrigued by the surfers wading in the water.

When she started stand-up paddleboarding during college, Splivalo got connected to the local surf shop where she'd sign up to compete in



Kristie Splivalo surfs Lake Michigan in all seasons, braving the elements in winter and enjoying more calming moments off Sheboygan's shoreline year-round.

SHAWN SPLIVALO
JOHN SUKOWATY

JAKE BRESSETTE

Shorewood

Jake Bresette is so passionate about surfing Lake Michigan that he quit his corporate job and opened Milwaukee's first surf shop, Lake Effect Surf Shop, in 2016 with his wife in Shorewood along Milwaukee's North Shore. The board sport enthusiast took up the sport after high school when a friend's dad gave him a surfing DVD.

After living in Colorado so he could snowboard daily and surf in California, he returned to Wisconsin where he's living the "Wiloha" life, a phrase he coined by joining "Wisconsin" and the Hawaiian greeting "Aloha." Bresette says one of his favorite things about Great Lakes surfing is how it has allowed him to explore Wisconsin in a unique way.

"I've surfed all over the world and the best wave I ever caught was at a surf spot in northern Wisconsin. I paddled out and caught one of the best waves of my life. When you get a day like that thousands of miles from the ocean, it makes you proud to surf here and be a part of this great community. That's what really makes Wisconsin surfing cool." 🌊

Chelsea Schwabe is a publications supervisor in the DNR's Office of Communications.

SURFING TIPS

Be smart before you start. Lake Michigan provides a bounty of excellent surf. And safety is an important part of the ride.

- Good surfing conditions are not good swimming conditions.
- Take surfing lessons, a water safety course and be weather aware.
- Report water quality issues to your local health department and the DNR.
- Keep the beaches clean — use trash cans if available or take your trash with you.



Fresh, local ingredients are a priority for Madison chef Tory Miller, who sources much of his produce at the Dane County Farmer's Market on Capitol Square, right. His relationships with farmers help promote sustainable agriculture and yield better-tasting produce such as specially bred koginut and butternut squash, below.



CULINARY SPOTLIGHT

NEXT-LEVEL LOCAL WITH CHEF TORY MILLER

STORY BY KATIE GRANT AND PHOTOS BY NIKKI HANSEN

The streetlights were still on as chef Tory Miller joked with a local farmer about the curious shrimp of the woods mushrooms on a recent Saturday morning in Madison, just steps from the State Capitol.

Strolling through the Dane County Farmer's Market, the country's largest producer-only market, you're likely to catch Miller walking against traffic with a custom wooden wagon in tow. And if you don't notice him walking by, you'll certainly hear the choruses of, "Hey, chef," from fellow market-goers and farmers alike.

Since moving to Madison in 2003, the James Beard Foundation Award-winning chef and co-owner of L'Etoile and Graze restaurants has made trips to the market part of this weekly ritual. He likes the connection it gives him to the farmers and land.

A Racine native, Miller discovered his passion for local produce while working in New York City years ago. But for him, the experience in Madison has been different. The people he talks to every Saturday selling products are the ones getting their hands dirty working the land, rather than employees hawking goods who aren't as connected to the land.

Interacting with the farmers in person has led to unique opportunities. He's helped unite seed breeders with local farmers through projects taking place at UW-Madison and Cornell University to develop better-tasting produce for chefs.

It's a long process that can take more than 10 years. For Miller, the work has yielded access to specially bred koginut and honeynut squash, both rich in flavor.



"I can't grow food. The thing that's super cool is that if you create relationships, you can ask them to do stuff like that," Miller explained.

"And a lot of farmers, it's just like chefs, they grow the same thing every year. I mean, like every year it's kind of different, every year it's kind of the same, but it's funky to be like, 'I've never tried to grow that before but I'm down to try.'"

CULTIVATING CAMARADERIE

That notion of trying something new and being closer to the ingredients they cook with has caught on with other chefs in the Madison area.

When Miller first began exploring what the Dane County Farmer's Market had to offer, he'd rarely see other chefs on Capitol Square. Now, he runs into them at every turn, giving hugs, high-fives and fist-bumps while discussing the "wicked" produce on display and how they'll use it.

It's a new level of camaraderie that brings the restaurant and farming communities together.

"I always try to bring farmers with me everywhere or promote farmers as much as I can so that the next generation of farmers are like, 'That's a cool thing for me to do,'" Miller said. "To make sure they know there's a sustainable model for their business."

Miller is always looking for ways to take his business, his restaurants and his food to the next level, playing with not only the unique produce but also combining flavors you might not expect.

Paying homage to trout — Wisconsin boasts more than 13,000 streams with over 5,000 classified as high quality, Class I trout streams — Miller does just that, serving up a trout chowder that ties together the best flavors of fall and winter with an Asian twist.

Don't be intimidated by the ingredients. It's a mix and match what you like and what you have on hand kind of recipe. 🍴

Katie Grant is a publications supervisor in the DNR's Office of Communications.

RAINBOW TROUT CHOWDER WITH SQUASH, BACON, APPLES, COCONUT MILK AND CURRY

Serves 4-5

INGREDIENTS

2 rainbow trout filets with pin bones removed

Note: For a main course, use 4 filets or one per person

1 small honeynut squash or substitute butternut squash, roasted and then peeled and diced

Note: You can roast a day in advance

1 small onion finely minced

2 stalks celery finely diced

2 slices smoked bacon, cut into small pieces

1 tablespoon minced garlic

1 tablespoon minced ginger

1 tablespoon minced fresh turmeric OR 1 teaspoon of dry ground turmeric

1 Yukon gold potato, diced

1 or 2 Thai chilies sliced thinly; optional

1 Honeycrisp apple or another apple, diced

2 teaspoons curry powder

1 cup of apple cider

4 cups of water

1 tablespoon fish sauce; optional

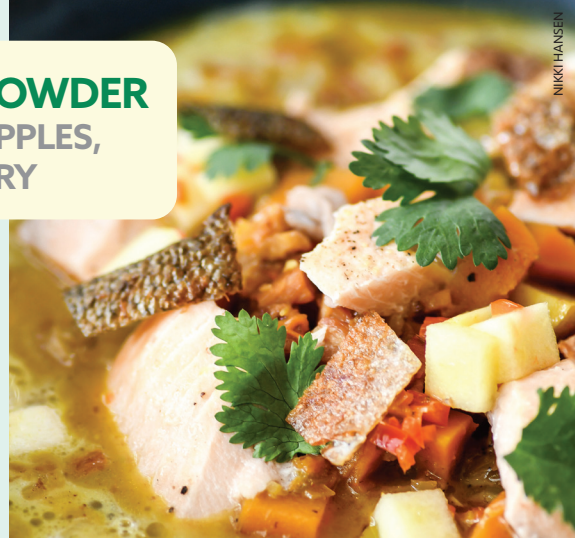
1 can of coconut milk

Brown sugar; optional

Salt and pepper, to taste

Fresh cilantro for garnish

Cooking oil



INSTRUCTIONS

1. Preheat oven to 350. Poke the squash all over with a fork and place in an oven-safe dish; bake 45-60 min.

2. Heat a Dutch oven or large stockpot over medium-high heat.

3. Season the trout with salt and pepper on both sides. Place a tablespoon of cooking oil in the pot. Once hot, add the trout filets, skin side down. Do not move or touch them. Let cook for 4 minutes, then gently flip, cooking for about 20 seconds more. Remove and place on a plate, skin side up, and set aside.

4. Return the same pot to medium-high heat. Add the bacon and cook until brown and crispy.

5. Add onion, celery, garlic, ginger and fresh turmeric. If using dry turmeric, you'll add that in the next step. Reduce heat to medium. Sauté for 3 minutes, season with salt and pepper and cook for another minute.

6. Add curry powder, half of the Thai chili and the dry turmeric, if using. Cook, stirring, for 1 minute.

7. Add the apple cider and simmer, reducing by 75%.

8. Add the potatoes and water, bringing to a boil. Lower heat to a simmer for 20 minutes.

9. Add the squash, coconut milk and fish sauce, if using. Simmer for 10 minutes.

10. Season to taste with salt and pepper. Add brown sugar if desired for a sweeter curry.

11. Gently peel the skin off the trout filets and flake the meat into bite-sized chunks.

12. Optional: Sauté the skin in a dry nonstick pan until crispy and use as a garnish.

13. To serve, spoon soup into a bowl. Top with trout and crispy skin, if using. Garnish with diced apple, fresh Thai chili and cilantro.

DIY WITH A PURPOSE

HOW TO BUILD A BAT HOUSE

BAT STATS

8: Species of bats recorded in Wisconsin, all either state-threatened or on the “watch” list.

30 years: A bat’s potential lifespan. These long-lived mammals usually have only one baby per year, making them susceptible to drastic population decline from causes like white-nose syndrome.

1,000: Number of mosquito-sized insects a single bat can consume in an hour.

\$22 billion: Pest control savings per year to North American farmers thanks to bats.

KATHRYN A. KAHLER

Looking for a winter activity that is interactive, educational and helps a Wisconsin threatened species? Sharpen your DIY skills with this simple guide for building a single chamber bat house that can attract as many as 50 bats and provide an alternative roost to help maintain the population.

NEED FOR BAT HOUSES

Four of Wisconsin’s eight bat species — little brown, big brown, northern long-eared and eastern pipistrelle — are considered threatened due to

white-nose syndrome, a fungal disease that causes extensive mortality in cave-dwelling bats.

WNS, first discovered in New York in 2006, spread across the U.S. and reached Wisconsin in 2014. The disease has caused the most precipitous decline of North American wildlife in recorded history. Hibernation surveys done in winter 2020 showed up to a 97% drop from pre-WNS numbers at some sites and total elimination at other sites where smaller populations had existed.

Bats are mammals and typically have only one or two pups a year, so it can take much longer for pop-

ulations to recover than for more prolific species like birds. Giving bats a helping hand provides myriad benefits for homeowners and offers advantages on a larger scale as well.

Bats reduce night-flying insects and mosquitoes around your home — including species known to carry West Nile virus — and provide pest control to farmers nationwide. Bats also support the ecosystem as pollinators and plant seed dispersers. ♻️

Kathryn A. Kahler is associate editor of Wisconsin Natural Resources magazine.



Scan the QR code for information about Wisconsin bats, what you can do to help and more on building bat houses.



SUPPLIES:

- Box cutter or razor
- 1 piece 26"x24"x1" plywood
- 1 piece 32"x24"x1" plywood
- 1 piece 24"x4"x1" plywood
- 2 pieces 26"x2"x1" common wood/pine
- 1 piece 20"x2"x1" common wood/pine
- 10 exterior screws, 1-5/8
- Clamps
- Exterior caulk and caulk gun
- Exterior primer, black exterior paint and paint brush



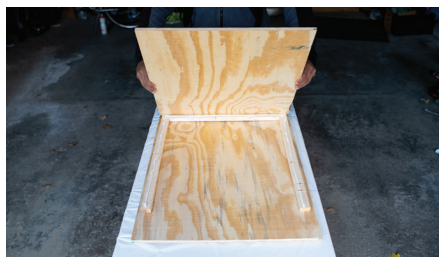
Step 1:

Use a box cutter or razor to score one side of both the front and back pieces of the bat house (26"x24"x1" and 32"x24"x1" sheets of plywood). The scored sides of wood will face inward to give the bats a textured surface to roost.



Step 2:

Assemble the frame by securing the 20"x2"x1" common wood/pine piece, 1 inch from the top of the 32"x24"x1" piece of scored plywood, with caulk. Then, secure the two 26"x2"x1" pieces of common wood/pine with caulk to make a horseshoe-shaped frame. This is the inside of the bat house.



Step 3:

Apply caulk to the other side of the frame and place the 26"x24"x1" piece of plywood onto the frame by firmly

pressing down. This creates the front of the bat house. The edges of the front and back pieces of wood should align. The top of the front piece should align with the frame.



Step 4:

Clamp together the sides of the bat house and drill three evenly spaced (about 8 inches apart) pilot holes through the front piece, framing and into the back piece on both the left and right sides. Ensure your drill bit is smaller than the screw.



Step 5:

Align your 24"x4"x1" roof piece with the top of the framing and clamp to the rest of the house. Drill four evenly spaced (about 5 inches apart) pilot holes through the roof and into the framing.



Step 6:

Add some caulk to the ends of your screws. Now clamp down the sides as before and drill in the caulked screws. Repeat this step for the roof.



Step 7:

Spread caulk along the front and back of the roof to seal the gaps.



Step 8:

After caulk has dried, prime and paint the exterior black.



Step 9:

Attach to house or pole 10-15 feet above ground using mounts secured to the back of the box. Make sure there is 1/2" to 3/4" between the box and the mounts using spacers.

BACK IN THE DAY

GOING MOBILE

ADVENT OF THE SNOWMOBILE — BORN IN WISCONSIN — HAS MEANT PLENTY OF WINTER FUN

KATHRYN A. KAHLER

Necessity is the mother of invention. So goes the adage, one that also applies to the recreational pursuit of snowmobiling.

Unless they had a horse, slogging through deep snow was sometimes an impossible adventure for people whose jobs required access to rural areas. Back in the day, game wardens, forest rangers, law enforcement, mail carriers and telephone repairmen all felt the need for a better way to be more "snow mobile."

Such was the impetus for Wisconsin's Carl Eliason and others in snowbelt locations around the globe to find a better way around. Eliason and two other North American inventors — Joseph Armand Bombardier from Quebec and Virgil White from New Hampshire — created their own versions of snow vehicles around the early 1920s.

Eliason built his snow toboggan in 1924 in his hometown of Sayner, the

self-proclaimed "birthplace of the snowmobile." That original vehicle is now enshrined at Sayner's Snowmobile Museum in Vilas County.

Eliason continued to build motor toboggans until the early 1940s, when production shifted to the Four Wheel Drive Auto Co. in Clintonville. The pioneering manufacturer was better suited for the burgeoning military and forest industry orders of the day. Production of Eliason's machines eventually moved to Kitchener, Ontario.

According to the Snowmobile Hall of Fame in St. Germain — which posthumously inducted Eliason in 1991 — his fervor "resulted in the longest

continuous production of any brand of snow machine even after 70 years of snowmobiling history."

Innovations including the forward-mounted two-stroke engines, centrifugal clutch, belt drive and ski steering are traced to the Eliason Motor Toboggan, the Hall of Fame noted.

NECESSITY MEETS FUNCTION

After World War II, it didn't take long for necessity to make way for pleasure, especially for the year-round vacation destination of the Wisconsin Northwoods.

The late 1950s saw a race by manufacturers to produce machines that were both functional and affordable.

The Steiner family enjoys an outing on a 1965 Moto-Ski equipped with a sled near Eagle River. Moto-Ski was a Canadian company based in Quebec and later bought by Bombardier.



Carl Eliason of Sayner stands with his first snow machine, invented in 1924. Next to him is Wisconsin Historical Marker #212, erected in 1975 to honor his contributions to the world of snowmobiling.



A couple travels in style in a "snow coupe" near Madison in winter 1970.

DEAN TYEDT/DNR FILES



DNR board members tour snowmobile trails in Woodruff, February 1969.

STABER W. REESE/DNR FILES



Historic snowmobile racing in Woodruff.

WISCONSIN HISTORICAL SOCIETY #130359

Brand names like Arctic Cat, Polaris and Trail-a-Sled became part of the conversation, and in 1959, Bombardier introduced the first two-person machine named the Ski-Doo.

As machines continued to modernize, the recreational public caught on to their value. In this magazine's "Special Northwoods Edition" (July-August 1983), Herman Smith wrote:

"In the winter of 1963-64, the snowmobile was introduced to the North as a recreational vehicle. Winter could be 'funtime' if somehow people could dress for it and find proper accommodations. ... The snowmobile worked as a social magnet to bring entire families together in the great outdoors."

In no time, Northwoods resorts began upgrading to remain open in winter, and homeowners "insulated and invited friends" to enjoy snowmobiling, Smith wrote, and "in a few short years, recreation became a year-around operation."

"Soon, snowmobile clubs and counties called upon DNR for help in providing trails and setting regulations," he added. "Today, there are thousands of miles of well-marked, well-groomed trails in northern Wisconsin."

A WISCONSIN PASTIME

Innovations for safety, comfort and performance continue, and last winter almost 110,000 snowmobile units were sold in North America. The Badger State had more than 240,000 snowmobiles registered in 2021, higher than any other state.

Nearly 25,000 miles of trails crisscross the countryside in Wisconsin, funded entirely by registration fees, trail pass revenue and gas tax on fuel used by snowmobilers.

Volunteers from more than 600 snowmobile clubs across the state provide the muscle for upkeep by brushing, clearing and grooming trails and maintaining signage.

Kathryn A. Kahler is associate editor of Wisconsin Natural Resources magazine.

LEARN MORE

For snowmobiling information, see dnr.wi.gov/topic/snowmobile. And check dnr.wi.gov/social/podcast to hear "She Sleds — Wisco Sled Divas," a Wild Wisconsin: Off the Record podcast featuring Erica Marten and Jen Marcott-Bong, founders of a female-focused Facebook group for snowmobilers.

EAGLE RIVER RACES FILL THE NEED FOR SPEED

A story about Wisconsin snowmobiling wouldn't be complete without mentioning racing, for which the state has become legendary.

The first such race took place over three weeks in January 1926, when the Northwoods towns of Three Lakes, Eagle River and Rhinelander sponsored the first winter carnival that included snowmobiling, with 104 entrants.

Since then, Eagle River has become world-famous for the sport. The city hosts racing all winter and sponsors the annual World Championship Snowmobile Derby, an event that attracts more than 50,000 racers and spectators, making it the biggest snowmobile race in the world.

To snowmobilers, Eagle River is synonymous with racing. Scheduled 2022 events include:

- Jan. 6-9 — Vintage World Championship Snowmobile Races
- Jan. 13-16 — World Championship Snowmobile Derby and Pro Enduro
- Feb. 5-6 — World Series of Snowmobile Racing
- Feb. 17 — Legend Laps
- Feb. 25-26 — Arctic Derby Dash

— KATHRYN A. KAHLER

KIDS CORNER

TRACKING DOWN Wildlife

ANDREA ZANI

In winter, it's no surprise to see signs of wildlife that have passed by on their way to find food and shelter from the cold. The DNR's nature discovery kit, "Tracking Down Animals," provides great kid-friendly activities to help identify the animals that went walking through the snow and mud.

Grab the kids and head outdoors to try some of these tracking tips.

WHERE ARE YOU?

When you see a track, think about where you are — near a forest, field or lake? Now, think about what animals might live in that habitat. They're more likely to have left their mark here.

TAKE A CLOSER LOOK

Study the track to learn more. Does it have claws? Is it solid or in parts? How many toes does it have? Getting a good look and noting what you see can help figure out what left the track.

Also take a close look at the pattern the animal's footprints made and ask some questions about how it might have moved: Was it a diagonal walker or perfect stepper? A waddler or pacer?

WALK THE WALK

You can use your hands and feet to try to imitate an animal's movement. A white-tailed deer walks like a baby crawls, moving limbs on opposite sides of their body at the same time. Dogs, cats, hoofed animals and humans all walk this way.

A raccoon moves both limbs on the same side of the body together, with a kind of shuffling gait. Bears, skunks, beavers, porcupines and muskrats also walk this way. Try waddling like a raccoon!

The animal might have been a bouncer, such as an otter, weasel or mink. These animals walk by reaching out their front feet and then bringing their back feet up directly behind them. Can you get down on all fours and bound like an otter?

A rabbit is a hopper, of course! It pushes off with its back feet then lands on its front feet and brings its back feet forward, past the front feet. Hares, mice and squirrels also move this way, as do deer when they're on the run. It's fun to try, especially in the snow! ❧

Andrea Zani is managing editor of Wisconsin Natural Resources magazine.



Scan the QR code for more tracking tips, activities and a printable animal tracks identifier sheet to take out into the wild.

LEARN THE LINGO

Here are some words biologists use when looking at tracks animals leave behind:

Print: Impression made by one foot

Track: A series of prints

Straddle: Width of the track

Pattern: Arrangement of individual prints

Stride: Distance between the heel of the front foot and the heel of the back foot



RABBIT TRACKS



BEAR TRACKS



DEER TRACKS



COYOTE TRACKS

Winter Bird Bath



Illustrated by R. Michael Palan



toothbrush



spoon



crown



needle



cupcake



3 leaf clover



tack



slice of cake



oilcan



teacup



snake



hatchet



candle



slice of pizza



banana



ISTOCK/PSSOACE

A GIFT THAT KEEPS GIVING: HUNTERS SUPPORT DNR'S DEER DONATION PROGRAM

JOSHUA MORRIS

For over two decades, hunters have provided food for Wisconsinites in need by donating more than 94,000 deer, totaling more than 3.8 million pounds of venison distributed to food pantries throughout the state.

Through the Deer Donation Program, the DNR works with partnering meat processors and food pantries to deliver venison to anyone in need, including families.

According to UW-Madison's Wisconsin Food Security Project, approximately one in 12 Wisconsin households did not have enough food before the COVID-19 pandemic began in early 2020, and research shows this number continues to rise.

This growing need amplifies the work of the DNR's Deer Donation Program. Each year, the DNR encourages hunters to donate their Wisconsin-harvested deer — and they proudly deliver.

"The demand for this venison is incredible because there are still many people in the community who need food," said Brad Koele, DNR wildlife damage specialist who has helped oversee the program since 2006, managing relationships with meat processors and nonprofit organizations.

"There is certainly a huge demand for venison from nonprofits and a need for increased donations from hunters. Historically, I have seen that this program can really help your neighbors who need it most."

Hunters can donate their Wisconsin-harvested deer to any processor in their area free of charge and can retain the head and antlers for mounting if desired.



If a deer is harvested from a CWD-affected county, a hunter must have the deer tested for the disease before or at the time of taking it to a processor. The processor will hold on to the donated deer until results are known.

FROM PROCESSOR TO PANTRY

Jacob Schuepbach and his father have been donating to the program for years. In 2020, Schuepbach made his first solo donation.

"I would encourage hunters to donate. The process of donating was much easier than even taking deer to a butcher to have the meat processed for ourselves," he said. "This program helps people who need it most."

Following a donation, the processor prepares and packages the harvested deer to deliver to a partnering food pantry.

Stoddard's Country Grove Market, a meat processor in Cottage Grove, is one of many longtime program participants that helps get processed venison into the hands of local food banks.

"We see this partnership as one of the best ways to be part of the community while also serving the community," said Kelly Loga, manager at Stoddard's. "There are so many people in need during hunting season, especially as we start to get into the colder months."

Second Harvest of Southern Wisconsin routinely receives donations from Stoddard's. The food bank then distributes the lean protein to over 200 partner agencies and through its mobile pantries. Processors often deliver ground venison, which is more versatile for those on the receiving end.

"In the 16 counties we serve, there are about 125,000 people who are food insecure, meaning they don't

know where their next meal is going to come from," said Kris Tazelaar, director of marketing and communications at Second Harvest.

"We have witnessed people waiting in their cars with tears in their eyes because they were so happy to be getting a bit of help. There is no better example of the kind of reaction we get from those we serve."

Anyone can donate to the Deer Donation Program. Those looking to support the program can also do so through a monetary donation when purchasing a hunting or fishing license or a Wisconsin State Park pass. 🐾

Joshua Morris is a public information officer in the DNR's Office of Communications.

HOW TO DONATE A DEER



Scan the QR code to learn more about the DNR's Deer Donation Program, and follow these steps to donate a Wisconsin-harvested deer:

- 1. Field dress your deer.**
- 2. Register your deer through Game Reg.** Go to gowild.wi.gov/wildlife/harvest. Make a note of your registration confirmation number and keep it on hand when dropping off your deer.
- 3. Test your deer for CWD if needed.** Some CWD-affected counties require testing either before or at the time of donation. The Deer Donation Program webpage has details.
- 4. Call ahead.** Contact a participating processor to make sure they have space to accept your deer.
- 5. Drop off your deer at the processor.**

NEW YORK TIMES SUNDAY CROSSWORD

Choice Words, by Alex Eaton-Salners; edited by Will Shortz.

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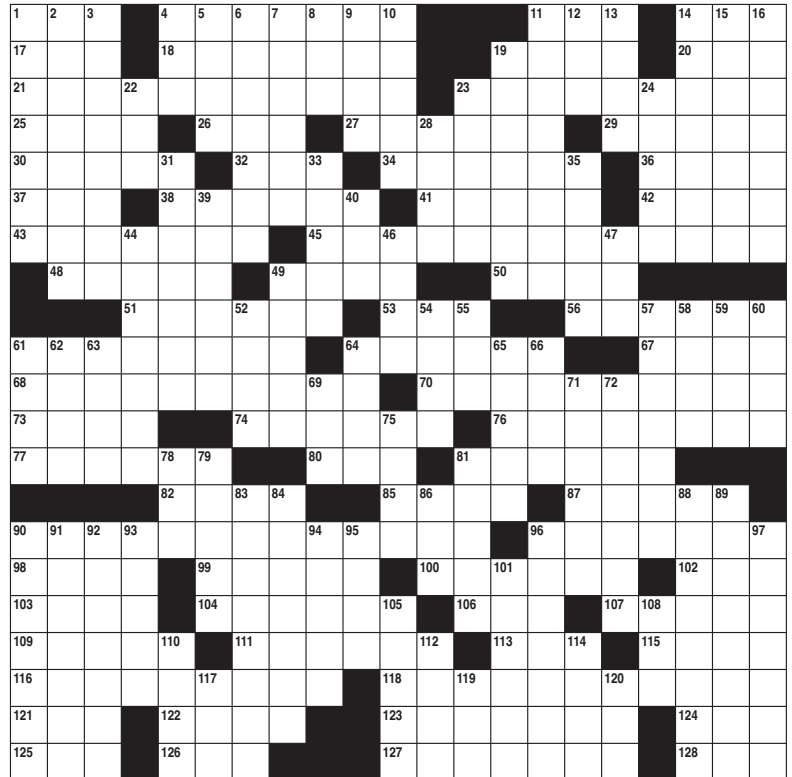
ACROSS

- 1 Action done while saying, "Good dog"
4 Mischief-makers
11 It might click for a writer
14 Fall mo.
17 Kind to Mother Nature
18 Harris in the Country Music Hall of Fame
19 Living ____
20 Member of the superfamily Hominoidea
21 Noted Apple release of 1968, to fans
23 Haphazard
25 Some crumbly blocks
26 Inits. for a theatrical hit
27 Send away, in a way
29 Accomplished the task
30 What wiggly lines in comics may represent
32 Cause of boom and bust?
34 Convene for another session
36 Up to it
37 What's frequently used by poets?
38 "To quote yours truly ..."
41 ____ dish
42 Heath
43 Desperate
45 Traditional British entree
48 Tries for a role
49 S.F. metro
50 "Hey ... over here!"
51 Derby lengths
53 Equivalent of the Face With Tears of Joy emoji
56 Give a buzz
61 Inconvenience
64 Execute, as a royal of old
67 Classic concert chambers
68 Noted U.S. rock group?
70 Approximately
73 See captain?
74 Studio fixtures
76 "I'm game!"
77 State of equilibrium
80 Code-cracking grp.
81 Match-ending rugby call
82 Bygone sovereign
85 Dance-a-____
87 Build on
90 Military dismissal
96 "You game?"
98 State to be the case
99 ____ Kornfeld, music promoter for Woodstock
100 Daddy-o
102 Great Basin native
103 Stun

- 104 Heavy weights in Britain
106 "Murder, ____ Wrote"
107 Samuel ____, business partner of Marcus Goldman
109 Gradually wear away
111 Lipton competitor
113 Keypad triplet
115 Critical remark
116 Regardless of the outcome
118 Hectic trip abroad
121 Card in a royal flush
122 Purposes
123 One runs from Me. to Fla.
124 Seminoles' sch.
125 "You betcha!"
126 Northern ____ (curiously named apple variety)
127 Have
128 Buggy expanse

DOWN

- 1 Fare that's eaten hands-free
2 Wanted badly
3 Mano a mano
4 Negligent
5 Silicon Valley's ____ Research Center
6 Candy bit that comes in a plastic roll
7 "Battlestar Galactica" robots
8 Clerical vestment
9 F, in music
10 Southern region of Mesopotamia
11 Fabric options
12 Sense of self
13 Fluent speaker of Elvish, say
14 Uttered a sound
15 £
16 Bugs
19 Relative of a bug
22 Churchill ____ Rooms (London tourist attraction)
23 Long ball
24 City with a Little Havana
28 Nickname for José



- 31 Farthest down?
33 Anklebone
35 Least messy
39 Sorority member
40 Yang's counterpart
44 "I Wanna Be Sedated" band
46 Horrid
47 Maximum degree
49 The brainy bunch?
52 Profligate sort
54 Measures of electrical resistance
55 One of the fire signs
57 Alveolar trill, as it's commonly known
58 Concept, in Cannes
59 Just in case
60 Glasgow gal
61 Mischief-makers
62 ____ court
63 Stage between larva and imago
64 Consecrates
65 Act investigated by an insurance company
66 ____ ex machina
69 QVC alternative
71 Journalist Fallaci who wrote "Interview With History"
72 Bindis, e.g.
75 Running behind
78 Kinda
79 Berate blisteringly
81 They can be wrinkled or thumbed
83 Field that deals with fields
84 The newest trend, in slang
86 Inits. at Westminster
88 Trigger
89 Head for the hills?
90 Moved aside (for)
91 Cupidity
92 Changes from commercial to residential, perhaps
93 Words to live by
94 Wash out
95 Popular tick repellent
96 Piercing eye hue
97 Trial
101 ____ of Alexandria (wonder of the ancient world)
105 Clinch
108 Puerto Rico clock setting: Abbr.
110 Ballpark figures, in brief
112 Semiserious "Got it!"
114 Places hangers hang
117 Guff
119 Distributor of CARES Act funds
120 ____ Moines

Look for puzzle answers in the Spring issue.

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