

Wisconsin Natural Resources

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

WASTE NOT

| BEAUTIFUL BEACHES AND
WONDERFUL WATERFALLS

| FIND A FAVORITE FISHING SPOT

| GEAR UP FOR FAMILY HIKES


OPENING SHOT




RACHEL HERSHBERGER

Devil's Lake State Park

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Alex Beld, an assistant instructor with Devil's Lake Climbing Guides, hones his skills at the state park near Baraboo.

KYLE HARDING

14 **Rock on, Wisconsin**
MOLLY MEISTER

SUMMER 2022,
VOLUME 46, NUMBER 2

CONTENTS

FEATURES

- | | | | |
|----|--|----|--|
| 8 | Wonderful waterfalls
ANDREA ZANI | 26 | A rising star for sustainability
MOLLY MEISTER |
| 10 | Gear up for hiking with kids
ANDI SEDLACEK | 28 | Seven principles of Leave No Trace
ANDREA ZANI |
| 12 | Find your fishing spot
JOSHUA MORRIS | 30 | Wisconsin's best beaches
ANDREA ZANI |
| 18 | <i>Cover Story</i>
Waste watchers
ANDI SEDLACEK | 34 | Climate change solutions
DEA LARSEN CONVERSE |
| 22 | What's in our landfills? | | |
| 24 | DIY composting
ANDI SEDLACEK | | |

DEPARTMENTS

- | | |
|----|---|
| 4 | <i>From the Secretary</i>
PRESTON D. COLE |
| 5 | <i>News You Can Use</i> |
| 6 | <i>Letters to the Editor</i> |
| 7 | <i>Facebook Q&A</i> |
| 36 | <i>Culinary Spotlight</i>
Wild rice recipe
LUKE ZAHM |
| 38 | <i>Kids Corner</i>
Nature journaling
KATHRYN A. KAHLER |
| 39 | <i>Highlights Hidden Pictures</i> |
| 40 | <i>Back in the Day</i>
Historic cottage at Mirror Lake
KATHRYN A. KAHLER |
| 43 | <i>New York Times Crossword</i> |

FROM THE SECRETARY PRESTON D. COLE



MIKE GORSKI

Author and poet Maya Angelou once said, "We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

As we welcome summer, it's important to slow down and take in all of the exciting changes during spring that usher in a new season. Summer is a great time to get outdoors and enjoy myriad activities, from hiking and biking, fishing and swimming, to everything in between.

As a kid, I spent my summers fishing with my older brothers and sisters. My first time out was on a tiny little lake near our family home using an old car antenna and black thread with a hook on it. I was so excited you would have thought I'd won the lottery.

Growing up in a farming community where residents placed a high value on land, air and water made me the natural resources manager I am today. As DNR secretary, I know our public lands provide a necessary outlet for individuals and families, which also helps support local communities across the state. And that outlet is available because we have invested in public lands. It is who we are as a state.

With 95% of Wisconsinites participating in some form of outdoor recreation, our nature-based economy is locked at the hip with clean air and water. Protecting our land, water and air is good for the environment and is also good for our local economies.

The DNR is working hard to protect our natural resources — from addressing PFAS contamination, nitrates and pathogens from fertilizers and manure spreading, to lead service

line replacement and more. We know some areas need more attention, and we're on it.

This summer, I encourage you to get outdoors, help the planet and deepen your connection with nature. To help get you started, this magazine issue is full of great ideas for summer adventures and even a little inspiration, too.

The cover story, "Waste Watchers," explores the world of food waste and provides several ways we can all make a big difference to reduce food waste and its burden on our landfills.

Considering greenhouse gases from landfills impact our climate, the story "Climate Change Solutions" dives into the Wisconsin's Changing Climate: Impacts and Solutions for a Warmer Climate Report released earlier this year by the Wisconsin Initiative on Climate Change Impacts (WICCI). The report highlights the ways climate change is impacting communities across the state and solutions for becoming more climate-resilient.

Other stories include wonderful waterfalls to check out, a roundup of fishing spots to try, a look at rock climbing at state parks, a profile on a rising star for sustainability, a wild rice recipe from chef and "Wisconsin Foodie" host Luke Zahm, and much more.

As you make your way through the pages, ask yourself what brought you to Wisconsin's outdoors. Drop us a line and tell us some of your fondest memories of exploring across the state.

Be more than safe and stay healthy out there. 🍷

NEWS YOU CAN USE



ISTOCK/SDI PRODUCTIONS

ALL ANGLERS WELCOME

Want to try fishing but not quite sure where to begin? It's easier than you think! Check out the DNR website for everything you need to get started.

You'll find information on places to fish, season dates, regulations and license requirements, taking kids fishing and more. The DNR also has a tackle loaner program to provide gear. Visit dnr.wi.gov/topic/fishing for more information.



STATE FAIR FUN

The Wisconsin State Fair is set for another year of excitement this summer, and the DNR again will be there. The 2022 fair runs from Aug. 4-14 at State Fair Park in West Allis.

Along with all the usual fair fare — food, rides, entertainment, exhibits — look for the DNR at the north building in Exploratory Park. You'll find educational experiences, dynamic displays and friendly staff to help you learn more about the state's great outdoors and the DNR's work to keep them protected and open for everyone.

For complete fair details including building hours and admission information, see wistatefair.com.

FOR BEST CAMPING, BOOK TODAY

There are more than 6,000 campsites across the Wisconsin State Park System, with opportunities to spend time at beautiful parks, forests and recreation areas. Reservations are required at most locations and fill quickly, especially at more popular parks, so make plans now.

Go to dnr.wi.gov/topic/parks to find a park, get admission information and book your camping reservations today.



NICK COLLURA



NORTH AMERICAN INVASIVE SPECIES MANAGEMENT ASSOCIATION

HELP FIGHT INVASIVE SPECIES

June is Invasive Species Action Month, the perfect time to focus on how you can help fight the spread of invasive nonnative plants and animals in Wisconsin's lands and waters.

The state's invasive species rule designates restricted and prohibited species based on the potential damage they could do to Wisconsin's

ecology and economy. Taking simple steps can help prevent the spread of these harmful invasives.

Hiking and camping: Clean mud and dirt from shoes and remove seeds and burs from clothing before visiting other places.

Firewood: Use local wood to avoid moving invasive insects and pathogens.

Fishing and boating: Inspect your boat, trailer and equipment immediately after every use and remove any attached aquatic plants or animals. Drain all water from boats, motors and equipment. Never move live fish away from a waterbody and always put unwanted bait in the trash.

Gardeners: Remove invasive species and plant native species or

traditional gardening plants that are noninvasive.

Volunteer: Many groups host volunteer workdays to conduct removal of invasive species at state properties and elsewhere. Check the DNR's events calendar — dnr.wi.gov/ events — or contact individual groups for opportunities to help.

The Wisconsin Invasive Species Council, created by the Wisconsin Legislature to help the DNR with invasive species control, promotes Invasive Species Action Month each June. For information, check invasivespecies.wi.gov.

For more on invasive species including control measures, rules and regulations, invasive species lists and how to report invasives, see dnr.wi.gov/topic/invasives.

LETTERS TO THE EDITOR

WIND POINT IN WINTER

My son Matthew and I were at Wind Point Beach, Lake Michigan north of Racine, in February. He has special needs, autism, and loves the outdoors. We had a great day! I'm sharing this photo with you since I normally think of shells on the beach as a tropical thing. This beach under our feet was nothing but shells. Thanks for your great magazine!



Steve Sandberg
Racine

Thanks for sharing, Steve, Wisconsin does have amazing beaches! Read more about some of the state's best beaches, including Wind Point, on Page 30 in this issue. The story focuses on summer use, but your letter is a good reminder that Wisconsin's beach areas can be enjoyed all year long.

MAKING MILLER'S TASTY TROUT

"Next Level Local with Chef Tory Miller" (Winter 2021) was an inspiring story of restaurant and sustainable agriculture collaborations and a homage to Wisconsin trout. I made Chef Miller's rainbow trout chowder recipe from the article, and it was outstanding!

Sue Jones
Madison



ON BARN AND BAT HOUSES

Bat house install complete, just in time for spring! Hope they find the houses while we work to get holes in the barn patched up.

Thanks @wi_dnr for the design specs! And @pearl_forge for stepping up to the plate yet again, with a creative solution for getting the houses hoisted into the air safely via a makeshift pulley system.

Posted by @bfadeck13 on Instagram

TRIBAL FISH STOCKING

We enjoyed your article "Tribal Harvest Tradition" in the Spring issue. One important facet of tribal activity on the Ceded Territory in Wisconsin is that the Native American sovereign nations are instrumental in conserving and preserving natural resources we all enjoy.

For instance, tribal fish hatcheries hatch, rear and release large numbers of game fish in northern Wisconsin inland lakes every year. Much of the public is well aware of Native American fishing, but few are aware of the extensive annual fish stocking that Native American fisheries undertake for the benefit of all anglers.

We live on the shore of Lake Superior between Miskwaabikaang, the Red Cliff Band of Lake Superior Chippewa, and Mashkiiziibii, the Bad River Band of Lake Superior Chippewa. Most of the conservation initiatives undertaken in our area are led by our Native American neighbors, their governments and their organizations; the Great Lakes Indian Fish and Wildlife Commission; and the Great Lakes Inter-Tribal Council.

Jason Maloney and Cindy Dillenschneider
Washburn



Fish-rearing ponds operated by Mashkiiziibii near Odanah are part of tribal infrastructure used to stock Wisconsin's inland lakes with game fish every year.

Write in by sending letters to DNRmagazine@wisconsin.gov or WNR magazine, P.O. Box 7921, Madison, WI 53707.



FEELING RESTORED

Hi, WNR team, I wanted to send my thanks for another excellent issue, Spring 2022, and possibly the best one yet. I've been a subscriber for a very long time;

might be the mid-2000s when I first subscribed. In this issue, I learned something new on just about every page. You kept me reading from cover to cover.

Your magazine helps keep me traveling around Wisconsin and nearby states to help restore my inner balance and exercise my senses of awe and wonder in the natural world. Thank you so much for your great work, each and every one of you. Keep it up!

Anna Nirva
La Crosse

NO-FLY ZONE

In your story on bait for trout fishing (Spring 2022), you neglected all the people who use spinners and nightcrawlers. I do not have fly-fishing equipment. All of my fishing for trout has been with nightcrawlers. I have gotten very nice trout from streams in Wisconsin and out West with this bait.

Fred Rist
Alma

Thanks for the email, Fred. While the Spring story focused on fly fishing, there indeed are plenty of anglers who enjoy fishing for trout by other means. Glad to hear you've had such success!



STATE
WILDLIFE
AREA



You asked, our DNR experts answered. Here is a quick roundup of interesting questions sent to us on Facebook.



Q: So many birds are nesting in the spring. Is it OK for prescribed burns to happen at that time?

A: Many of the sites we burn are intended to restore higher-quality habitats. Areas scheduled for prescribed burn are typically those where nesting habitat has become degraded and are most likely not ideal sites for nesting birds.

Spring burns occur at the very beginning of the nesting season, so most nests are not yet established. Even if the amount of grasses and thatch in these sites is acceptable for nesting, the location likely will not provide crucial food or brood-rearing cover unless maintained with fire.

Without prescribed fire, food sources for recently fledged birds begin to diminish. Finally, many of these species rely on fire-dependent habitats and have experienced fire before. Many will readily reneest, especially if it's early in the season.

We recognize that nest loss is difficult to consider. Still, the overall benefits for wildlife in that area far outweigh any loss. In line with our endangered species management, if any endangered/threatened bird species are known to nest in the area, we will exclude those units during nesting season to account for their smaller numbers.

Q: I've seen only three bobcats in the wild, one in Wyoming and two in Wisconsin. But I have heard their screaming-type noise in the woods, and it's kind of scary. I don't know if it was a breeding call or what, but it was loud and very eerie. Why was this cat making such a noise? I could see the bobcat about 100 yards away from my tree stand, so I know it was a bobcat for sure.

A: Bobcats make various vocalizations, including purrs, hisses, growls, screams and sounds that are almost like a bark. They do this for several reasons, including territorial defense, breeding behavior to call those in the area and communication with other cats. Their calls can definitely be very eerie! The short "Rah!" type yells and some types of the screaming or almost moans are more of a mating call.

Q: Sturgeon are amazing. We were able to actually touch them at Discovery World in Milwaukee. My 5-year-old grandson is wondering if they are possibly related to sharks because they "kind of look like sharks."

A: Although sturgeon look a little like sharks, particularly with their tell-tale heterocercal tail where the upper lobe is longer than the lower lobe, they are not related. Sturgeon are very primitive fish that have very little actual bone and are more cartilage. Fossils of sturgeon first appeared in rocks over 170 million years ago. Ancestors to Wisconsin's lake sturgeon have been around for 100 million years!

SIGNS OF WILDLIFE

This image was taken by my primary physician, Dr. Efrain Sueldo of Eau Claire. It depicts a short-eared owl on one of our state wildlife areas. Perhaps it will find a home in the magazine. Dr. Sueldo has given me permission to share this with my DNR colleagues.

Christian W. Cold
retired DNR wildlife technician and educator
Ladysmith

WONDERFUL WATERFALLS

FIVE AWE-INSPIRING SPOTS RIGHT HERE IN WISCONSIN

ANDREA ZANI

Finding a beautiful waterfall is easier than you might think in Wisconsin, especially in the northern part of the state. Numerous scenic waterfalls dot the state's upper third, many within easy driving distance of each other.

Here are five Instagram-worthy places well worth a visit when spending time up North. Share your own adventure using #OutWiGo.

Andrea Zani is managing editor of Wisconsin Natural Resources magazine.



SCOTT PEARSON

TYLER FORKS CASCADES

Find this picturesque place in Copper Falls State Park, just north of Mellen. With the Bad River and its tributary, Tyler Forks, winding through it, the state park has four noteworthy waterfalls: the Tyler Forks Cascades, Brownstone Falls, Red Granite Falls and the park's namesake Copper Falls.

The Doughboys Nature Trail — named for the World War I era Army veterans who originally built it — offers views of Tyler Forks, Copper Falls and Brownstone Falls, with lots

of scenic spots to stop and take pictures. The 1.7-mile loop takes hikers through the heart of the park, and about a half-mile of the trail is accessible for people with mobility needs via the Disabled Access Road.

The park's 1-mile Waterfall Trail has views of Copper Falls and Brownstone Falls, while the Red Granite Falls Trail starting at Loon Lake features a longer 2.5-mile trail with views of that waterfall. The North Country National Scenic Trail also runs through the park.

BIG MANITOU FALLS

At 165 feet, this Pattison State Park beauty is Wisconsin's highest waterfall and the fourth highest east of the Rockies. Big Manitou Falls is formed by a huge drop of the Black River as it passes on its journey through Pattison, south of Superior. The park also includes the smaller Little Manitou Falls and Interfalls Lake.

Pattison has more than 7 miles of trails, including the Big Manitou Falls River Trail, a wooded half-mile trail just downstream from the falls, and other short segments known as the Big Manitou Falls Overlooks. These trails are reached by a pedestrian tunnel from the main picnic area and offer many views of Big Manitou Falls from both sides of the Black River.



WISCONSIN DNR



SCOTT PEARSON

LOST CREEK FALLS

This 8-foot falls in Cornucopia, about 20 miles west of Bayfield, is unique in that visitors can walk behind its flowing waters. A smaller 3-foot cascade can be found just downstream from the main falls.

Bayfield County maintains a well-marked and developed trail out to the falls, with about a quarter of the trail now boardwalk. From the trailhead parking area at Trail Road and County Highway C, it's about a 3-mile round-trip hike to see Lost Creek Falls.



PHILIP SCHWARZ

WILLOW FALLS

Not a tall falls, this spot in Willow River State Park instead offers a series of cascades that serve as a natural splash park in the summer. Visitors to the park, about 5 miles northeast of Hudson, often enjoy taking a dip in Willow Falls' cool, flowing waters.

Several park trails will get you there including Nelson Farm Trail, a 3.7-mile stretch that ends near the falls, and the scenic Pioneer Trail, a 1.2-mile trail featuring a spectacular falls overlook. The Willow Falls Trail runs from the

campground along the shore of Little Falls Lake and Willow River and has breathtaking Willow Falls views. Another trail, Willow Falls Hill Trail, is the shortest route to the falls but with a steep hill.



WISCONSIN DNR

NOW AND THEN FALLS

Visitors to Amnicon Falls State Park southeast of Superior will enjoy seeing several waterfalls and rapids along the Amnicon River, including the three main falls — Upper, Lower and Snake Pit. When conditions are just right, another falls will flow.

As its name implies, Now and Then Falls comes and goes, depending on water levels along its small branch of the river. Catch it while you can because only when there's enough water — after a rainfall, for example — will you see this delightful little waterfall. 🍷

GearUP

PLANNING ENHANCES HIKING ADVENTURES WITH KIDS

ANDI SEDLACEK

Babies and toddlers like to go on hikes, too. But when you're venturing out on the trail with the youngest kids, a stroller won't cut it.

Caitlin Joestgen, a branch ambassador for Hike It Baby Milwaukee, a community for families to connect for outdoor adventures, shares her tips to help you be the pack leader on your next family hike.

Maybe you want to hit the trail, just baby and you — that's how Joestgen started. She initially thought it would be stressful hiking with a baby, but when her son was just under 3 months old, she and her husband ventured out on their first hike with him.

"It was so amazing. I was smiling ear-to-ear," Joestgen said. "And my

son was cooing throughout the walk in the woods. And I thought, why hadn't we done this sooner?"

She then found the Milwaukee branch of Hike It Baby because she wanted to connect with other people who hiked with kids and shake off the isolation she felt as a new parent.

Hiking groups like Hike It Baby, which has more than 300 branches nationwide, are a great way to meet new people, explore outdoor spaces in your community that you may not know about and boost your well-being.

"Getting outdoors in nature, letting that sunshine hit your skin, getting that fresh air — it does so much wonder for healing your mind and making you feel good," Joestgen said, adding that the social element of a hiking group can make it that much better.

When it comes to what you'll need to get started, a baby carrier made for the trail is key. And don't forget the extra gear you may want to keep baby happy.

FIND THE RIGHT CARRIER

Baby carriers can make hiking with small children fun and convenient. But baby carriers and packs can be expensive, and some have a short shelf life because kids can quickly outgrow a carrier's weight or height limits.

Here are some things Joestgen recommends considering when choosing a carrier.

■ **Storage.** Think about if you will need to pack in more than the kid you're carrying.

■ **Length of use.** How long are you planning to use the carrier? Do you need one that grows with the child

LEARN MORE



dnr.wi.gov/tiny/801

Scan the QR code to find the perfect park or trail for your next hike.

you want to carry, or do you only need one for a baby 6 months old and younger? "The pack I have right now can fit my son until he's 4 years old," Joestgen said. "Not that we're planning on carrying him all the time, though!"

■ **Types of outings.** Casual, short hikes with an infant may call for a soft sling wrap, but longer, more intense hikes with a toddler may be more

comfortable with a backpack-style carrier.

■ **Budget.** "Outdoor gear for little kids can be quite expensive," Joestgen said. "But you can find lightly used things in Facebook buy, sell, trade groups. There are a lot of good options if you take a little time to look."

BRING THE RIGHT GEAR

Your gear needs for hiking with young children will vary with the seasons and the age of the kids. Along with a condensed version of your diaper bag (one or two diapers and wipes), Joestgen suggests packing other gear for summer hikes.

■ **Clothes that cover arms and legs.**

According to the American Academy of Pediatrics, babies under 6 months old should be kept out of direct sunlight. Keep them extra protected, even on shady trails, with lightweight clothing that covers their arms and legs.

■ **A brimmed hat.** This will provide more sun protection, especially on a baby's neck.

■ **Sunscreen.** For toddlers, apply sunscreen of at least 15 SPF every two hours.

■ **A first aid kit.** You never know what can happen on the trail. Even a small scratch from a branch could warrant a bandage for a kid.

■ **Bug spray.** For any type of trail — wooded or prairie.

■ **More wipes.** Clean up dirty hands quickly before getting back into the car or eating a snack.

■ **A swimsuit.** Be ready for a dip if your trail is close to a swimmable body of water.

■ **An extra change of clothes.** Just in case. And Joestgen recommends bringing an extra pair of socks — in any kind of weather.

■ **Snacks and water.** A kid's hunger can rise up out of nowhere. Even if you're going for a quick half-mile hike, bring along a few snacks and absolutely do not forget the water (or milk, for the youngest babies).

■ **A spray bottle with a fan.** It's maybe not a trail necessity, but it is fun. "Toddlers could use those things all day, every day if you let them," Joestgen said.

■ **Check for ticks.** Ticks love to hang on to clothing and our furry friends. Check your clothes for ticks and inspect your body — and your dog, too!

CHOOSE THE RIGHT TRAIL

Be sure to choose the right trail for a hike with youngsters, as you may be slowed down by a pokey toddler or the extra weight of carrying a baby. When possible, stop in the ranger station to grab a trail map and ask park staff for kid-friendly trail recommendations.

■ **Length.** Start with trails that are 1 mile or shorter.

■ **Terrain.** A flatter trail will be easier to travel with a baby carrier.

■ **Tree cover.** Pick a shady path, especially on those warmer summer days. 🌿

Andi Sedlacek is a public information officer in the DNR's Office of Communications.



ISTOCK/RYANILANE



gone fishing

DISCOVER
A NEW SPOT
TO CAST OFF

JOSHUA MORRIS

Wisconsin is one of the top fishing destinations in the country. With more than 15,000 lakes and 84,000 miles of rivers and streams, there are plenty of opportunities to fish in Wisconsin for all experience levels. Looking for a fishing spot? We've got you covered. Let us be your guide with this roundup of a few of our favorite locations.



Big Rib River — MARATHON COUNTY

There are many fish to catch from the shore of the Big Rib River, including smallmouth bass, suckers, redhorse, northern pike and musky. You can access this water from spots such as Amco County Park.



Bay of Green Bay — BROWN COUNTY

Are you looking for a difficult yet fun challenge? Reaching this fishing spot for smallmouth bass is more complicated as it requires a larger boat and more specialized equipment. The water is tougher to navigate, and depending on the wind, waves could appear, but we think it's well worth it.



Lower Yahara River — DANE COUNTY

There are many access points to this stretch of water. Fish for bluegill, perch, white bass and northern pike from the shore at Lake Kegonsa State Park, LaFollette County Park and Viking County Park. There is also an accessible fishing pier along the Lower Yahara River Trail.



Menomonee River — MILWAUKEE COUNTY

Are you looking for more of a city vibe? Access this stream along the Hank Aaron State Trail, including Three Bridges County Park. You will find steelhead, brown trout, Chinook salmon and coho salmon here.



Upper Turtle Lake — BARRON COUNTY

This lake is located in northwest Wisconsin. There is a boat landing and fishing pier on the south end of the lake off U.S. Highway 8. You will find many opportunities to catch bluegill, largemouth bass and walleye.



Rainbow Flowage — ONEIDA COUNTY

Flowages are a favorite of many avid anglers. The Rainbow Flowage in Oneida County is a notably beautiful escape from the hustle and bustle of city life. There are plenty of walleye, smallmouth bass and panfish in these waters.



Wisconsin River — PORTAGE COUNTY

Centrally located in the state, there are many great fishing spots along this stretch of the Wisconsin River and just as many scenic sights for you to enjoy. There is a wide variety of fish species in the Wisconsin River. Even if you don't catch any fish, there's a great chance you'll see a turtle, eagle, heron or other bird species.



Menominee River — MARINETTE COUNTY

Fantastic fishing opportunities await on the waterway that divides Wisconsin and Michigan. Along the section from the Grand Rapids Dam near Packard to the Menominee Dam at Marinette, you will find quality smallmouth bass and enjoy catch-and-release opportunities for a fairly large lake sturgeon population. 🐟

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

TIPS FOR LAUNCHING YOUR BOAT

- ❶ Practice in a large open space before heading to launch.
- ❷ Scope out the launch location to better know the layout and understand potential obstacles in your path.
- ❸ Ensure your trailer and vehicle are aligned and straight before starting. The less turning you have to do, the smoother the process.
- ❹ Start with minor adjustments — it's easy to oversteer or overcorrect. Small turns make big impacts.
- ❺ Using side mirrors, dropping your tailgate or opening your hatch will make it easier to see things when backing up your trailer.
- ❻ Stay focused. It's easy to forget that turning the wheel left will move the trailer right and vice versa. Be conscious of where the front of your vehicle is heading when looking behind. Taking your time makes all the difference.
- ❼ Don't forget boat launch etiquette.
 - Before approaching the launch, unhook all of your clips (back straps and front hooks), remove any motor stabilizing straps and rods, and make sure your boat plug is in.
 - When you trailer your boat, hook up the safety straps, then pull your boat from the water and away from other boaters trying to access the launch.

HELP STOP INVASIVE SPECIES



Zebra mussels

Invasive species are nonindigenous species that cause economic or environmental harm to human health. Aquatic invasive species like zebra mussels spread to new waters by latching on to boats and trailers of people recreating.

To help stop the spread, always inspect your boat, trailer and equipment and remove any attached aquatic plants or animals before launching, after loading and before transporting on a public highway. Drain all water from boats, motors and equipment, and never move live fish away from a waterbody.

June is Invasive Species Action Month in Wisconsin. Learn more about invasive species and other tips to help stop the spread at dnr.wi.gov/topic/invasives.

Jacob Kron scales Birch Tree Crack, part of Pedestal
Buttress at Devil's Lake State Park, along the CCC Trail.

ALEX BEID

ROCK ON

HOW WISCONSIN'S UNIQUE
GEOLOGY DRAWS CLIMBERS
FROM AROUND THE GLOBE

MOLLY MEISTER

It's an overcast morning in late spring, and Adam Remus is standing atop a rock formation overlooking the lush forest below.

He's breathing in the fresh air as he listens to the squirrels and birds chatter around him. He has scaled the massive boulder with his bare hands, proud of the moves he made to get up here with just a pair of good climbing shoes and chalk.

This image may sound like something you'd expect to see within the mountain ranges that span much of the western United States, particularly in Colorado, Utah and Arizona. But Remus is actually at Rib Mountain State Park in Wausau.

Tens of thousands of climbers ascend the rocks and boulders at state-owned properties each year, with the most popular destinations being Devil's Lake, Governor Dodge, Interstate and Rib Mountain state parks.

Doug Hemken, stewardship coordinator for the Wisconsin Climbers Association, said between 6% and 8% of Wisconsin's population will get out and climb at some point this year, ranging in age from small kids to older adults well into their 80s.

RICH TRADITION

Rock climbing is not new in Wisconsin. The history of the sport in our state goes back over 100 years when climbers started making trips to the Baraboo bluffs from Chicago. Wisconsin was one of the earliest places people started climbing in the country, long before people discovered other major climbing destinations.

Why is climbing in Wisconsin so special? In short, there is a treasure trove of riches when it comes to geology here in the Badger State.

"We have sandstone and limestone along the Mississippi, granite up north, quartzite in the Baraboo bluffs and Rib Mountain," said Remus, an avid climber and outdoor advisor at UW-Madison. "We have this whole mishmash of geology. As far as the Midwest goes, we have the most diverse climbing rock."

In addition to its diversity, much of the rock here is among the most challenging to climb in the world. That's

Bouldering requires just shoes, chalk and a pad to break a fall and has seen a big boost in popularity among climbers such as Kyle Harding. He is using the technique at Devil's Lake State Park, in an area of large rock fragments known as the West Bluff Talus.

particularly true in the Baraboo area in and around Devil's Lake, where the rock known as Baraboo quartzite presents a unique challenge to climbers because of its unusual properties.

Clocking in at an astounding 1.7 billion years old, quartzite is among the oldest rock on the planet today.

"To put that in perspective, the Himalayan mountains are about 400 million years old, and the Rocky Mountains are about 70 million years old. Those mountain ranges are much taller, but they're much younger, too," explained Susan Johnson Mayoeth, naturalist at Devil's Lake State Park. "At one point, the Baraboo bluffs may have been even taller than they are today."

The topography of the landscape has changed as ancient rivers slowly carved the rock, and the Ice Age came and went, shifting and rearranging much of it. But because of its unique chemical makeup, the quartzite is extremely durable and does not weather like other types of stone.

That durability makes the rock extremely slippery and difficult to grip. Mayoeth said she has encountered climbers from Colorado and other states who come to Devil's Lake specifically for that reason. It helps climbers gain confidence in their skills because if they can climb the quartzite, they find it much easier to grip softer stone they encounter elsewhere.

ADVENTURES OLD AND NEW

There are multiple forms of climbing: traditional, sport and top-rope, all of which involve ascending a rock or cliff face often with ropes and anchors, versus bouldering, which involves climbing a shorter rock using no equipment but chalk and a foam pad underneath to break falls.

All types of climbing are available in Wisconsin, but bouldering, in particular, has seen a huge boost in popularity over the past 20 years. Remus said he prefers bouldering because of the easy setup and tear-down.



KNOW BEFORE YOU GO

In general, rock climbing is permitted on DNR-managed properties unless posted otherwise. However, climbing is not allowed at state natural areas, except for East Bluff State Natural Area within Devil's Lake State Park and Dalles of the St. Croix River State Natural Area within Interstate State Park.

Restrictions may be in place at individual parks. At Rib Mountain State Park, climbing with ropes or other technical gear is not allowed but scrambling (no gear) and bouldering (using mats to prevent injuries from falls) are permitted.

The park has two designated bouldering areas just to the south of the observation tower. New master planning

has been underway for Rib Mountain, and recreational uses, including bouldering, have been part of the ongoing discussions.

Climbing on structures such as towers and buildings or using fences, railings, pilings or other structures as anchors for equipment is also prohibited at state properties.

Climb at your own risk; properties are not maintained for rock climbing. Surfaces can be slippery when wet or covered in leaves, and loose rocks can affect climbing activities. Individual climbing permits are not required, but climbing instructors should contact the park office regarding a use permit for groups.

When in doubt, ask at the park office before climbing.



Lauren Pulkstenis climbs Curving Crack in the Old Sandstone Area at Devil's Lake State Park. Techniques such as finger locks, thumb stacks, liebacking, foot cams and fist jams help experienced climbers navigate such cracks.

"I've always been drawn to bouldering," he said. "It's as simple as just climbing a boulder. If you find a 6-foot or 30-foot-high boulder in the woods, for example, you can climb that. No gear needed, you just try and get up it with your shoes and chalk."

THRILL OF THE CLIMB

For Hemken, the appeal of rock climbing is how it helps him find peace and focus.

"It requires me to put everything else out of my mind and really focus on my movement and my surroundings," Hemken said.

He loves exploring and seeing new places, especially terrain that many people might consider to be off the beaten path. It's a full-body activity that requires a lot of con-

centration and focus, and he loves the joy of moving and problem-solving as he attempts different routes up and down the rock surface.

"You hear about runners experiencing runners' high and others getting that feeling from a well-placed golf shot," he said. "Rock climbers get it from getting from one edge to the other."

For Remus, it's all about the sense of adventure and self-reliance.

"You're competing against yourself, essentially. It's such a different challenge than your typical team sports," he said.

"I grew up playing soccer and basketball and baseball and all those things, but this is just such a cool unique sport. Not only are you doing something extremely physically demanding, but you're also learning technical skills such as rope management and belaying — all of these other cool things."

BEST PRACTICES

As with any sport, there are best practices and values climbers are expected to adhere to when participating. Of utmost importance is to "leave no trace," which means climbers need to recognize and protect the beauty of the land they climb, including all plants and animals surrounding the rocks.

Ideally, climbers leave no evidence of their climb after they depart. That

includes taking any trash with them, removing temporary bolts and other climbing equipment and erasing chalk marks.

"The trails get pretty worn down, and it doesn't take long for a lot of foot traffic to wipe out an area of vegetation," Mayoeth said. "We ask all park visitors to be cognizant of the habitat you're in and be respectful of nature."

It's always important to respect other climbers and park-goers and follow park rules at all times.

SOLO TURNS SOCIAL

While rock climbing is a solo activity in many ways, there is a growing community of climbers. The Wisconsin Climbers Association, of which Hemken is a part, is a group of climbers from all walks of life who foster connections within the community and address access issues while promoting land stewardship.

Several student organizations, such as the Hoofer Mountaineering Club at UW-Madison and the La Crosse Climbing Club, also provide support for aspiring climbers.

If you're interested in giving it a try, Remus suggests finding a climbing gym nearby to get a feel for the sport before hitting the parks. Climbing gyms are a great place to meet people and find your place in a local group of your own.

There are also a variety of groups on Facebook and paid guide services, which can be great ways to gain access to the sport. 🏔️

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



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WASTE WATCHERS

WISCONSINITES BENEFIT WHEN WE WORK TO KEEP FOOD WASTE IN CHECK

ANDI SEDLACEK

Food waste makes up 20% of municipal waste in Wisconsin's landfills. That's not good, and it's getting worse.

According to the DNR's 2020-2021 Statewide Waste Characterization Study, food waste in our landfills has more than doubled since the last study in 2009.

It doesn't have to be this way, and you can help make it better. Here's how to get a handle on food waste and give our landfills — and your wallet — a break.

FOOD WASTE FUNDAMENTALS

Food waste doesn't just take up space. Food waste in landfills contributes heavily to the production of methane, one of the main contributors to global warming.

"Landfill space is incredibly valuable," said Casey Lamen-sky, DNR solid waste coordinator. "To save space, waste is compressed at very high levels so there is no oxygen remaining. The organisms that break down the food waste are anaerobic, meaning they live without oxygen."

Those anaerobic organisms then produce methane, a potent greenhouse gas that is 28 times more powerful than carbon dioxide if released into the atmosphere.

On the other hand, when you compost food waste, either in a backyard setting or commercial compost operation, it is broken down by aerobic organisms, or organisms that need oxygen to live.

The DNR's Waste and Materials Management program estimates that by using or composting the amount of wasted food and food scraps sent to state landfills in 2020, the reduction of greenhouse gas emissions would equal taking almost 600,000 passenger vehicles off the road for a year.

KNOW YOUR FOOD WASTE

Banana peels, chicken bones, coffee grounds and filters are examples of food waste. But not all food waste should go in the trash.

Food waste falls into two main categories: wasted food, which is formerly edible food that is spoiled or is thrown away without being eaten, and inedible food

LEARN MORE



Scan the QR code to learn more about reducing household food waste.

dnr.wi.gov/tiny/1091

scraps, which are things that cannot be eaten. In the 2020 Waste Characterization Study, 70% of food waste was wasted food — that's a lot.

Plenty of wasted food and some inedible food scraps do not need to end up in your kitchen's garbage. Instead, they can find new life in your backyard or countertop compost bin, and soon after that, another new life in a garden bed.

AVOID FOOD WASTE FROM THE START

Composting is great, but it's not the ultimate answer to reducing food waste in our landfills.

"There are a lot of things a household can do that are even better than composting because the first thing we want to do is to reduce the food waste from being generated in the first place," Lamensky said.

Small changes you make at home really can make a difference.

"People think households aren't contributing a large portion of food waste," Lamensky said.

However, a November 2021 study from the Environmental Protection Agency found that roughly half of food waste in the U.S. comes from households and restaurants nationally.

"Tackling it at home is a huge factor," Lamensky said. "We are playing a very big role."

Reducing food waste begins before building a compost

bin and cleaning up after dinner. It starts with having honest expectations for the food you'll cook and eat at home, beginning with meal planning.

"Give yourself some space when you're at the grocery store and be realistic if you're not going to make a home-cooked meal every night," Lamensky said.

That means going to the grocery store with a plan and a list. Think about the time period you're shopping for and the meals you know you'll have time to make and want to eat.

It's OK if you're going to order takeout a few times a week. Just don't buy that container of fresh spinach if the last one you purchased shriveled away in your produce drawer when you ordered pizza instead.

When you're at the store, stick to your list and don't buy something simply because it's a good deal. Unless you're making guacamole for a crowd, do you really need a bag of 10 avocados? Ask yourself what makes more sense for your household: an 18-ounce package of fresh blueberries or a bag of frozen ones?

If you can't pass up a deal, make a realistic plan to use the food, like having friends over for taco night or baking blueberry muffins and freezing half the batch. This not only saves wasted food from the garbage, it also keeps money from leaving your wallet.

Start your meal planning journey with one or two planned meals. Read through the recipes, write a list of



The most recent Statewide Waste Characterization Study commissioned by the DNR indicates that food waste in Wisconsin's landfills has nearly doubled since 2009.

what you need and check what you have in your kitchen first, so you don't buy something you already have.

Consider recipe substitutes that use things you have on hand. If a recipe calls for buttermilk, for example, sub it out for milk with a little white vinegar added to it.

BE SMART ABOUT LEFTOVERS

Make it a bit easier on yourself when meal planning by incorporating meals that will give you leftovers or "planned overs," as Barb Ingham, professor of food science at UW-Madison, calls them.

"Sometimes, extra food isn't left over by any means, and I know I'm going to eat it," Ingham said. "And some things are better that way, like rice and pasta dishes."

Storing your leftovers, planned or not, safely and smartly is key. First, let go of the notion that you should leave hot leftover food out on the counter to cool before putting it in the fridge. That idea is from the days of iceboxes.

Today's refrigerators are designed to cool piping hot food. Your hot

soup can go directly from the soup pot into another container, then into the fridge to cool. Putting leftovers away right away means you won't forget about them on your kitchen counter all night and have them go bad.

You can make the cooling process in the refrigerator go even faster, Ingham noted, by cooling things like soup or large amounts of pasta in a 9-inch-by-13-inch metal pan, which is the ideal container depth for cooling food.

When you're ready for long-term storage in the fridge or freezer, put the food in glass or plastic containers. If you plan on reheating the food in the microwave, glass is your best bet as it's inert, meaning it won't transfer anything into the food. If plastic is all you have, be sure it's microwave safe.

"Plastics aren't as multi-use as we think," Ingham said. "They're not all designed to go from a freezer to a refrigerator to a microwave, or from a freezer directly into a microwave."

Think about how you'll prepare the

food later and use plastic containers designed for that.

"A cottage cheese container is OK to store leftovers in the fridge, but don't reheat the food in it," Ingham said.

Another way to avoid food waste is by preparing and freezing items that might otherwise spoil, making future meal preparation a snap.

For example, if you purchase mushrooms but don't need them all for one dish, sauté the remaining portion and freeze in small quantities to add to omelets or soups. Or seed and chop peppers before they spoil and place them in usable quantities in the freezer to add color and flavor to casseroles or pasta dishes.

And a handful of leftover frozen berries make a great topping for yogurt or cereal.

Lastly, help yourself out when you're prepping something for the freezer. Clearly label what it is so you don't guess and mistakenly take something out, only to end up throwing it away because you didn't need it.

If you're planning on making grilled cheese sandwiches for dinner and you unknowingly fetch a loaf of cinnamon raisin bread from the freezer, you're going to have a bad time.

COMPOST QUESTIONS ANSWERED

Even when you are meal planning and storing leftovers smartly, you'll still have some food waste — it's inevitable. That's when you can turn to the compost bin.

Just like how food waste falls into two main categories (edible and inedible), food waste can also be separated into materials that can be composted in small batches and those that cannot.

Not everything that's edible is compostable. The few ounces of milk you forgot about in the back of the fridge that are now a bit chunky? That's for the garbage, along with all other dairy products like cheese, egg yolks and whites and yogurt. Oily foods like nut butters and animal byproducts such as chicken bones belong in the garbage, too.

The food waste that can go in your compost bin includes fruit and vegetable scraps like banana peels, potato and carrot peelings, apple cores, and the outer layers of onions and eggshells.

And there are some types of food waste you may not expect could be composted. Teabags? Coffee filters with coffee grounds? Nutshells? Yes, yes and yes.

For more about composting at home, see Page 24.

TAKE STOCK OF FOOD SCRAPS

Inedible food scraps are unavoidable, but they can serve one more purpose before going into the compost. As one example, you can give your vegetable scraps a second life by using them to make vegetable stock.

Collect your potato peels, carrot shavings and onion and celery ends in a reusable plastic bag or large glass jar and store them in your freezer. Once full, put the frozen scraps in a soup pot, fill with water (at least four quarts), bring to a boil, then simmer for 20-40 minutes.

Add salt and other spices if you like, then strain the stock, discard the scraps, and you've got vegetable stock to use however you'd like. Making your own vegetable stock is another money-saver, as you won't have to buy boxed stock or bouillon cubes at the store.

The fight against food waste starts before food scraps hit the compost bin. And getting a handle on waste is not just beneficial to our landfills. It also can give your bank account some relief, spark new ideas for you in the kitchen and make life a little easier with some strategically planned leftovers. ♻️

Andi Sedlacek is a public information officer in the DNR's Office of Communications.

SIX LITTLE THINGS THAT MAKE A BIG DIFFERENCE

We all can do a few easy things every day to reduce our food waste and its burden on our landfills.

- 1. Plan ahead.** Before heading to the grocery store, take stock of what you have on hand, plan a few meals, make a list and stick to it. Don't just wing it.
- 2. Store leftovers safely.** Handling your leftovers properly will help you avoid throwing them away. Cool them in shallow containers in the fridge to keep bacteria at bay, and if you're freezing something, wrap it securely to prevent freezer burn and label it so you can identify it later.
- 3. Make smart food substitutions.** Avoid buying ingredients you'll only use once in small amounts, and instead swap in substitutes. Use maple syrup instead of honey, cottage cheese instead of ricotta and make your own buttermilk by adding vinegar or lemon juice to milk.
- 4. Know the fridge zones.** Bust out your fridge's user guide to learn about its zones or pay close attention to food when you store it in different areas of your fridge. Learn what areas work best for what types of food.
- 5. Rescue foods nearing the end.** Bananas getting brown? Peel and freeze them in sections, then use them for smoothies or banana bread. Sad-looking spinach? Sauté it for a few minutes, then add it to pizza, lasagna or pasta. Wilty kale? Stick it in a glass of water in the fridge to perk it up.
- 6. Understand date labels.** Except for infant formula, expiration dates are provided by the company for best quality. Food past a "best by" or "use by" date is not automatically unsafe.

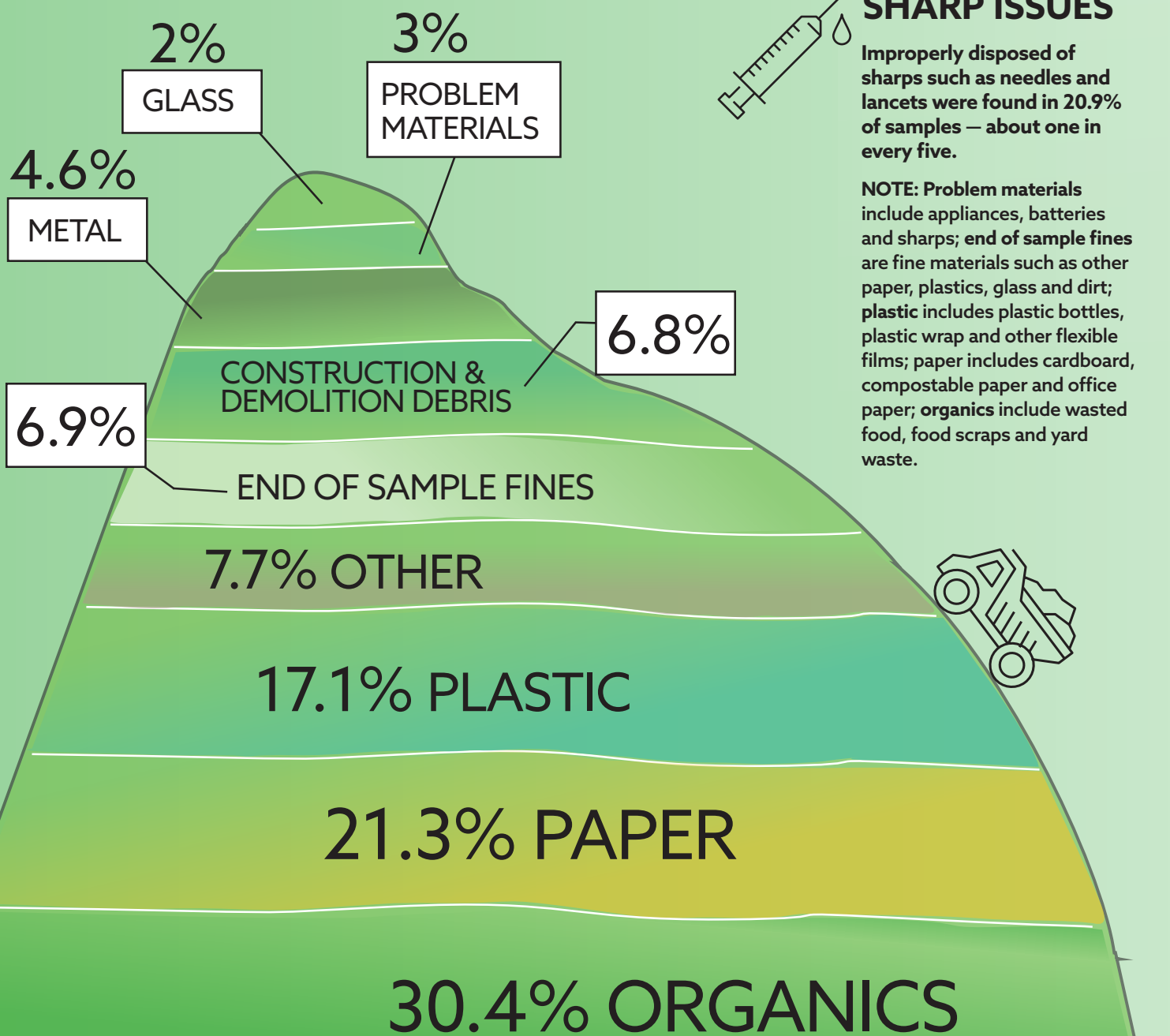
With space at a premium in landfills, such as the one in Dane County, waste is compressed at very high levels and left to be broken down by anaerobic organisms.



WISCONSIN DNR

WHAT'S IN WISCONSIN'S LANDFILLS?

HERE'S WHAT THE DNR'S 2020-2021 LANDFILL STUDY FOUND IN 398 SOLID WASTE SAMPLES FROM 14 LANDFILLS ACROSS WISCONSIN.



WHAT FOOD WASTE LOOKS LIKE

COMPOSTABLE

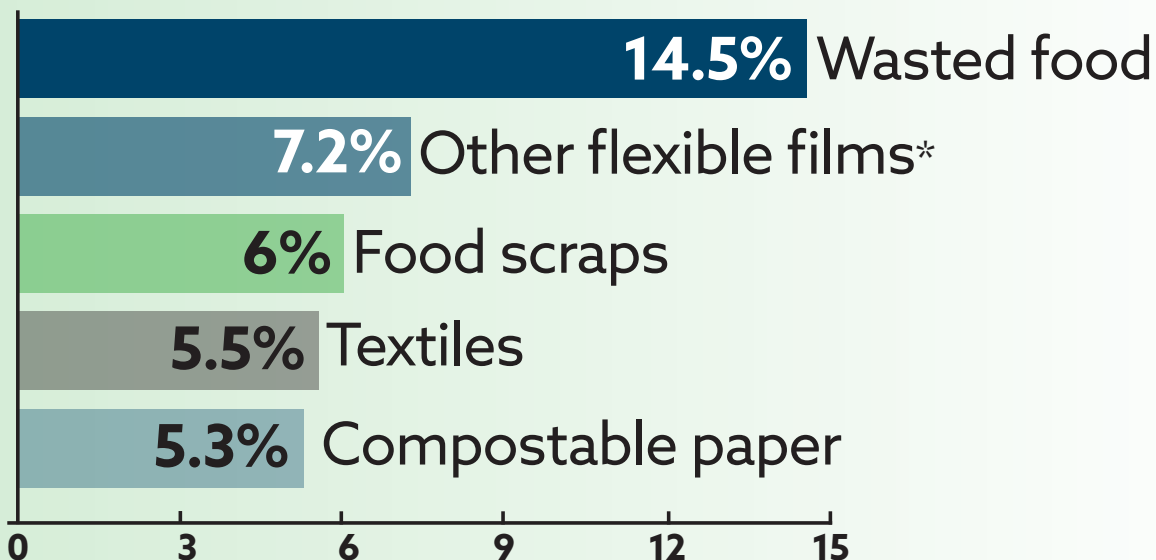
Old fruits and veggies
Banana peels
Coffee filters and grounds
Spilled or spoiled plain grains
Egg shells
Vegetable stalks and trimmings

NONCOMPOSTABLE

Leftovers containing oils, dairy or meat
Cheese and other dairy
Meat and bones
Oily foods
Eggs
Fish



TOP 5 WASTE COMPONENTS STATEWIDE



NOTE: The combined percentage of wasted food and food scraps (20.5%) found in the 2020-2021 landfill study is roughly double the percentage found in 2009 (10.5%) and 2002 (10.2%).

*Includes items such as candy wrappers and chip bags.

HOME COMPOSTING OPTIONS FOR ANY LIVING SITUATION

ANDI SEDLACEK

Composting is mainstream now, and it can be easy, even for apartment and condo dwellers. Plus, home composting food waste reduces the burden on landfills in a big way.

Here's how to do it, no matter your domicile.

BACKYARD COMPOSTER

If you have a backyard, a compost bin or rustic compost heap will help you manage compost materials including food and yard waste. You can buy a compost bin or tumbler from a hardware or gardening store and set it up quickly.



ISTOCK/MIRIAM DOERR

Finished compost can be added to garden beds or planters to enrich the soil.



Help landfills by collecting appropriate food waste for composting.

You also can make your own composter using wood pallets or woven wire fencing and stakes.

Wood pallets can easily be wired together to form a bin. Construct bins with removable fronts or sides so you can turn the compost with a pitchfork.

To make one with woven wire, get a length of woven wire and fasten the ends with several small chain snaps, available at any hardware store, to make a circle. Calculate the length of wire needed by laying a piece of string around the outside of the pile and measuring it. For a compost pile about 4 feet by 4 feet, purchase 16 feet of woven wire.

The state does not license small-scale home composting operations of fewer than 50 cubic yards, but all composting should be done in a nuisance-free and environmentally sound way.

INDOOR COMPOSTER

If your living space has limited or no outdoor area, you still have composting options for food waste. Try a countertop compost bin. It doesn't need to sit on your countertop — it can live under your sink or in a utility closet.

You also can consider the bokashi method of composting, where you layer compostable food waste in a specially designed, airtight bokashi bucket and add a compost starter called inoculant. This is usually a mixture of bran, wheat germ and other materials, and it comes with your bucket.

The bokashi bucket has a spigot to drain out any liquid produced. The materials ferment in the airtight bucket to create the compost within two weeks.

The resulting compost can be dug into a garden bed or added to



ISTOCK/SOLISTOCK

Your compost provider will pick up the bucket and replace it with a new one. Many services may give you composted soil back to use in potted plants or garden beds.

One thing a commercial composting service does that your backyard composter can't is to compost certified compostable products. These include plastic produce bags at the grocery store and plastic cups, to-go containers and utensils made from corn. If those products have a Biodegradable Products Institute logo, you can send them to a commercial composter.

A commercial composting service also may accept cooked meat, cheese, other dairy products and fish and chicken bones, but check with your provider before adding them to your bucket. These products can be composted commercially because the large-scale compost will be brought to a high enough temperature to break down these foods. A backyard compost just can't get that hot. 🌱

Andi Sedlacek is a public information officer in the DNR's Office of Communications.

a traditional outdoor composter. The drained liquid from the bucket — known as bokashi tea — is highly nutritious food for house plants.

OUTSOURCING COMPOSTER

Some communities may have options for dropping off appropriate food waste. Madison is one, with a new site opening in mid-June, and Dane County now offers grant opportunities to help fund community composting projects.

Check to see if community food waste composting is an option in your area.

Another option for any living situation is to use a commercial composting service. Though services may vary slightly by provider, the overall process starts by collecting your food waste in a bucket and placing it outside weekly or biweekly for pickup.

KEEP A CLEAN COMPOST

Worried about compost stinking up your yard? Don't be!

"Compost should smell earthy," said Casey Lamensky, DNR solid waste coordinator. "If it does smell bad, like rotting food, it's not the right combination of materials in your compost or some process is going wrong. There are a lot of simple fixes you can implement."

- **Fix 1:** You need more carbon. Add more carbon-rich materials to your compost, often referred to as "browns." This means things like dried leaves, wood chips, newspaper, shredded paper and paper towel (that you've only used to clean up a spill, not with any cleaner). You can even shred up pizza boxes — grease included, but not too much — and add them.
- **Fix 2:** Your compost is too wet. Keep a lid on your compost bin to keep any unwanted moisture out. Adding more carbon-rich materials helps with this problem, too.
- **Fix 3:** Your compost needs to be turned. If your compost pile is compacted down too tightly, not enough air will get in. Grab a shovel or pitchfork and turn it a few times to loosen it up.

— ANDI SEDLACEK



ISTOCK/PIOTR WALCZYK

Manage food waste with a backyard composter made of wood pallets or wire fencing.



"I decided I needed to do something about it," Daphne Joyce Wu said of caring for her surroundings through activities such as trash pickup, recycling work and community involvement.

A RISING STAR FOR SUSTAINABILITY

MOLLY MEISTER

When most teenagers are still in their pajamas, having a slow start to their Sunday, Daphne Joyce Wu is already out the door.

On a chilly March morning, the 18-year-old is bundled up under a black parka, with gloves and white earmuffs, picking up discarded vaping cartridges, fast food wrappers and other trash scattered around the parking lot outside her school.

A senior at Middleton High School in a suburb outside of Madison, the student environmentalist is leading a small team of fellow classmates to clean up the planet one piece of litter at a time.

Although it's their spring break, the group of five smile and laugh as they move swiftly across the parking lot with their trash grabbers, rapidly filling up their paper bags.

"I've always enjoyed the natural beauty of my area, especially at nearby parks and nature conservancies. But as I grew up, I started noticing litter all over the place and smoke in the air," Wu said. "I started to see negative human impacts on the places I love, and I decided I needed to do something about it."

Her environmental awareness only increased as time passed and she became a teenager. Instead of ignoring what she saw, though, Wu looked for solutions.

As a freshman, she noticed a lot of her classmates were throwing

non-recyclable trash in the recycling bin at school.

"I started hanging up posters, trying to show people what could or could not be recycled," she said. "As a result, the situation improved drastically, and it didn't take me much time."

What Wu was observing in her immediate surroundings was reinforced in her science classes, where she and her classmates watched documentaries and read articles about climate change, further fostering her interest in the environment and sustainability.

Fast-forward four years and one pandemic later, and Wu has become a prominent problem-solver with a growing team to help her tackle these challenges to decrease waste and increase sustainable practices.

WELCOME TO THE GREEN TEAM

Wu created Middleton High School's Green Team, a student environmental club that has grown to more than 100 members and five subcommittees. This didn't happen all at once. It took patience on her part and buy-in from her peers to start making a discernable impact, and the pandemic certainly didn't help.

"During quarantine, participation was really low. Nobody wanted to spend an extra hour on Zoom," Wu said. "I had very low expectations for this year because the numbers just weren't there. We were lucky if we got 15 people."

But momentum began building again for the Green Team.

"We were back in-person this year, and we reserved one of the big conference rooms in the library and still could not fit everyone in the room," Wu said. "People actually had to stand outside and listen in."

Wu's growing army of activists is energized and getting things done.

Green Team projects include recycling used writing utensils and acquiring refillable markers to reduce plastic waste, hosting thrift clothing events to negate the effects of fast fashion, coordinating a sneaker recycling drive, posting sustainability tips around the school, and conducting environmental education efforts in partnership with a nearby elementary school.

Following her freshman year, Wu set her sights on an even bigger goal: leading the charge for the Middleton-Cross Plains Area School District to adopt a sustainability resolution.

With help from her environmental science teacher, Leah Williams, and others, Wu drafted the resolution and saw it through the lengthy approval process. The school district formally adopted it in March 2021.

Some of the resolution's benchmarks include reducing district-wide landfill waste by 35% through sustainable practices by 2025 and meeting 100% of all district operations energy needs with renewable energy by 2035.

WORKING FOR THE FUTURE

Wu gets high praise for her dedication to sustainability and her work to get others involved.

"Daphne is the most driven student I have worked with in my 11 years at Middleton High School," Williams said. "Her biggest strength is building up and encouraging her peers to become sustainability leaders so that when she graduates, these goals and endeavors will continue to positively impact our district and community."

The sustainability resolution, 2½ years in the works, will make an impact long into the future, Williams added. Developing and implementing a sustainability resolution is a multi-year project that will continue to inform district decisions and policies, with Wu having a key role in its passage by the district.

"Daphne was instrumental in making sure a wide range of voices were at the table with respect to its drafting and continues to work with district leadership to build on the goals outlined," Williams said. "She is not intimidated by the scope of the project but sees it as an opportunity for the larger community to get involved."

Wu also isn't afraid to reach beyond her own school district to promote sustainability.

"During the process of passing the resolution, I was feeling lonely," she said. "So I reached out to science teachers across Dane County to get

Middleton's Daphne Joyce Wu, 18, has shown environmental awareness and dedication from an early age.

in touch with other student environmentalists like me."

Those efforts blossomed into the Dane County Youth Environmental Committee, a 54-member network of student activists representing 18 area high schools, with a goal of working toward a more sustainable future.

Aside from networking and idea-sharing, they recently co-organized the Glasgow to Dane County Conference, bringing the United Nations' conversation around climate change from Glasgow, Scotland, to Wisconsin.



Spurred by efforts from Daphne Joyce Wu, the Middleton-Cross Plains Area School District adopted a sustainability resolution that aims to reduce the district's landfill waste 35% by 2025.

'IT'S NOT JUST ME'

After graduating high school in early June, Wu plans to attend Yale University for environmental studies focusing on public policy and a potential minor in economics. As this chapter closes, Wu reflects on her journey over the past four years.

"What makes me most proud is that now it's not just me leading every project," she said. "We have many student leaders who are pursuing their own projects and seeking solutions to the challenges they see."

Wu has just the right advice for people of any age wanting to make a difference.

"For those who want to help but don't know where to start, make a list of things you notice in your life you really think could change, then think through how you can address those problems. That will motivate others to join you," she said.

"When other people notice what you're doing, they often want to help, and then you can start really developing a sustainability culture in your community. The more buy-in you have, the bigger impact you're going to make, and that's the best feeling in the world." 🌱

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



FOLLOW THESE SEVEN PRINCIPLES WHEN VISITING THE OUTDOORS

ANDREA ZANI

Wisconsin is home to 49 state parks, 15 state forests, 44 state biking trails, 84,000 miles of rivers and streams, 15,000 lakes and hundreds of miles of Lake Michigan, Lake Superior and Mississippi River shoreline. There is something exceptional here in the Badger State.

To keep Wisconsin special, we all have a role in protecting our outdoor spaces. The seven principles of Leave No Trace help minimize our impact on nature.

From the nonprofit Leave No Trace organization, these principles guide visitors to be conscientious and respectful of their surroundings when spending time outdoors.

"Using the power of science, education and stewardship, Leave No Trace is on a mission to ensure a sustainable future for the outdoors and the planet," the group explains in its mission statement. "No matter where or why you get outside, it's yours to protect."

In developing and refining the seven principles over the years, Leave No Trace has built on work the U.S. Forest Service, National Park Service and federal Bureau of Land Management started in the mid-1980s.

The Leave No Trace philosophy goes beyond picking up trash. Based on research from recre-

ation ecology and human dimensions of natural resources, which studies how attitudes influence natural resources management, Leave No Trace is a framework for enjoying the outdoors responsibly.

Although the principles have their roots in backcountry locations, they've been adapted to apply to every type of recreational activity and anywhere people might be enjoying the outdoors. Leave No Trace also works to keep the principles updated with current input from land managers, biologists and experts in outdoor education.

The Leave No Trace principles have been widely embraced by conservation groups and other organizations around the nation, including in Wisconsin, from the Ice Age Trail Alliance to Destination Door County to the DNR.

"When you Leave No Trace, you show you care, and that makes the difference," Leave No Trace notes. "Because when we all do our part, we keep forests healthy, protect our parks, keep wildlife strong and ensure everyone is welcomed to enjoy these remarkable places together." 🌿

Andrea Zani is managing editor of Wisconsin Natural Resources magazine.

LEAVE NO TRACE BASICS

Leave No Trace maintains complete information on the seven principles, including history, supporting research and an in-depth look at each. The principles are copyrighted by Leave No Trace. For details, visit [LNT.org](https://www.lnt.org).

Here's a brief look at each of the principles streamlined by the Ice Age Trail Alliance. Although they focus on hiking and camping, with some specific wilderness tips, the general message applies to any outdoor activity.

1 PLAN AHEAD AND PREPARE

- Call for trail conditions.
- Carry maps.
- Know the regulations of the area and plan or reserve your overnight camping.
- Minimize group size — limit groups to 20 people on day hikes and 10 for overnight trips.

2 TRAVEL AND CAMP ON DURABLE SURFACES

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Stay on the trail at all times.
- Do not cut switchbacks.
- Walk in a single file in the middle of the trail, even when it's wet or muddy.

3 DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out.
- Don't bury, burn or leave any garbage or leftover food.
- Inspect your campsite and rest areas for trash or spilled food before leaving.
- Dig a 6-inch-deep cat hole at least 200 feet from trails or water to bury human waste. Cover and disguise the cat hole when finished.
- Pack out toilet paper and all feminine hygiene products.
- Minimize use of soap and avoid using it within 200 feet of water sources. Sand makes an excellent scrubber. Use biodegradable soap and scatter strained gray water at least 200 feet away from water sources.

4 LEAVE WHAT YOU FIND

- Take only photos and leave only footsteps.
- Do not pick flowers, plants or bark off trees.
- Preserve the past. Observe, but do not disturb or take historical artifacts and historical or cultural structures.
- Do not build structures or furniture or dig trenches.

5 MINIMIZE CAMPFIRE IMPACTS

- Make low-impact fires at existing fire rings only and use only downed wood.

- Douse fires thoroughly before breaking camp.
- Never leave a fire unattended.
- Use a portable stove for cooking instead of a campfire.

6 RESPECT WILDLIFE

- Store food and trash securely to avoid rodents or bears.
- Do not eat in or around your sleeping area.
- Hang your food properly in bear country.
- Observe wildlife from a distance.
- Do not follow or approach animals.
- Do not damage animal habitat.
- Never bait or feed wild animals. Feeding wildlife damages their health, alters natural behaviors and exposes them to predators and other dangers.

7 BE CONSIDERATE OF OTHER VISITORS

- Keep a low profile.
- Where primitive camping is permitted, camp off trail at least 200 feet from lakes and waterways and out of sight of developed areas.
- Good campsites are found, not made. Altering a site is not necessary.
- Let the sounds of nature prevail; avoid loud voices and noises.
- Be courteous and yield to other users on the trail.



LIFE'S A

BEACH

FIND SUMMERTIME FUN AT WISCONSIN'S BEST BEACHES

ANDREA ZANI

With two Great Lakes, the Mississippi River and thousands of miles of shoreline, Wisconsin has a variety of beaches perfect for finding your adventure this summer.

Check out these freshwater favorites that are family and budget friendly. And discover more options by using the DNR's Find a Park feature at dnr.wi.gov.

Andrea Zani is managing editor of Wisconsin Natural Resources magazine.



Kayaking on Lake Superior



BEST ACCESSIBLE BEACHES

Bradford Beach in Milwaukee is considered one of the best urban beaches in the nation. Part of Milwaukee County Parks, this large public beach along Lake Michigan welcomes visitors with enough sand and sun to make you forget you're in the heart of the city.

In addition to swimming and relaxing, enjoy beach volleyball with hourly court rentals and regular league play. With more than 220 bird species including migratory shorebirds along the Lake Michigan Flyway, bird watchers will appreciate the activity here.

As one of the country's most accessible beaches, Bradford has a permanent concrete ramp allowing beach access and seasonal mobility mats leading to the water's edge. Beach wheelchairs are available for free checkout.

An extensive menu of food and drinks can be found at the Dock at Bradford Beach. This seasonal concessions stand also has seating and

public bathrooms. On the south end of the beach, MooSa's custard stand offers simple food items such as brats, burgers, wings, walking tacos and more.

On the northern tip of Madeline Island, largest of the Apostle Islands, the beach at **Big Bay State Park** is a 1.5-mile stretch of sand giving visitors access to the refreshing waters of Lake Superior. A 400-foot ramp and beach wheelchair are available.

Other state park beaches with accessible wheelchairs are **Harrington Beach** and **Kohler-Andrae**, both on Lake Michigan between Milwaukee and Sheboygan, and **Whitefish Dunes** in Door County.

BEST BEACHES TO BE ACTIVE

Nicolet Beach in Peninsula State Park caters to visitors, particularly families, with its many amenities, including bike and boat rentals. This Door County beach also has changing rooms and shower facilities.

The beach's Camp Store is open from Memorial Day to mid-October, offering groceries, a snack bar, camping and picnic supplies, beach toys, clothing and more. And when you're done playing at the beach, check out Peninsula State Park's new Eagle Tower,

Peninsula State Park



TRAVEL WISCONSIN/RACHEL HERSHBERGER

KNOW BEFORE YOU GO

Wisconsin boasts more than 57 miles of public beaches along its Great Lakes shorelines and hundreds more beaches at inland lakes and rivers. The DNR helps monitor water quality to improve the beach experience for visitors.

The Wisconsin Beach Health database (wibeaches.us) is now available on the DNR website. The department works with local health officials to manage *E. coli* monitoring data and beach advisory postings, beach lists, maps and more to help ensure the best beach experience for the public.



ISTOCK/JMCORTHAND

Updated conditions at dozens of public coastal beaches, all state park beaches and participating inland beaches are available. Beach monitoring season runs from Memorial Day weekend through Labor Day weekend.

Coastal beach monitoring falls under the federal Beaches Environmental Assessment and Coastal Health Act, an amendment to the Clean Water Act. The BEACH Act requires monitoring of coastal recreational beaches, including in all Great Lakes states. Funding comes from BEACH Act grant money and, in some cases, supplemental monitoring funds from local agencies.

The state provides funding for beach monitoring at state parks and participating inland beach locations. Local public health departments fund additional beach monitoring at other participating inland lakes.



BEACH SAFETY TIPS

ISTOCK/ANDRII SEDYKH

Follow these simple steps to stay safe at any beach.

- Never swim alone.
- Stay in designated swimming areas.
- Drink plenty of fluids.
- Wear sunglasses, sunscreen and a wide-brimmed hat.
- Spend part of your day in shaded areas.
- Don't swallow the water.
- Avoid swimming after heavy rain.
- Don't swim near storm drains.
- Wash your hands before eating.
- Thoroughly towel dry after leaving the water.
- Shower after swimming.
- Do your part to help keep beaches clean.

LEARN MORE



Scan the QR code for more about beach monitoring in Wisconsin.

dnr.wi.gov/tiny/1061

Lake Kegonsa State Park



TRAVEL WISCONSIN/RACHEL HERSHBERGER



a 60-foot-tall accessible lookout with spectacular views.

At the opposite end of Wisconsin's Lake Michigan shore, **North Beach in Racine** is another family-friendly destination open for public swimming and fishing, with the Kids' Cove Playground right on the beach. The Beachside Oasis offers concessions and live music during the summer. A wheelchair-accessible mat extends to the shoreline.

BEST BEACH TRAIL

Several miles of cordwalk — boards connected via steel cable — wind through the scenic sand dunes of **Kohler-Andrae State Park**, including many sections near the beach. It's a great way to enjoy one of the last natural preserves along Lake Michigan.

BEST LARGE INLAND LAKE BEACHES

With playground areas, a free zoo, picnic areas, fishing spots, tennis and volleyball courts, a baseball and soccer complex, soccer fields and even a few amusement rides, the city of **Oshkosh's Menominee Park** is perfect for all kinds of family fun. The entire eastern side of the park is on Lake Winnebago, Wisconsin's largest inland lake, offering plenty of beach.

Also on Lake Winnebago, **High Cliff State Park** in Sherwood has a swim area with showers and changing areas. There's also a dog swim area for pets to join the fun.

Another spot to check out is **Fireman's Park and Beach** on Elkhart Lake. The sandy stretch is owned by the Elkhart Lake Volunteer Fire Department. Proceeds from admission fees (\$3/adult, \$1/child) support local fire and rescue teams. There are restrooms, showers, concessions, outdoor grilling areas, volleyball courts and shelters for rent.

In southern Wisconsin, **Big Foot Beach State Park** in Lake Geneva awaits, with a designated swimming area on the clean, clear lake. **Lake Kegonsa State Park** near Madison has a nice beach area. And small beaches are common at lakes in many Wisconsin state parks, no matter the lake size, providing nice spots for visitors to cool off on a hot summer day.

BEST BEACH FOR PADDLING EXPLORATION

Bayfield offers beautiful public beaches that are great for launching paddleboards and kayaks on the southern shore of Lake Superior and the Chequamegon Bay, with lots to explore around the mainland and throughout the offshore Apostle Islands. Spectacular views are an added bonus.

BEST BEACH FOR SOLITUDE

It requires some doing — and two ferries — to reach **Rock Island State Park**, at the far tip of Door County. With no cars or bikes allowed, it's strictly foot traffic only. Rocky beaches and stunning vistas make the effort to get here worthwhile.

But keep an eye on conditions



TRAVEL WISCONSIN/RACHEL HEISBERGER

when planning a visit — high water levels for Lake Michigan can sometimes close the park. Make camping reservations well in advance, as the limited spots fill quickly.

BEST ROCKY BEACH

For an option beyond the typical sandy beach, check out **Schoolhouse Beach on Washington Island**, one of the world's few smooth limestone beaches, with flat stones created thousands of years ago by historic glaciers. Don't take any souvenirs though; it's against town law to keep the rocks.

BEST MISSISSIPPI RIVER BEACHES

Blackhawk County Park near DeSoto, across from Battle Island, is fairly small, with 500 feet of Mississippi River frontage, but it packs a punch. Cast a line, dip your toes in the Mighty Mississippi and watch the world roll by at this small-town oasis. A concession stand with food and beverages serves up local products and ice cream, and you can get fishing tackle and live bait, too.

A bit further north along the Great

River Road, **Pettibone Park in La Crosse** offers another Mississippi River beach. And in the opposite direction, just past Prairie du Chien, check out the river beach at **Wyalusing Recreation Area**, near Wyalusing State Park.

BEST BEACH FOR A LONG WALK

With 6 miles of shoreline on Lake Michigan, **Point Beach State Forest** really lets visitors maximize a stroll along the beach. At the northern end of the beach, you can catch a glimpse of Rawley Point Lighthouse, rising 113 feet above lake level.

BEST BEACHES TO SEE A LIGHTHOUSE

Like **Point Beach State Forest**, there are several places to see lighthouses along the state's shorelines. **Wind Point near Racine**, at the north end of Racine Harbor, is one of the easiest to reach. The grounds are open 365 days a year, and the lighthouse hosts tower climbs several times a year.

In neighboring **Kenosha**, **Simmons Island Beach** has a boardwalk that connects it to the North Pier Light-

house. The beach itself is made more accessible during daytime hours in-season with mobility mats placed on the sand to accommodate wheelchairs and walkers.

BEST BEACHES FOR BIRDWATCHING

North Point Park in Sheboygan is one of the many excellent places for viewing birds along Lake Michigan. Part of the Great Wisconsin Birding and Nature Trail, it's located on a rocky peninsula jutting into the lake.

An overlook at the park offers views of an array of bird species, depending on the season — laughing purple sandpipers, black-bellied and American golden plovers, little gulls, horned and eared grebes, harlequin ducks, eiders and many more.

The Wisconsin Bird Conservation Partnership designates numerous Important Bird Areas along the state's **Lake Michigan Flyway**, so it's safe to say almost any of the beaches here are good for birdwatchers. That's especially true during spring and fall migrations when birds are on the move.

Western Wisconsin and its **Mississippi River Flyway** spots are great for bird lovers, too, particularly migratory waterfowl.

BEST BEACHES FOR SUNRISE AND SUNSET

Beaches in **Door County** accommodate early risers and evening people alike. Enjoy spectacular sunrises over Lake Michigan on any of its east-facing beaches like Bailey's Harbor, Jacksonport and Whitefish Bay. Then head to the Green Bay side — Fish Creek, Sister Bay, Ephraim, Egg Harbor — for equally beautiful over-water sunsets later in the day. 🌅



ISTOCK/JUNIA

CLIMATE CHANGE SOLUTIONS

**NEW REPORT ASSESSES WISCONSIN'S
CHALLENGES, HIGHLIGHTS ANSWERS**

DEA LARSEN CONVERSE

Wisconsin is getting warmer and wetter, with extreme weather becoming more frequent. How are the people and wildlife throughout the state feeling the impacts of climate change and, more importantly, what can be done?

The latest assessment report from the Wisconsin Initiative on Climate Change Impacts, a collaboration formed in 2007 by the DNR and UW-Madison's Nelson Institute for Environmental Studies, has answers.



ISTOCK/JOCKMAC

"Wisconsin's Changing Climate: Impacts and Solutions for a Warmer Climate," completed by WICCI in late 2021, highlights research and climate projects of scientists and practitioners in the state who have volunteered their time and their knowledge.

Some WICCI experts looked at the impacts of warmer winters on wildlife, like the snowshoe hare or ruffed grouse. Others explored how the built environment is interacting with the increasing frequency of floods.

The efforts will help decision-makers in Wisconsin adapt to — and lessen — the impacts of climate change.

As part of their work, WICCI climate scientists analyzed our past climate and concluded that Wisconsin is getting warmer and wetter. Temperatures statewide have warmed by about 3 degrees Fahrenheit, and precipitation has increased by nearly 20% since 1950.

Scientists also found that extreme weather is more common. In the last decade, nearly every region in Wisconsin has experienced extreme rainfall events leading to flooding of homes and fields.

New analysis done for the 2021 WICCI report, the group's second climate assessment, reaffirms projections from the initial 2011 report indicating many of these trends will continue — with wide-ranging consequences throughout our state's natural and built environments.

EXAMPLES SHOW EFFECTS OF CHANGE

A major feature of the 2021 report are place-based narratives indicating how people and wildlife are feeling the impacts of climate change in the state.

In northern Wisconsin, for example, floods have washed out roads and trails, warmer winters are impacting wildlife and plants, and more frequent heavy storms are increasing runoff of sediments and nutrients into lakes and rivers.

Record rainfalls since 2012 combined with high water levels in Lake Superior are eroding bluffs and pro-

LEARN MORE

The Wisconsin Initiative on Climate Change Impacts includes a science council comprised of scientists from a variety of disciplines overseeing 14 working groups, also made up of a wide range of experts. In addition, WICCI includes a working group council and coordination team. Learn more about WICCI and read or download the latest climate assessment report, "Wisconsin's Changing Climate: Impacts and Solutions for a Warmer Climate," at wicci.wisc.edu.

moting algal blooms, like one in 2018 that extended 50 miles from the city of Superior to the Apostle Islands. Through interviews, the report details how communities in the region — which once thought they might be immune to climate change — are increasingly concerned.

Another feature of the report is an effort to identify and integrate environmental and climate justice into climate assessments and solutions.

WICCI experts acknowledge that certain communities, such as low-income communities, Tribal Nations, and communities of color, experience the greatest harm and risk from climate impacts like flooding, worsening air quality, heat waves and drought.

For example, conditions are changing for wild rice and other native species critical for Native Americans to have continued access to clean air, water, land and other important cultural and treaty resources.

Decision-makers should acknowledge and understand these uneven impacts of climate change to ensure solutions are effective and equitable, the WICCI report notes. Efforts to bring everyone into the conversation can help. Through interviews, the report offers ways to involve youth

and get input from everyone in the community.

RECOMMENDING SOLUTIONS

Wisconsin is well-positioned to take the actions needed to solve climate challenges. Throughout the latest report, WICCI scientists and practitioners recommend ways to address the ongoing impacts of climate change and limit greenhouse gas emissions.

In general, the solutions call for a change in the way we design, plan and manage our built environment and landscape.

For instance, warmer winters, wetter springs and extreme weather events are impacting agricultural production in Wisconsin. Such climate change effects also are overwhelming conservation practices to keep soil in place and protect water quality.

One way to meet this challenge is a shift towards increasing living cover on farm fields and promoting rotational grazing to reduce greenhouse gas emissions and reduce the risk of flooding. Investing in flood risk reduction practices and pre-disaster mitigation programs that address local flood risks also can help address the increasing volume of water.

DETERMINED TO WORK TOGETHER

Publication of the 2021 assessment report is just one part of fulfilling WICCI's mission to generate and foster solutions to climate change in Wisconsin.

WICCI scientists and practitioners are committed to keeping Wisconsin up to date on the latest climate research and solutions through news on their webpages, participation in conferences and webinars, and ongoing outreach.

Climate change is affecting nearly all aspects of our society. Working together, we can reduce greenhouse gas emissions in Wisconsin and help limit the impacts to people, business, industry, tourism and natural resources throughout the state. 🌱

Dea Larsen Converse is science writer for the Wisconsin Initiative on Climate Change Impacts.

CULINARY SPOTLIGHT

COOKING FOR THE LOVE OF WILD WISCONSIN



ARTHUR IRCHNIK

LUKE ZAHM

What keeps my heart so closely connected to Wisconsin are our wild places.

The slippery silence of the rivers coursing through mile upon mile of shoreline, the sound of pine needles swishing in the wind, the autumn light filtering through a color-splashed forest reminding us to take a moment and breathe.

Exploring everything Wisconsin offers by canoe is my favorite vantage point. One of my greatest joys is sharing my love of this place, its connectedness and its gifts with others through the food I create.

For years, I've built my menus on this connection. The ingredients I feature echo my love for these wild spaces and my passion for connecting with our waters.

Wild rice is often forgotten, but is an incredibly important food indigenous to Wisconsin, both culturally and ecologically. At my restaurant, wild rice is a staple.

I created this recipe to remind you of how we're all connected — to the earth, to our culture and history, and to each other. ♡

Chef Luke Zahm is owner of Driftless Cafe in Viroqua and host of the PBS Wisconsin show "Wisconsin Foodie."

Luke Zahm considers wild rice an important staple at his restaurant in southwest Wisconsin.

WILD RICE WITH DATES, BLACK WALNUTS AND SAGE

(serves 8 as a side, 6 as a main)

INGREDIENTS

- 3 cups water or stock
- 1 cup wild rice
- ¼ cup dates chopped, tightly packed
- 2 tablespoons butter
- ¼ cup diced onion
- 2 cloves garlic, thinly sliced
- ¼ cup white wine
- ¼ cup black walnuts, chopped
- ½ cup heavy whipping cream
- 1 oz. sage, thinly slice (chiffonade ribbons)
- 2½ tablespoons salt, or to taste
- 2 teaspoons black pepper
- 1 teaspoon chili flakes

DIRECTIONS

1. Bring water or stock to a boil, stir in uncooked wild rice and date pieces, reduce heat and simmer.

2. Cover for 40-45 minutes or just until kernels puff open. Uncover and fluff with a fork and simmer for an additional five minutes. Drain any excess liquid.

3. While rice cooks, sweat butter, onions and garlic over medium heat. Add cooked wild rice and white wine. Reduce to almost dry.

4. Add black walnuts, cream and sage. Reduce the cream until rice resembles a risotto base.

5. Season to taste with salt, black pepper and chili flakes.



LEARN MORE



dnr.wi.gov/tiny/1076

Scan the QR code to find out more about wild rice harvesting in Wisconsin, including all rules that apply.

DID YOU KNOW?

Wild rice, manoomin (the good berry) in Ojibwe, is a grain-producing grass native to the Great Lakes area and portions of Canada. This nutritional grain is central to the cultural identity of the Ojibwe people.

According to Ojibwe oral tradition, centuries ago the Ojibwe were instructed to find the place where “the food grows on the water” during their migration from the East Coast. The journey led them to the shores of Lake Superior, where wild rice was plentiful.

Seen as a special gift from the creator, wild rice became a staple in the Ojibwe diet. Only Wisconsin residents can harvest wild rice within the state, and a wild rice harvest permit is required. Harvesting dates are regulated on many public waters in northern Wisconsin, so know before you go.

KIDS CORNER

WRITE OUTSIDE YOUR DOOR

KATHRYN A. KAHLER

Summer is here and school is out — time to have some fun outdoors with nature journaling.

What's a nature journal? It's a journal you take along every time you go outdoors. Bring it with you on hikes, family camping trips, to the park or even to your own backyard.

Draw pictures, take notes, write poems or write about how you feel. There are no rules. It's yours and you can keep it — like a diary — for the rest of your life.

WHAT YOU'LL NEED

- A spiral notebook or three-ring binder with paper
- Colored pencils or markers
- Small ruler to measure pine needles, bugs or leaves
- Magnifying glass for up-close looks
- Plastic sealable bag for specimens

HOW TO JOURNAL

First and most important, get outside where nature lives!

Next, slow down, look around and pay attention. Close your eyes, take a deep breath. What do you smell and hear? Try to describe a bird's call or how flowers smell.

Get up close. Take a peek at flowers, butterflies and bugs through a magnifying glass. How many legs do the bugs have? How many petals are on the flower?

Start writing and drawing. Be sure to note the date, place and weather. After that, what you write is up to you.

If you have questions about what you see, write them down and look up answers later. Field guides about birds, insects, flowers and trees can help identify what you find.

Add to your journal each time you're outside. You also can collect things like leaves that have fallen from trees —



put them in your plastic zip-top bag for safekeeping and to study again later.

Because some things in nature are protected, it's important to leave them alone. Instead of picking wildflowers or leaves off trees, draw pictures of them so you can remember what you saw. ♡

Kathryn A. Kahler is associate editor of Wisconsin Natural Resources magazine. Nature journal courtesy of Katryna Ritchie.

FLOWERS ARE A NICE TOUCH

Want to add a pressed flower to your journal? It's easy!

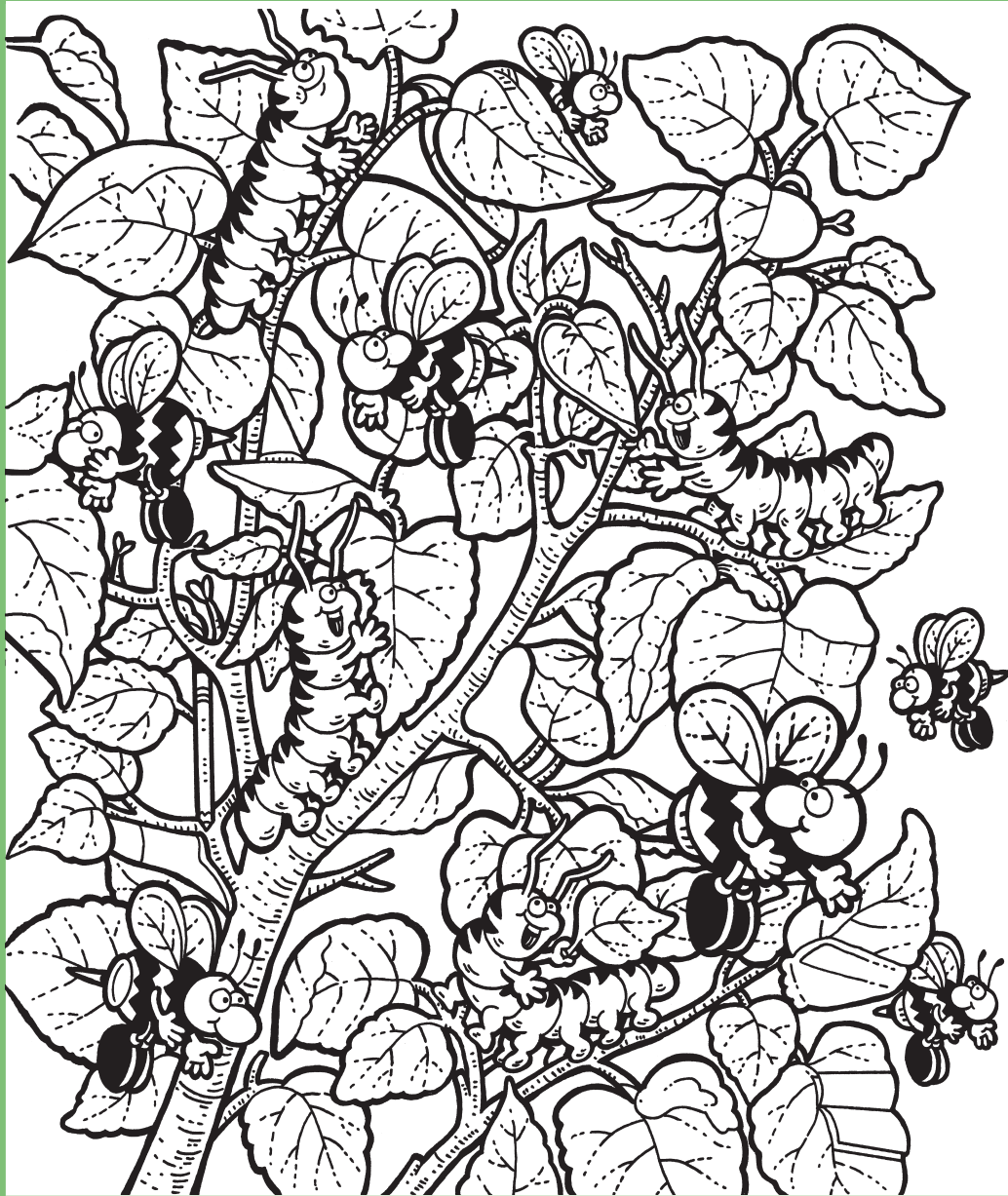
WHAT YOU NEED

- One or more fresh-picked flowers from your garden (avoid picking wildflowers)
- Paper — try printer paper, tissue paper or coffee filters
- A big, thick book

WHAT TO DO

- Be sure your flower is dry, without any drops of dew.
- Open your book to the center and place a piece of paper on one side.
- Arrange your flower, place another piece of paper on top and close the book.
- After a week, carefully change the paper and close the book again.
- In about a month, your flower should be pressed, dry and ready to glue into your nature journal!

Bugs



boot



slice of
pie



crescent
moon



tack



fishhook



open book



carrot



teacup



horn



bird



muffin



pencil



witch's hat



sock



feather

Illustrated by R. Michael Palan

BACK IN THE DAY

IN STEP WITH NATURE

HISTORIC WRIGHT-DESIGNED COTTAGE HAS INSPIRED VISITORS FOR THREE DECADES

KATHRYN A. KAHLER

Nestled in the pines overlooking south central Wisconsin's Mirror Lake is a tiny cottage with a sizeable and storied past.

What began as a young man's romantic dream, snuffed by tragedy, has been renewed by a cadre of volunteers whose dedication has inspired more than 15,000 visitors from across the globe.

This year marks the 30th year of renewal for the Seth Peterson Cottage, one of the last homes designed by famed Wisconsin architect Frank Lloyd Wright. The 880-square-foot cottage was the first Wright home to become available for public rental, welcoming guests since 1992.



BILL MARTINELLI

More than 20 years of neglect took a toll on the Seth Peterson Cottage in the 1970s and '80s before efforts began to restore the unique home.

ANDREW PELAGE



Designed by famed Wisconsin architect Frank Lloyd Wright, the Seth Peterson Cottage at Mirror Lake State Park provides a tranquil oasis surrounded by natural beauty.

But the story of the diminutive cottage begins long before that.

DREAM HOME ON A SMALL SCALE

The cottage is named for its first owner, a young man from Black Earth who closely followed Wright's work. Seth Peterson developed a deep admiration for Wright's Prairie style, incorporating craftsmanship with nature and simplicity, and aspired to live in a Wright-designed home.

In the 1950s, Peterson envisioned himself in a one-bedroom home built of sandstone, glass and fir on his plot of land overlooking Mirror Lake.

After initial attempts to gain Wright's attention failed, Peterson managed to retain the architect's services by sending him a check for a small portion of the \$1,500 design fee. Once cashed, Wright's obligation to Peterson's dream was set in stone — or at least taken to the bank.

Wright's design for the Peterson cottage was one of his Usonian homes, a minimalist style that eliminated basement, attic and garage, and incorporated an innovative heating system and his philosophy of oneness with nature.

The plans were finished and building commenced in 1958. Peterson, however, would never see his dream fulfilled.

Plagued by financial problems and the end of an engagement, he took his own life in 1960 at age 24 — almost a year to the day after the death of Wright.

TWO DECADES OF NEGLECT

After the partially completed cottage sat empty for two years, it was purchased in 1962 by a second owner who fenced the property, added

several outbuildings and worked with Wright's Taliesin Foundation on plans for an addition.

Those plans eventually were abandoned, and the cottage was sold to the DNR in 1966 as part of Mirror Lake State Park.

The cottage was deemed impractical for use in park operations and was boarded up. For more than 20 years, neglect and Mother Nature tag-teamed to take their toll on the cottage, which fell into disrepair.

UNITING FOR RENEWAL

The cottage's revival to today's delightful status has humble roots in an alliance of local residents and Wright devotees dedicated to seeing it restored.

In 1988, supporters formed the Seth Peterson Cottage Conservancy. They undertook a nearly \$350,000 renovation that combined a DNR grant, a three-year fundraising effort, the deconstruction services of the Wisconsin Conservation Corps and countless hours of volunteering.

Beginning in 1989, work included complete replacement of the roof, heating, plumbing and electrical systems, excavation of a new well and septic tank, as well as landscaping, brushing and tree removal.

To ensure the cottage remained true to its Wright roots, elaborate plans were followed during restoration to repair the flagstone floor, install a combination forced air/radiant floor heating system and replace the doors and windows with energy-efficient thermopane glass.

Kitchen and bathroom cabinets and furnishings built to Wright's original plans finished the work, and in 1992 it became the first Wright-

designed residence to be available for rent by the public.

CELEBRATING SUCCESS

Kermit Traska has a special connection to the cottage. In the late 1980s, as interest grew in restoring the cottage, he was supervisor of state parks for the DNR's Southern District, which includes Mirror Lake State Park.

Traska was closely involved in the interagency cooperative efforts needed to get the project started. After retirement from the DNR, he continued as a conservancy board member and volunteer. He has been president of the conservancy since 2012.

The conservancy has created a special anniversary coffee mug for guests to celebrate the 30th year of the cottage being open to the public, embellished with a Wright quote:

"The thing always happens that you really believe in; and the belief in a thing makes it happen."

The quote perfectly sums up the motivation and dedication behind the efforts to restore the cottage, Traska said.

"The people around Mirror Lake and around the state that really wanted the cottage restored really believed they could make it happen," he said.

DEDICATED VOLUNTEERS

This year's celebration focuses on some of the people who have been around since the beginning, including Traska and his longtime cohorts, Bill Martinelli and Claire Barnett.

Martinelli is the cottage's facilities manager and has overseen routine maintenance and annual volunteer workdays as well as a second major repair project in spring 2006. He designed the cottage's entrance gate, in Wright's signature Cherokee red.

Despite coping with the unpredictability of April weather and the myriad challenges for cottage upkeep and care, Martinelli still coordinates spring workdays and is on call when maintenance issues arise.

Barnett was another of the original volunteers and became conservancy president in 2004, continuing in that role for eight years. She has been instrumental in communicating the cottage's story and coordinated its "Writings" newsletter for almost 11 years until 2014, now continuing as a regular contributor.

IN HIGH DEMAND

Part of the lease agreement that formalizes the conservancy's partnership with the state mandates that rentals cover costs for cottage maintenance. The arrangement — including a partnership with the Sand County Management Co. — has been highly successful.

"The cottage is rented in excess of 340 nights each year, with reservations generally needing to be made far in advance," Traska said. "The rental income has provided sufficient funds to maintain the cottage in excellent condition."

The success of the Seth Peterson

PLAN A STAY OR VISIT

Reservations for the Seth Peterson Cottage can be made at sethpeterson.org. Note that it is booked through all of 2022 and most of 2023, with some reservations already made for 2024.

Just want to come take a look? Make a day trip to one of the cottage's open houses, scheduled the second Sunday of each month from 1 to 4 p.m. No reservation required. Admission is \$5; children 12 and under and conservancy members are free.

Group tours for 10 or more people also can be arranged by calling 608-393-7472.

Cottage business plan has not gone unnoticed at other Wright-designed properties.

"Following the business plan we developed, there are now around 20 Frank Lloyd Wright homes across the country that can be rented," Traska added.

SOURCE OF INSPIRATION

Many cottage visitors are routine guests. "One couple has stayed 23 times," Traska said, "and are already booked for another visit in 2023."

Guests have celebrated birthdays, weddings and anniversaries at the cottage — some on multiple occasions — or simply slipped away for a night or two of seclusion in nature.

Their dreams and musings are captured in the visitors' log at the door to the cottage. Entries follow a theme of such descriptions as, "a sense of calm, peace, tranquility and experiences that are transformative or energizing."

The inspiration instilled by the cottage and its setting is summed up well in one 2010 entry from a couple who has visited the cottage many times:

"We all have periodic events at which we take stock of our lives and the passage of time and look hopefully ahead to the future. For us, that touchstone time is our biennial trip to the Seth Peterson Cottage. ...

"We've come to unwind, enjoy the peaceful days, and we always end up talking about the past, present and our hopes for the future." ❧

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



ANDREW PELAGE

Extensive renovations led by the Seth Peterson Cottage Conservancy and funded in part by a DNR grant revived the historic Wright home and allowed it to open to visitors in 1992.

HAVE THE RIGHT LIFE JACKET?



Be sure it's U.S. Coast Guard-approved
(Check the label printed on the inside of the life jacket)



Kids

(Adult life jackets don't fit kids)



**Anglers & Open
Motor Boats**
(Suspender inflatable)



**Personal Water
Crafts & Sports**
(Inherently buoyant)



Pets
(Harness with lift handles)



Standup Paddlers
(Belt-pack inflatable)

SPRING ISSUE PUZZLE ANSWERS

NEW YORK TIMES SUNDAY CROSSWORD

P	H	D		P	A	L	A	C	E		A	C	C	O	S	T		H	S	N								
R	I	O		A	V	A	T	A	R		Y	A	H	W	E	H		I	P	O	S							
E	G	O		R	E	B	E	L	A	L	L	I	A	N	C	E		T	A	R	A							
T	H	R	E	E	R	S				S	O	A	N	D	S	O		L	O	C	U	S						
A	N	D	E	R	S		R	O	E	G				S	U	N	N	I	N	E	S	S						
P	O	O	L				H	A	N	S	O	L	O		P	D	A	S		T	H	Y						
E	O	N		S	T	E	E	L			A	P	P		G	R	A	P	H									
S	N	O	W	M	A	N			Y	A	R	D	S	A	L	E	S		R	E	I	N						
				T	H	E	I	S	M		R	O	Y		Y	E	A		A	F	R	O						
	S	T	E	A	K			A	S	I	A			W	E	A	R		C	L	I	O	S					
S	A	H	A	R	A			S	T	A	R		W	T	A	R	R	E	S	/	K		S	H	I	N	N	Y
A	B	E	T	S			W	H	O	S		R	I	S	E		N	A	N	A	S							
S	I	R	I				H	E	R		P	A	S		D	I	E	S	E	L								
K	N	E	E			W	A	R	M	S	U	P	T	O		M	E	T	S	F	A	N						
				I	S	L	E	T		S	I	R			B	I	O	R	E		R	E	A					
I	M	S			G	R	I	M		M	R	S	P	O	C	K			C	O	R	K						
D	O	N	T	B	E	S	A	D				H	U	E	Y		D	O	N	N	I	E						
B	L	O	A	T			T	S	E	L	I	O	T			P	R	I	N	T	A	D						
E	T	T	U				T	H	E	F	E	D	E	R	A	T	I	O	N		I	L	L					
T	E	R	N				M	A	R	I	N	E			I	S	I	T	O	K		E	L	I				
							N	Y	T			I	T	S	B	A	D		D	E	C	A	L	S		R	Y	E

Highlights Hidden Pictures™ ANSWERS



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NEW YORK TIMES SUNDAY CROSSWORD

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Across

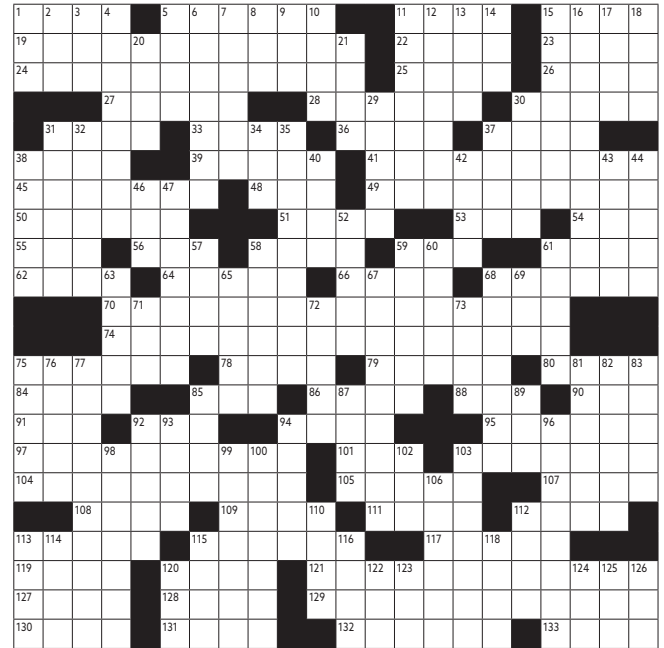
- 1 Some old PCs
- 5 Experience financial ruin
- 11 Many files in a Downloads folder
- 15 Talk ____
- 19 1990s sitcom starring Tia and Tamera Mowry
- 22 Beethoven's "Ah! perfido," for one
- 23 Southwest people known for their dry farming
- 24 Grand Prix city
- 25 Fulminate
- 26 Portent
- 27 Start a web session
- 28 Tribute
- 30 Many zoomers
- 31 Gush (over)
- 33 Red lightsaber wielder
- 36 Singular praise
- 37 ____ Xtra (soft drink)
- 38 Soul: Sp.
- 39 Make it so there's snow way out?
- 41 1963 hit for the Kingsmen
- 45 It gets the show on the road
- 48 Nothing but a number, it's said
- 49 Call from an old-time paperboy
- 50 Essayist Susan
- 51 Attraction, so to speak, with "the"
- 53 Org. often impersonated by phone scammers
- 54 Time for a visit from Ong Tao, the "Kitchen God"
- 55 Slip up
- 56 Yellowstone sight
- 58 [Gulp!]
- 59 House of Commons reps
- 61 ____ gratia (in all kindness: Lat.)
- 62 Rush order
- 64 Like some questions
- 66 Romanov V.I.P., once
- 68 Charlotte N.B.A. player
- 70 "... you get the point"
- 74 "Well, lookie here!"
- 75 Quaint exclamation of dismay
- 78 Fee payer, often
- 79 Thin pancakes in Indian cuisine
- 80 Laborer of old
- 84 Dan of "Schitt's Creek"
- 85 To the ____ power
- 86 Time for March madness?
- 88 Ultimate fighting inits.
- 90 Certain summer baby
- 91 "There you ____!"

- 92 Big tower, for short?
- 94 Years and years
- 95 Shock
- 97 Sings, in a way
- 101 When you should leave, for short
- 103 Piece of roller-derby equipment
- 104 Classic-joke start
- 105 High five at the Olympics?
- 107 Unchanged
- 108 Yea or nay
- 109 Power source
- 111 Barfly's flier
- 112 Added to a thread, say
- 113 El ____ of the Spanish Renaissance
- 115 "Amscray!"
- 117 Egomaniac's thought
- 119 Noted character with object-subject-verb syntax
- 120 Dangerous part of a road on which to pass

- 121 Extroverts
- 127 Tie down
- 128 Best-picture winner of 2012
- 129 Basketball feat suggested by this puzzle's pairs of theme answers, informally
- 130 1040 figs.
- 131 Love of languages?
- 132 In on
- 133 Add (on)

Down

- 1 Philosophy
- 2 H.S. class in the same department as chem
- 3 Yahoo alternative
- 4 Trusty to the end
- 5 Pirate's booze
- 6 One way to learn
- 7 Like the Six Million Dollar Man
- 8 "Anchors Aweigh" grp.
- 9 Amtrak stop: Abbr.
- 10 Lab worker
- 11 Logical conundrum
- 12 Prolong
- 13 Numismatic grade
- 14 Plopped (down)
- 15 Setting for many a diorama
- 16 Shortcut missing from newer smartphones
- 17 Lead
- 18 Affixes
- 20 Subject of interest, in brief
- 21 Chess piece whose name is derived from the Persian for "chariot"



No. 0515

- 29 Cocktails made with ginger beer, informally
- 30 Pieces in the game Bananagrams
- 31 Flights connect them
- 32 All-encompassing Egyptian deity
- 34 Aromatic beverage
- 35 Perch for the self-important
- 37 Gemstone cut named for a fruit
- 38 Baffled
- 40 Very bright
- 42 Eye piece
- 43 Nobelist Joliot-Curie
- 44 Really get to
- 46 Sweetie
- 47 Weep in an unflattering way, in modern lingo
- 52 Lugs
- 57 Hold on to
- 58 Lunchtime estimate
- 59 Computer shortcuts
- 60 Slices and dices, say
- 61 Scottish hillsides
- 63 Annoying
- 65 Walk with swagger
- 67 It might get swiped in a college dining hall
- 68 Football trophy name
- 69 Where some replacements take place, in brief
- 71 Third column on a calendar: Abbr.
- 72 Eaglet's hatching spot
- 73 Certain public transport
- 75 Sound from a jalopy

- 76 Played again
- 77 Words from an ex-lover
- 81 Go by
- 82 Put down again
- 83 Origami steps
- 85 Bread in Indian cuisine
- 87 One taking action
- 89 Certain close relative
- 92 Invite out for
- 93 1990s tennis star Huber
- 94 Off-kilter
- 96 "Later!"
- 98 Green vehicles
- 99 Fried plantain dish of Puerto Rico
- 100 Country named for its geographic location
- 102 It makes you you
- 103 Lobbyists' area in D.C.
- 106 Radiator cover
- 110 "Die Hard" squad, in brief
- 112 Miss ____, famed dial-a-psychic
- 113 Businesses that see an uptick after New Year's
- 114 Aussie hoppers
- 115 Kernel of an idea
- 116 "Ouch, ouch, ouch!"
- 118 High style
- 120 Barnyard bleat
- 122 "Mais ____!" ("But of course!")
- 123 "Cyberchase" channel
- 124 Org. whose members stay in their lanes
- 125 Business name ender
- 126 "Yipe!"

Look for puzzle answers in the Fall issue.

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