

NATURE NOTES • Fish Reproduction *by Peter Dring*



Peter Dring is a naturalist, photographer, and was Director of the world renowned Little Red Schoolhouse Nature Center for nearly four decades.

For most, the idea of an annual fish spawn brings to mind schools of ruby salmon heading in an upstream frenzy toward the toothy gape of a grizzly. In the Northwoods, the scene is a little less visually dramatic, but it's no less crucial. For the past 10,000 years or so, weather, competition and biology have hardwired species' spawning behaviors, dictating when, where and how based largely on which combinations have allowed the most eggs to develop into the greatest number of fish. Cool-water pike walleyes, and perch spawn right after the ice leaves the lakes whereas members of the sunfish family wait until later, for warmer water. They not only create nests but also baby sit their young, although for sunfish, it's a man's job.

Depending on the species, sunfish spawn in waters with temperatures in the upper 50s to low 70s sometime between late June and July. Males start by moving to waters a few inches to a few feet deep. Species that spawn early might end up along western and northern shores, which warm up first. Warmer waters mean warmer eggs, which take less time to hatch.

For the most part, sunfish like to nest near submerged logs, stumps or boulders, which can shield them from predators. Other real estate requirements depend on the species. Largemouth bass and crappie, for instance, seek out areas near aquatic plants so their eggs can attach to submerged roots or leaves. Small-

mouth bass prefer deeper waters with gravel bottoms.

Bluegills, sunfish, crappie and pumpkinseeds use the "safety in numbers" approach and nest in colonies, some containing up to 50 nests only inches apart. Large-mouth bass, though, like to keep at least 20 feet from the nearest family. For them, too many neighbors can draw unwanted attention.

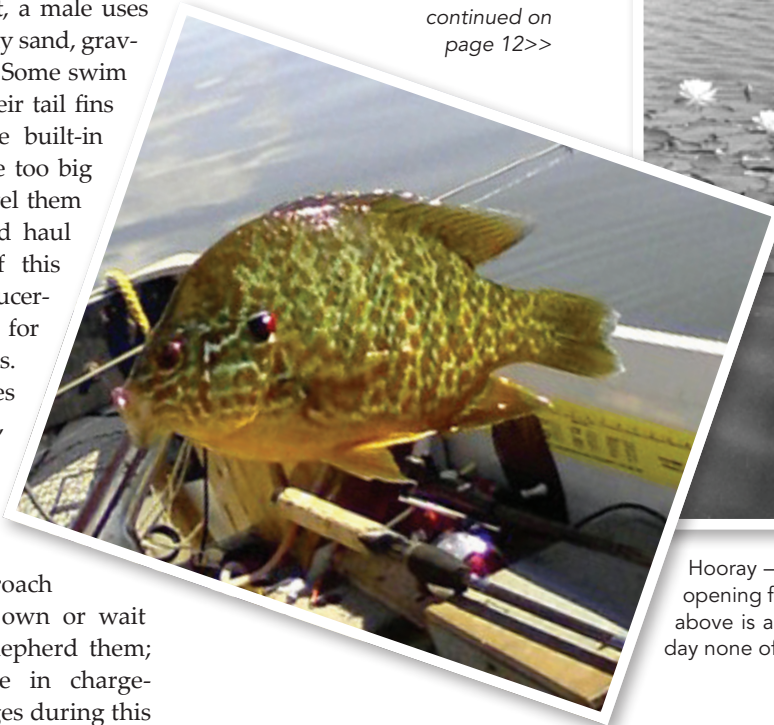
To prepare a nest, a male uses its fins to sweep away sand, gravel and other debris. Some swim on end, working their tail fins back and forth like built-in brooms. If rocks are too big to sweep, they shovel them in their mouths and haul them away. All of this detailing creates saucer-shaped depressions for the forthcoming eggs.

While the males sweep and sculpt, the females assemble in nearby staging areas. When the time is right, they either approach the nests on their own or wait for the males to shepherd them; some pairs engage in charge-and-retreat exchanges during this time. Soon, pairs start circling over nests, bumping and touching until the female releases its eggs, which the male then fertilizes. This can take a few minutes or repeat over a few hours, and one female can repeat the process at more than one nest. While all of this drama is going on, lake visitors may spot waves of spawning fish breaking through the surface of shallow waters.

There are, of course, exceptions. Some male sunfish never construct nests. A small rogue may hide near a nest and then pop in to fertilize the female's eggs before the resident male has a chance. A larger male may hang with the

staging females, even mimicking their colorations, and follow one to a nest, leading the owner to believe it has two spawning females. As the real female releases its eggs, the imposter fertilizes them before its competitor has the chance. One study reported that fewer than 80 percent of young bluegills in a nest were related to the resident male.

continued on page 12>>



Hooray – the wonderful days of fishing are here again! Wisconsin's opening fishing weekend is May 4th; Michigan's is May 15th. Shown above is an elated youngster with his green sunfish, on the type of day none of us can wait for! At left is a pumpkinseed sunfish.

Land O' Lakes Fish & Game Club Programs

Yes, it's that time of year again, and none too soon! The Land O' Lakes Fish & Game Club holds meetings on the second Tuesday of each month (May thru October), at 7:00 p.m. in the Fellowship Hall at Ely Memorial Church in Land O' Lakes. Light refreshments are available beginning at 6:30 p.m. The meetings feature a guest speaker, followed by a short business meeting. The public is invited and there is no charge for this valuable service. A list of upcoming programs follows:

May 14 "Getting from Lost to Found" Speaker is Tony Champion from Eagle River Search & Rescue

June 11 "Woods and Wildlife in a Changing Climate" Speaker is Maria Janowiak from the Northern Institute for Applied Climate Science

July 9 "The Ecology of Modern Mining" (tentative). Speaker is James Murray Gillis from Michigan Technological University

August 13 Ice Cream Social and "Wild Rice Harvesting" Speaker is Roger LaBine from Lac Vieux Desert

September 10 "Kayaking Around Lake Superior in 2012" Speakers are the Joe Bodewes Family

October 8 "Wisconsin's Northwoods - A Changing Landscape in Changing Times"

Speakers are Tom Steele, a Senior Scientist and Superintendent at UW-Madison's Kemp Natural Resources Station in Woodruff and Tim Katz, Senior Scientist at the UW Center for Limnology at the Trout Lake Center in Boulder Junction.

Amerigas Program

Amerigas Propane is offering an opportunity for the Phelps School to earn up \$2,000 per school year simply by collecting Amerigas propane receipts from parents, community members and businesses. By participating in the *School Days* program, Phelps School earns .02 cents for every gallon shown on the receipt. There is no minimum gallon requirement.

The receipts can be sent in with students or dropped off at the school office. Anything that is necessary to improve or enhance the educational process can be purchased with these funds. Recently Phelps School received their first check of \$44 from Amerigas.

This & That Sale Vendors Needed

Do you have a lot of "stuff" or "this and that"? What to do with all of that? We have the answer for you!

Land O' Lakes is doing a Summer Launch on Saturday May 25 and Sunday May 26 and will be offering spaces free of charge outside along the sidewalk area of Highway B for anyone interested in participating in a "This and That" sale. The spaces will be approximately 10 x 10, on a first come first served basis.

Check out the house, garage, cottage and attic. You will be surprised what you might have to sell. If you are a Flea Market vendor we welcome you as well. Join in this fun new event designed to attract visitors to downtown Land O' Lakes.

If you are interested, please call Sandy Wait at the Chamber at 715-547-3432 and she will make sure a space is saved for you.

Customer Service Techniques

Do you work in a customer service environment and are you interested in learning how to do a really good job at it? Land O' Lakes Chamber of Commerce, in partnership with Nicolet College, will be offering a free interactive two hour workshop at the Chamber of Commerce Welcome Center Building on Thursday, May 9 from 5:30 p.m. to 7:30p.m.

Learn how quality customer service affects not just the bottom line, but also how it affects the individual employee/customer relationship. You will leave this workshop with a better knowledge of how to present quality customer service and customer care.

Plan to attend and call the Chamber of Commerce at 715-547-3432 to make your reservation. You can also e-mail your rsvp to infolan-dolakes@gmail.com

Yoga Class for Beginners

Northern Sun Yoga is offering a new class beginning in May for beginners to this activity to learn proper basic techniques. Participants in the Introduction to Viniyoga class will have two times to choose from, either 10:15 - 11:30am or 5:30 - 6:45pm, on Tuesdays. The sessions will be held at the Land O' Lakes Town Hall for 6 weeks starting May 14th, with a tuition cost of \$50.

This beginners class will give you a gentle and non-threatening introduction to the fundamental principles of Viniyoga. You will learn to access deeper breathing and connect it to your attention and movement. Biomechanical principles of poses will be explained, as well as how to adapt them to your own condition so you can derive the maximum benefit with the least risk. You will be supported in developing a personal practice so you can continue to explore all the benefits of yoga in your own home.

The class size will be limited so students can get personal, individualized attention. Call Terry at 715-547-3480 or email northernsun@igc.org to pre-register.



Opening Day Breakfast

The Lac Vieux Desert Lake Association will hold its annual Opening Day Breakfast Saturday, May 4 at Sunrise Lodge on the west shore of the lake. Serving from 7:30 to 11 a.m., diners may choose a variety of items from the menu that includes fruit, juices, pancakes, waffles, ham, bacon, sausage, eggs and numerous other specialty items; The cost for the all-you-can-eat

breakfast is \$10 for adults and \$4 for children 10 and younger. Tickets may be purchased at the event.

The association sponsors a raffle yearly. This year the prizes include: a Musky rod and reel combination; a walleye rod and reel combination; a 40 in. flat screen TV; a Mossberg 270 bolt rifle; a week's vacation at Hillside Resort; a week's vacation at Thunder Bay Resort; an ice fishing package at Wind Drift Resort; a half day guide service with Matt Ebert; and a three night stay at Sunrise Lodge including three breakfasts and three dinners.

Raffle tickets are \$5 each or 5 for \$20 and will be available at the opening day breakfast. Winning tickets will be drawn on Aug. 11 at the association's August Fest held at Hillside Resort on the south shore of the lake.

Everyone is welcome to attend the breakfast. According to Robbie Andersen, association president, all proceeds will be used for lake improvements. Mark your calendars now to attend!

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BORDER HAPPENINGS

ANNOUCEMENTS • • •

Headwaters Youth Soccer Registration: LOL School, May 7, 3:15-6pm.

Mother's Day: May 12
Fishing Opener-WI: May 4.
Fishing Opener-MI: May 15.

CONOVER • • •

Chamber Ladies Luncheon: Lanny's, May 5, 12-3pm.

Youth Group Faith Unlimited: Conover Evangelical Free Church, every Wed, 6:30-8pm.

Conover Transfer Station: Sat, Sun, & Wed 9am-3pm. Closed Tues & Thurs.

Conover Post Office Window: Mon-Fri 9am-12:30 & 1:15-4pm; Sat 9-11am.

LAND O' LAKES • • •

Ladies Auxiliary VFW Post #8400 Pancake Breakfast: VFW Hall, May 4, 7-11am.

Custsomer Service Workshop: Chamber Bldg. May 9, 5:30-7:30pm.

Northwoods Singers Spring Concert: Ely Church, May 16, 7pm.

Bret Miller: Gateway Lodge, May 18, 8pm.

LIBRARY PROGRAMS:

Movie Afternoon-Argo: May 10, 1pm.
Kids Program: every Wed, 10am.
One-on-One Computer Train: Fri. Hours: M, T, TH, F 10am-4pm; W 10am-6pm; Sat 10am-1pm.

LOLA PROGRAMS:

Painting Florals: May 14, Wendy Powalisz. Reg. by May 7.
Rug Hooking Workshop: June 3-5. Reg. by May 11.
Musician Tess Stephens: May 29, 2-3pm.
Watercolor Wednesdays: every Wed, 10am-4pm.

Line Dancing: St. Alberts Church, every Tues, 9:45-10:45am. & 11am-12pm.

A.A.: LOL Town Hall, Sun, 2pm.

Yoga Classes: Town Hall, weekly. Mon 5:30-6:45pm (All levels); May 14-June 18: Tue 10:15-11:30am & 5:30-6:45pm (Begin/Foundation); Thur 8:30-10am (Inter/Continue). 715-547-3480.

Fish & Game Club Programs: Ely Church, 2nd Tues (May-Oct) 7pm. 6:30 refreshments.
Getting from Lost to Found: May 14. Speaker is Tony Campion from Eagle River Search and Rescue.

LOL VFW Post 8400: VFW Hall, last Tue, 7pm.

Airport Commission: Land O' Lakes Airport, 2nd Thu, 5:30pm. landolakesairport@hotmail.com

Veterans Helping Veterans Outreach Group: LOL Bible Church, 2nd Thurs, 6pm.

LOL Chamber Meeting: 3rd Thu, 7:30am. Public welcome.

LOL Transfer Station: Tue 8-3; Thurs 12-6; Sat 8-4.

LOL Post Office Window: Mon-Fri 9:30am-1pm & 2-4pm; Sat 9:30-11am.

PHELPS • • •
LVD Lake Assoc. Opening Breakfast: Sunrise Lodge, May 4, 7:30-11am.

2 Things you Didn't Know!

1. Butterflies taste with their feet. (please pass the toe jam?!)

2. Horses can't vomit. (like, totally barfy!)

Headwaters Food Pantry: Meeting: Olympic 76 St, 3rd Tue in Mar, Jun, Sept & Dec, 12:30pm. Food Pantry Pick-up: Olympic 76 St, 1st & 3rd Wed, 8:30-11:30am.

Drop Stitch Group: knit & crochet group, LOL Library, Wed, 1-3pm.

Frosty Snowmobile Club: LOL Town Hall, 1st Wed, 6pm. Oct-Apr.

Headwaters Ecumenical Lunch Program: Ely Church, 1st & 3rd Wed, 10:30am-12:30pm.

LOL Planning & Beautification Meeting: LOL Town Hall, 2nd Wed, 8:30am. Public welcome.

Wilderness Lakes Trails: LOL Chamber building, 4th Wed, 5pm. Public welcome.

VFW Post #8400 Ladies Auxillary: LOL VFW Hall, last Wed, 2pm.

New-U Club: Watch your weight with friends. Hope Lutheran, Thu, 8:45-10am. More info 906-544-2554.

Spring Musical-Aladdin: Phelps School, May 11, 7pm.

LIBRARY PROGRAMS: Movie Afternoon- Safe Haven: May 8, 2pm.

Phelps Library Story Hour: 2nd Fri every month, 12:15pm. Hours: M, T, TH, F 10am-4pm; W 2pm-6pm; Sat: 10am - noon. Check us out at www.phelps.wislib.org or call 715-545-2887.

Phelps Town Board Meeting: 2nd Mon, 7pm.



Store Hours

Mon-Fri: 7am-4:30pm
Saturday: 8am-2:00pm
Closed Sunday

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715-547-3030

Other Locations

Caspian, MI 906-265-1047
Ironwood, MI 906-932-2311

www.forslund.com

Phelps Women's Club Meeting: 3rd Mon, Phelps Fire Barn, 1pm. Call Sharon Gifford for more info 715-545-4008.

Phelps Senior Center Meeting: last Mon, 1pm. Call (715) 545-3983 for lunch res. 24 hours prior to mtg.

Phelps Lions Club: 3rd Thu, 6pm. Call Dick Martin at 715-891-2296.

Phelps Historical Museum: Hwy 17 Dwntwn. Until spring open by app't only. Call Pauleyn Nystrom 545-3012 or Jan Petrick 545-2545.

Phelps Transfer Station: Sat 9am-12pm.

Phelps Post Office Window: Mon-Fri 8am-12:15pm & 2:15-4pm. Sat. 9-11am.

WATERSMEET • • •

Ottawa Visitors Center Programs: every Thurs, 7 pm.

Watersmeet Township Board of Education Meeting: 3rd Mon, 6:30pm, unless otherwise noted.

Northwoods Quilters: Watersmeet Bible Church, Tues, 10am-9pm.

Invasive Species Control Coalition of Watersmeet (ISCCW): Ranger District Headquarters in Watersmeet, 3rd Tues, 9am.

Alcoholics Anonymous Meeting: Spiritual Center on Transfer Station Rd., Tues 7pm (Open Topic) and Fri 2pm (Closed Step).

Weight Watchers Mtg: School, Consumer Ed. Rm, every Wed, weigh-in 4:30pm, meeting 5pm.

Watersmeet Dump: Mon, Tues, Thu, Fri, and Sat 8am-4pm.

Watersmeet Post Office Window: Mon-Fri 9:30am-12:30pm & 1:30-4pm; Sat 9:15-10:45am.

BEYOND THE BORDER • • •

EAGLE RIVER •
NPMS Spring Concert: NPHS, May 9, 7pm.

Journey's Marathon: May 11.

WI Regional Art Program Exhibit: Olson Mem. Library, May 11-Jun 1.

HS Band & Choir Awards Concert: NPHS, May 13, 7pm.

Farmers Market: Every Wed, starting May 13, 8:30am-1pm.

Card Party: Martha Society of Our Savior Lutheran Church, May 15, 12pm.

MS Band Concert: NPHS, May 16, 7pm.

Northwoods Singers Spring Concert: First Congregational United Church of Christ-ER, May 19, 4pm.

Vilas Cty Master Gardener's Mtg: Prince of Peace Church, 2nd Thurs, 7pm. Public invited, has a speaker.

UPPER MICHIGAN •
Gogebic County Senior Health Screening: Western U.P. Health Dept.-Bessemer, May 9, by appt.

SPREAD THE WORD
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Next issue: May 16, 2013
Submissions by: May 4, 2013

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RACE DOWN TO SIGN UP FOR SOCCER

Headwaters Youth Soccer Association fall recreational soccer registration will be held Tuesday, May 7th, from 3:15 to 6:00pm at the Land O' Lakes Elementary School. The league is open to all children from the Conover and Land O' Lakes area entering kindergarten through 8th grade. Home schooled children are welcome. The soccer season will run from the first week of August through the first week of October. There will be some used equipment available at the registration on a first-come, first-served basis. Anyone who would like to donate gently used equipment may take it to the registration. The cost to register will be \$35 per child plus uniforms - \$25 if needed. Shin guards and soccer shoes will be additional. All fees will be due on registration day. For more information, or for anyone who cannot attend the registration, contact Jen Payne at (715)891-0004 or Steph Feckett at (715)891-2469.

TFT Scholarship Golf Outing

Trees For Tomorrow in Eagle River is seeking golfers for its 11th Annual Scholarship Golf Outing set for Friday, May 31. Money raised in the event is used to provide scholarships for students who otherwise would not be able to afford to attend Trees For Tomorrow workshops with their classmates. Trees For Tomorrow, an accredited non-profit natural resources school, teaches students about Wisconsin's natural resources, their importance to human survival, and the need for sustainable management practices.

The Scholarship Golf Outing begins with a shotgun start at 8:30am at the Eagle River Golf Course. A registration form is available online at www.TreesForTomorrow.com under the Programs tab, or by mail by contacting Barbara at 715-479-6456. The registration includes 18 holes of golf with a cart, breakfast snacks, and a buffet lunch. Participants can also register for a variety of contests and participate in raffles for prizes.

17th Annual Journeys Marathon

The Eagle River Area Chamber of Commerce and Visitors Center is very excited to announce over 700 runners, from 15 different states have registered for the 17th Annual Journeys Marathon. We are on target to beat last year's number of 979 runners/walkers. Our goal this year is 1050 runners. Journeys Marathon will spring into action on Friday night, May 10th at 5:00-9:00 pm with Runners Registration at the Northland Pines High School. Also offered is the All-You-Can-Eat Spaghetti Dinner (5:00 - 8:00 pm) - public invited. Tickets are \$7.00 for adults, \$5.00 for 6-12 year olds and free to 5 year olds and under. On Saturday, May 11th the Full Marathon will kick off at 8:00am on Hwy K near the Boulder Junction area, the Half Marathon/Power Walk at 9:15am at the corner of Hwy K and East Buckatabon Lake Rd and the 5K at 10:00am in Riverview Park. There is still time to register to participate. Contact the ER Chamber for more information at 715-479-6400 or 800-359-6315 or visit www.journeysmarathon.org.

At the finish line in Riverview Park on Saturday from 10:00am-3:00pm there will be music, food, beverages, Kids Fun Run and the Journeys Marathon Awards Ceremony at 2:00pm. This is a great opportunity for the community to enjoy a beautiful spring day full of excitement and activities.

VOLUNTEERS NEEDED:

Wednesday, May 1st

- 6-8 volunteers to help stuff runners

goodie bags at 5-6:30pm at the Eagle River Chamber office.

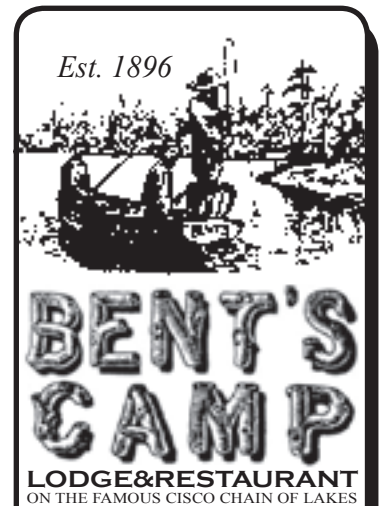
Friday, May 10th:

- 6-8 volunteers who can help with set up in Riverview Park at 8:00am-Noon

Saturday, May 10th:

- 6-8 volunteers who could help with park set up at 7-11am.
- 2-3 people to help bring things back from the High School to the Chamber at 7:30am
- 2 people to help with Event Information /T-shirt Sales from 10am-3pm in Riverview Park
- 4-6 people to help at the Finish Line: award runners with medals, give them a blanket, take their timing chip from 9:30am-1:00pm in Riverview Park
- 4-6 people to help at the Finish Line: award runners with medals, give them a blanket, take their timing chip from 12:30pm-4:00pm in Riverview Park
- 2 people to work in food tent selling hot dogs and brats from 9:00am -2:00pm
- 2 people to work in food tent selling hot dogs and brats from 1:30-4:00pm
- 6-8 people to help with Event Clean up from 2- 5:00pm in Riverview Park

If you are interested in volunteering, meeting new people and having a great time working at Journeys Marathon, call Kim Emerson at 715-479-6400 or (800) 359-6315 or email her at kim@eagleriver.org and she will get you signed up to help. It's the Volunteers who really make Journeys Marathon a great time for everyone.



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One Hundred Days of Art: Threads Through Time II

On September 21, 2013, "Threads Through Time II" will be presented at Ely Memorial Church in Land O' Lakes. This event will be in conjunction with LOLA's "100 Days of Art" occurring between Memorial Day and the end of October.

Fiber artists are invited to exhibit their creations. Possible items to exhibit include old and new quilts, hooked rugs, braided rugs, penny rugs, woven items, crocheted or knitted items, and other fiber creations.

People interested in exhibiting their own original fiber art can obtain additional information and an entry form at Ely Memorial Church, 4302 County Road B, or at LOLA/Artistree Gallery, Hwy B, in downtown Land O' Lakes. Anyone interested in providing demonstrations, or anyone with further questions, may contact Shirley Battin at 906-544-2503.



This charming set of notecards showcases ten images of American garden flowers that appeared on packets printed between 1910 and 1920. The set includes ten notecards (blank inside) with envelopes and ten Vintage Seed Packets Forever stamps.

KEEPING YOU POSTED

from Karol Grasse

Did you know that flowers are one of the most popular items that are used as ideas for stamps? One can easily understand why they would be portrayed on a stamp with their eye catching beauty and numerous varieties to choose from.

On April 5th, the United States Postal Service issued the Vintage Seed Packet Forever Stamps at a dedication ceremony at the Philadelphia National Stamp Exhibition. The stamps feature ten photographs of antique seed packets that were printed between 1910 and 1920. Each stamp has a colorful flower blossom on them that includes cosmos, asters, alyssum, phlox, zinnias, digitalis, pinks, primroses, calendulas, and linum that were designed by art director Antonio Alcala.

The Vintage Seed Packet Commemorative stamps are 46 cents each and are a double sided booklet of 20 self-adhesive stamps, priced at \$9.20 per booklet. With Mother's Day coming on May 12th, these stamps would be the perfect adornment for mailing out your Mother's Day cards!

Stop in at your local Post Office or visit USPS.com for more information and to purchase these stamps.

Meet Miss Tess Stephens

Many people come to northern Wisconsin to enjoy the beautiful lakes and outdoor activities, but did you know people also come to learn to make musical instruments?

On Wednesday, May 29th, at 2PM LOLA is excited to present a special musical event. Come meet Tess Stephens. Tess grew up in Pleasant Hill, Missouri and started playing the fiddle when she was 8 years old. By the age of 13 she won the Kansas State Fiddling and Picking Championship in her division. Her joy of the instrument and music blossomed into a desire to learn how to make violins, bringing her to Wisconsin after finishing high school to learn the craft. Tess is a student at the New World School of Violin Making in Presque Isle, WI. Founded

by Brian T. Derber, NWS offers a six semester program focusing on the construction of instruments in the violin family based on classi-

cal and master models and using traditional hand tool techniques.

"The art of violin making is difficult to describe without actually



trying it yourself. For everyone it is different. It matters what skills you bring to the table," says Tess. "The one thing everyone needs is patience."

Tess has finished 3 violins and is currently working on a viola. She will show her handmade instruments and discuss her interest in making stringed instruments as well as demonstrate the instruments pointing out the special qualities of each. "Not only are instruments an art form, they serve a very big purpose and every

musician has a preference of style and sound. The learning that is involved with building an instrument is a never ending process," she adds. "I find that exciting."

Mark your calendar for this special musical event. For more information about LOLA's 100 Days of Art events, or for detailed information about all LOLA classes and events, visit www.lolaartswi.com, stop in LOLA Center for the Arts at 4264 County Road B, in downtown Land O' Lakes, or call Wendy at 715-547-3950.



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Land O' Lakes Summer Launch

Land O' Lakes is planning a Memorial Day weekend event to be called *Land O' Lakes Summer Launch* on Saturday and Sunday, May 25 and 26, 2013. This event is designed for folks to enjoy downtown Land O' Lakes and will demonstrate that Land O' Lakes is looking forward to summer.

On Saturday there will be an outside Street Market called a "This and That Sale" which means most anything such as new and old merchandise from stores, rummage, flea market, new and old, this and that. Follow your nose to the many food booths that will also be scattered along the booth route. All of this will be outside along Highway B East to West in front of shops, which will also be open to welcome summer and its visitors. The sale time will start at 10am each day and last until 4pm on Saturday, 1pm on Sunday.



Later in the afternoon Saturday, you can have a good time at a "Street Dance" along side Brew's Pub and in the evening there will be a free old time outdoor movie in the Farmers Market lot across from the Library.

Plans for Sunday include a car wash and a "Taste of the Town" and more "This and That Sale".

On Monday the VFW Post will be having the Memorial Day service and program at the Cemetery at 11 a.m. with a light sandwich lunch after the service. Launch Summer in Land O' Lakes. Watch for flyers and posters with complete list of all the fun plans.

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LAND O' LAKES LIBRARY:

Saturday, May 4th from 10:30 a.m. to noon. **Composting 101** program lead by Cheryl Pytlarz. Cheryl is a UC-Davis graduate ('81) in agriculture who has worked on many farms and has been organic gardening. Join a believer in the Black Gold, where homemade compost has been a key soil ingredient to produce high yielding and pest free harvests from the garden year after year. An instructional handout will be included.

Friday, May 10th at 1:00pm. **Movie afternoon at the Library.**

Showing: *Argo*. A dramatization of the 1980 joint CIA-Canadian secret operation to extract six fugitive American diplomatic personnel out of revolutionary Iran.

Tuesday, May 16th at 10:30am. **Friends of the Land O' Lakes Library** meeting.

Monday, May 27th. Library will be **closed for Memorial Day**.

Tuesday, May 28th. Library will begin their **Summer hours**: M-F: 9am-5pm; Sat 10am-1pm.

PHELPS PUBLIC LIBRARY:

Join us at the Phelps Public Library on Wednesday, May 8th at 2:00pm for "**Movie Afternoon**" with popcorn, coffee, and lemonade. Admission is FREE. We will be showing the PG 13 movie, *Safe Haven* based on Nicholas Sparks' novel and starring Josh Duhamel and Julianne Hough. The storyline is about a mysterious young woman that arrives in a small North Carolina town and she is reluctant to put down roots because questions may be raised about her past. She begins to gain courage and starts a relationship with Alex, a widowed store owner with two children. Dark secrets begin to intrude on her new life and she relies on the power of love to get her through it.

On Friday, May 12th at 12:15pm join us for "**Story Hour**" with music by Fred. The children will listen and interact to stories through music. Come sing and join in the fun!



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LOL Chamber Gift Certificates

Help support your Land O' Lakes businesses – purchase Chamber Gift certificates and shop in town. Do you have an upcoming gift giving occasion for that special person and you just do not know what get? Mother's Day, Graduation, and Confirmation are the perfect occasions for a Chamber Gift Certificate. Stop in at the Chamber of Commerce building on Highway 45 and purchase this versatile item. Certificates can be purchased in any denomination you choose and are redeemable at any Land O' Lakes Chamber of Commerce member listed on the back. They are valid for one year from the purchase date.

Your special person will be delighted to shop the gift shops, pharmacy, grocery store, or use it to have breakfast, lunch or dinner at one of the Land O' Lakes fine restaurants or coffee shops. The lucky recipients on your list will be able to shop at the local bait shops, the lumber company, convenience store, or even for gas for the car, truck, or boat. The shops have merchandise for children and adults, young and old, male and female. Think "shop in Land O' Lakes first" – purchase Chamber of Commerce Gift Certificates for all your gift giving needs.

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Camp Land O' Rugs is Back! June 3rd through 5th LOLA Center for the Arts is hosting a rug hooking workshop taught by accredited McGown Rug Hooking Teacher Pat Schmelzle of Wautoma, WI. Pam has been rug hooking for most of her life. She has taught classes at Fox Valley Technical College, at several rug hooking camps, for guilds and was a featured teacher at a McGown National Convention and rug show. Skilled in all aspects of rug hooking, from cuts to primitives, she also does color planning and dyeing of wool. Pam firmly believes in utilizing the resources one has on hand, which stems from the early use of scraps of wool to create new rugs. Currently Pam is President of both the Heart of Wisconsin Rug Hooking Guild and the Greater Chicago Area McGown Teachers Guild, the only rug hooking teacher's

guild in the nation.

Pam will do an open workshop with students and a mini-class in dyeing. During the open workshop, Pam asks that you bring your current work, new designs or an old project that needs help. She will discuss techniques, color planning and design. The mini-class in dyeing will focus on food color dyeing. This is an easy, inexpensive and non-toxic way to dye wool. By dyeing your own wool, finding that perfect color will be easier to achieve. You will learn to dye white wool, do marbling on colored wool you already have (for striated color bands), and dip dyeing. Pam will discuss the

different dyes on the market and share her tips on dyeing.

For complete details and a list of supplies needed, call Wendy at 715-547-3950. To reserve your space for this exciting workshop a deposit of \$75.00 is due by May 11. Deposits are not refundable. Final payment of \$90.00 will be due at class on June 3rd. No refunds will be given for cancellations after May 11.

On Thursday, June 6th Pam will also offer a Beginning Rug Hooking Workshop from 10:00AM until 4:00PM. Students will learn the basics of rug hooking –the tools used, the fibers, design elements, and finishing techniques. A \$35 beginners supply kit which includes linen, wool, and hook, will need to be purchased from the instructor the day of class. Participants will learn to hook in straight lines, circles, make 90 degree corners, as well as how to bury ends and make even loops. There will be demonstration, discussion, and handouts for students. Register for the Beginning Rug Hooking Workshop by calling Wendy at 715-547-3950. A deposit of \$35 is due by May 11. Final payment of \$40 will be due on June 6th, the day of the class.

For detailed information about all LOLA classes and events visit our website at www.lolaartswi.com, stop in LOLA Center for the Arts at 4262 Co Rd B, Land O Lakes, or call 715-547-3950. LOLA is a 501(c)(3) organization promoting art for everyone in northern Wisconsin and the western Upper Peninsula.

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HEALTH & WELLNESS • Groceries on a Personal Level *by Dr. Ida Bergman Allen, DC*

People seem to ask me all the time what my shopping list consists of. I always reply, "Simple, protein, veggies, and good fat!" Well, that doesn't seem to suffice, so I will expand here and try to keep it as simple as I can. My husband (Dr. Jerod Bergman) and I have two sons (8 and 2), and one daughter (4). We eat a minimum of 6 smaller meals daily and each meal consists of a protein, fat, and a vegetable. Grains are a rare occurrence at our house, but if eaten they are always before 2pm so they are properly burned off before bedtime.

Daily Staples:

Vegetables are first on our list of staple items. My family eats veggies nearly constantly throughout the day. The easy way to keep your family eating them is to cut them all up snack size as soon as you get them and put them in (what we call) a veggie bin. The bin comes out every time the kids are hungry – easy. Try finding interesting

ways to incorporate veggies such as using hummus for dipping or allowing the kids to make faces with them on their plates.

Eggs are a close second on the staple list. We go through at least 15 eggs daily between the 5 of us. As long as you are eating the entire egg (white and yoke), and the chickens were allowed to roam free, you can eat this perfect protein without any worry or guilt. Talk to your local farmers for great deals on free range eggs.

Wild caught sardines and tuna – another almost daily eaten food at our house. Try to get the smaller tuna such as Tongol instead of Albacore as the larger the fish the more mercury it can hold. The benefits of eating these deep sea fish far out weigh any issues with mercury though. Did you know that if you ate tuna all day long you would actually pull in around 4 micrograms of mercury and that just chewing or drinking hot liquid with dental amalgams

in your mouth will release around 100 micrograms? Yikes. For more

love sparkling water. If you get a type that comes from naturally occurring CO₂, it is full of min-

to preserve the nutrients and keep the proteins in tact (definitely no microwave!). I love to throw dinner in the crock pot in the morning and have it ready that evening after cooking on low all day. Simple and delicious.

So those are the basic staples. **Here is our list of occasionals:**

Cereal – this is a treat at our house, but if the kids have it, it is a quinoa, oats, millet, rice, or sprouted grain type without any sugar on the ingredients. We will always add some protein



info on amalgams, check out www.PPNF.org. Save money on sardines/tuna by ordering a case from your local health food store.

Other things on our daily list would include olives, unsweetened organic dried coconut chips and coconut oil, organic butter (raw is best if you can get it from a farm), pickles (look for the ones without sugar), whey protein (we use one from Standard Process as it is not heated and doesn't include other chemicals or synthetic nutrients), and a greens powder (we use Dynamic Greens). We also

erals and is so refreshing with a lemon or lime. Sometimes the kids will use a root beer, or lemonade flavored liquid stevia in their sparkling water for a 'soda' without the sugar. Try to buy the kind in glass instead of plastic or aluminum. Some combination of kombucha, kimchee, sauerkraut, and/or Bragg's Apple Cider Vinegar are ingested throughout the day as well to keep digestion optimal.

Each year we purchase a portion of an organic grass fed cow, and an entire grass fed pig. Half of the pig gets mixed with my husbands deer (if he gets one! He did this year – yay!). Overall quite a bit of money is saved by buying these larger animals rather than purchasing different cuts throughout the year. We also eat grouse from our land, and some duck (although I have to say duck is not my fave). Of course we do organic chicken, salmon, and other white fish. When cooking meats, always remember, the slower, the better

powder to it as well and use unsweetened coconut or almond milk, or raw grass fed cows milk. Cheese, again raw is best but otherwise something that is imported and is not dyed – must be white. Legumes – beans and lentils, properly soaked and rinsed to release enzymes and clear any free-radicals. Fruit – so many pesticides with fruit, so do your best to get organic. Granny Smith apples are usually the lowest in sugar. Homemade bread such as sourdough rye or spelt. Crackers such as nut, rice, or rye crisps. Raw almond butter. If we are entertaining, we will use sulfite free organic wines (the darker red, the healthier), possibly a gluten free beer (not from US as those almost always contain fluoride), and/or water processed decaf coffee.

Find your local co-op for purchasing certain organic items. You'll save quite a bit of money that way! Also, the Weston A. Price Foundation puts out an excellent Shopping Guide each year. They include every category of food you can think of and divide them up into BEST, GOOD and AVOID. They even give you information on where to purchase/order the different foods. We use this guide all the time. You can find it at www.WestonAPrice.org.

If you need specific guidance, please check us out online at www.EducatingWellness.com.

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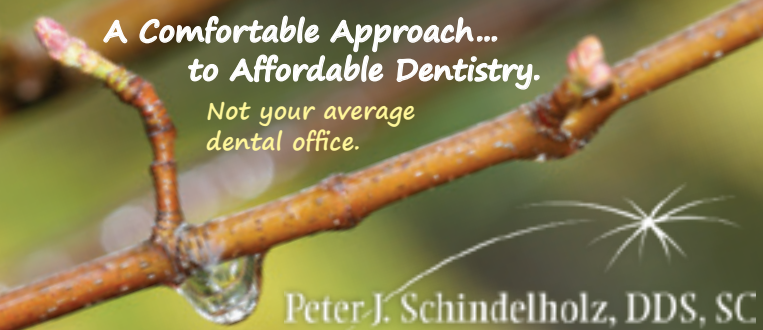
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Healthy Eating Tips ~ Mediterranean Diet

Contact Susan Nitzke, 608-262-1692, nitzke@nutrisci.wisc.edu

Headlines are touting the value of the Mediterranean Diet as more and more studies verify the health benefits of traditional Mediterranean ways of eating. These eating patterns have been shown to promote heart health and reduce the risk of chronic diseases, such as hypertension, diabetes and certain forms of cancer.

But it is difficult to pinpoint exactly what aspects of Mediterranean dietary patterns are beneficial because studies have not consistently defined the Mediterranean Diet or the Western-style eating habits used for comparisons.

"Many media reports state that the Mediterranean Diet has been shown to be superior to low-fat diets or low-carb diets, but the specific benefits of traditional Mediterranean eating patterns are still open to interpretation,"

says Susan Nitzke, UW-Extension nutrition specialist and Professor Emerita in nutritional sciences at the UW-Madison.

Nitzke points out that the type of fat, the amount of dietary fiber, and the absence of highly processed foods are potentially important features of traditional Mediterranean eating patterns. For example, Mediterranean diets are plentiful in olives, fish and nuts. These foods are high in monounsaturated fatty acids and omega-3 fatty acids, often referred to as "healthy fats." Nitzke also points out that the absence of sugary beverages and the use of herbs for flavoring rather than salt and sugar may be important features of traditional Mediterranean eating patterns.

"It's easy to say that certain foods such as toaster pastries and potato chips do not fit traditional Mediterranean diet patterns, but

it's not as easy to classify many other foods such as poultry, eggs, lamb, peanuts, white bread and pasta," says Nitzke. She points out that studies have been inconsistent in including foods such as canola oil, yogurt, and tofu that are generally considered healthy but are not native to Mediterranean regions.

According to Nitzke, there is no single eating pattern that represents all the traditional diets of countries that border the Mediterranean Sea, but there are some common features of eating patterns with proven health benefits. She recommends the following guidelines:

- Use minimally processed grains. Brown rice, barley, oats, and other whole grains may not be native to most Mediterranean regions, but these and fiber-rich whole wheat are generally recommended.
- Make vegetables and fruits a

prominent feature in every meal. Filling half your plate with vegetables and fruits is a great way to plan healthy meals and snacks.

- Vary your protein sources. Fish and seafood are healthy sources of protein in the Mediterranean Diet, along with nuts and seeds. For beef and other meats that can be high in solid fats (saturated fats that tend to be solid at room temperature), choose low-fat versions and keep the portion sizes small or moderate.

- Shun sugary beverages and desserts. Sodas, fruit-flavored drinks, and other beverages that contain high amounts of sugar or high-fructose corn syrup may be okay as occasional treats, but low-fat milk, water and real fruit juice are healthier choices on a daily basis. Similarly, a bowl of fruit is recommended in place of cakes, pastries and other desserts high in added sugars.

- If you choose to include alcohol in your Mediterranean-style

diet, moderation is key. Studies show that moderate amounts of red wine are typical to traditional Mediterranean dietary patterns. Research also shows that the same principle of moderation probably applies to beer and other alcoholic beverages. Of course, alcoholic drinks are not recommended for everyone.

For more information on healthy eating patterns such as the Mediterranean Diet, contact Terri Miller - Florence, Forest & Vilas County UW-Extension Nutrition Coordinator at 715-479-3653 or terri.miller@ces.uwex.edu or visit reliable online sources of nutrition information such as the Dietary Guidelines for Americans 2010 (<http://www.cnpp.usda.gov/DietaryGuidelines.htm>), MyPlate food guidance system (<http://www.choosemyplate.gov/>), and eXtension (http://www.extension.org/families_food_fitness).



THANK YOU FOR MAKING THE THREE BEAR SLED DOG RACES AND GAMES A GREAT FAMILY EVENT!!!

The Three Bear Sled Dog Committee would like to thank everyone that had a hand in making this event a success. It looked like half the town worked at the event and the other half came and enjoyed it!!! AWESOME COMMUNITY!

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From the PASTOR'S WINDOW *by Pastor Skip Pullen*



Skip Pullen is a pastor with Village Missions, serving two churches in the Upper Peninsula of Michigan—the Watersmeet and Bruce Crossing Bible Churches.

Mother's Day is just around the corner. Mother's Day is the day in which we recognize those special ladies in our lives, so I'd like to share some thoughts on what the Bible says about wives and mothers. In Proverbs 31:10 it says, "Who can find a virtuous wife? For her worth is far above rubies." Now men, does verse 10 say, "Who can find a vivacious wife or a voluptuous wife?" No. Yet that's what the world tells us. Just look at TV and magazine ads. They are all designed to get you and me to think that happiness comes from having a super model at our side, to focus on the outer person and the here and now. Proverbs 31:30 says, "Charm is deceitful and beauty is passing, But a woman who fears the Lord, she shall be praised."

Beauty is what? Passing. It is here today and gone tomorrow. Charm is what? It's deceitful, deceptive! It lies to you and me, so don't buy into it! That's the world's teaching. It wants us to believe it, and so many do. Their message is to look at today and don't think about tomorrow; and we're buying into it. They don't want us to think about what it will be like in 20 or so years down the road, or if they get sick. The world's message is that if he or she looks good, the sex is good, that's good enough. Today, we're being told those who lack integrity and character are okay. Everyone is doing it. Yet God's Word here shows us that having character is

more important. Now this doesn't mean that the lady can't be pretty or nice looking. What it is saying is that her character needs to be thicker than her nail polish.

Men, I think God put Proverbs 31 here for us, not so we can come up with a checklist to judge a wife's performance, but one to help every man to choose a good wife. Our choice of a wife will be a determining influence on our lives, our homes, our children, and our careers. If we find that precious gem – and I believe the Lord has one for all who would marry – we need to set our affection on her alone. When we do this, the Scripture here tells us we will have security, we will have all we need, and we will have satisfaction. If you are a young man or a young lady, pay attention to what I am saying. You may be buying into a system of thinking that'll lead you to much heartache. "Oh, he's cute!" "She's so hot!" You are putting value on the wrong area.

Parents, we need to teach this to our sons, daughters, and grandchildren because there will be enough "friends" and co-workers who will try to get them to look at women as just a piece of meat. It's time to raise a higher standard and live it. We need to point out the world's bombardment of what it says is right. We need to expose the lies and point our young people to what is truly best. Isn't it interesting how we'll teach them how to shop for value in clothes, food, tools, and even vehicles; yet why not teach them about choosing a mate? If we don't, the world will.

Proverbs 31:10-31 is important both for men and women. For the men, it shows the type of woman to choose out; and for ladies,

it shows what type of wife you should choose to be. Understand, it isn't the outer adornment that determines your worth and value; so be wary of the covers of the magazines we see at the checkout. Those are fantasy! Hours of staging go into those pictures.

The woman we see here in Proverbs 31 is trustworthy. She takes good care of her husband and the family. She has her husband's back. The husband doesn't have to worry about the way she spends the family income. She's industrious. She works steadily and diligently. It isn't on again and then off again. She's consistent. She's resourceful. She shops for buys. She's compassionate. She plans for the future; and because of her character and hard work, her husband is well-known and honored. They say things like, "You've got a great family!" Because of this, he can sit in places of leadership.

Ladies, I believe it is good to note that the object of the virtuous wife and mother is not herself, but the good of others, her husband and her household. Paul writes: *Let no one seek his own, but each one the other's well-being. (1 Corinthians 10:24)* She's seeking not only her own, but the good of others. This can seem like a tall order, until we put it in the light of verse 30. The godly woman fears and respects the Lord. She wants to honor Him, not just her family with its flaws, but God. We live in a world that tells us we can do it all, but can we?and can we do it well?

Let's be sure to honor those precious wives and mothers not only one day a year, but all through it. Be sure to thank them and God for all they do and mean to us.

Know I'm praying for you!

Presque Isle Discovery Art Camp

The 2013 Presque Isle Discovery Art Camp is all new and set to stretch the artistic muscles and expand the minds of beginning and seasoned artists. We are excited to welcome the Discovery Center's Naturalist, Licia Johnson as an instructor at the August 12 - 16th, 2013 art camp. Licia will join artist/ Illustrator Saga Erickson as they blend hands on science at the water's edge with mixed media painting on large canvases of what inspires you about the water environment and the surrounding landscape.

Presque Isle Fine Arts, Inc. in partnership with the Discovery Center has prepared a science art camp to take you on a journey into the world of water, northwoods style. Licia and Saga will start each day's adventure on the wild side with a hands on exploration of the creatures and plants that live in and around the Presque Isle River. The first day, you'll be "critter catching" and identifying creatures that live in the mud and debris of the lake bottom. Licia will show how the creatures adaptations allow them to live this amazing aquatic lifestyle and she'll explain how this tells you how healthy the water is. Then back to the PI community building, where Saga will guide your imagination each day as she demonstrates painting techniques to help you paint your very own 3-D water environment using acrylics and mixed media. As the week progresses, Licia will take you from in the water, to the edge of the water, to the shore and the surrounding landscapes. You'll be interacting with aquatic critters, amphibians and land animals.




No art experience or background is necessary for Art Camp. It is open to beginners and experienced artists and also those of you who think you have no artistic abilities at all. The camp is usually an even mix of kids and adults, all ages and abilities, developing a world of wonder and imagination. Discovery Art Camp runs from August 12-16th, with the exhibit in the Presque Isle Library on Aug. 18th during the Presque Isle Fine Arts Show. When you register, choose either morning 9-12, or afternoon 1-4. Each session limit is 20 students. Children under the age of 8 must be accompanied by a paying adult. The entry fee of \$65 per student includes camp, a t-shirt and your finished artwork which you can take home to "wow" your friends and family. You can pick up a registration form at the Presque Isle Community Library, or for more information and a registration form email Kay Lorbiecki at info@pifinearts.com or call 715- 439-5233 or you can download a registration form at www.pifinearts.com

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Dinner and a Show

The Phelps School spring musical, Aladdin, will be on Saturday, May 11 at 7 pm in the small gym. The story of Aladdin begins in tales from Asia, Arabia and Persia, that developed into a plot about a teenager seeking self-respect instead of the approval of others. The cast consists of choir students under the direction of Kim Johnson.

Prior to the musical at 6 pm, a sit down dinner of beef tips over



noodles, vegetable, dinner roll, dessert and beverage will be available at a cost of \$10 a ticket. The meal will be served by students and proceeds from the dinner will provide students opportunities for cultural and artistic enrichment. In addition, your dinner ticket includes preferred seating for the musical. Only 150 dinner tickets will be sold, first come, first served. Tickets are available at the Phelps First National Bank, the School office, the Phelps Chamber of Commerce, cast members and members of the School Community Relations committee. Make an evening of it and attend both the dinner and the musical. For information call the school office at 715-545-2724.

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Intersection ~ Classics to the Northwoods by Barbara Wilkinson

The Headwaters Council for the Performing Arts (HCPA) has sponsored some exceptional concerts this year for its aficionados. On Saturday, March 23, an outstanding musical trio performed many of the finest selections that have been on stage at the Northland Pines High School auditorium. Each musician brought a long list of achievements that explained the high quality of the music presented, from Kristina Cooper's Doctorate in cello music from the Julliard School of Music and violinist Laura Frautschi's Harvard Degree and experience as concertmaster for top orchestras, to John Novacek's piano background that has won him prestigious awards, both as a talented composer and as an accompanist to many distinguished instrumentalists and vocalists.

From the first moment the audience was mesmerized with the excellence of the timing, exuberance and energy the musicians created with the broadness of their dynamic range and their fullness of tone. The various selections played were exceptional in that they easily adapted traditional repertoire with lighter compositions that were shorter and more clearly understood. The selections were poignant as the musicians exhibited a warmth and depth that made the melodies sing sweetly.

The trio began with a electrifying rendition of Igor Stravinsky's The Firebird Suite. This ballet music was played with outstanding depth of emotion, beginning with an open, airy feel, and the audience

clearly could perceive the firebird slowly rising as it crescendoed to a regained strength, its fiery wings igniting in spectacular beauty.

The performance featured many highlights, including Claude Debussy's impressionistic "Clare de lune" ("Moonlight") from the third movement of the composer's Suite bergamasque. Beginning very softly, the piano created a profound silence in the music as a full moon would shine on a quiescent lake. As the chords emerged out of that silence and combined with the violin and cello harmonies, the notes began to linger and the synchronization began to elicit a myriad of sensations in the audience. The result was breathtaking.

Cooper's grandfather (Tomojiro Ikenouchi) was a fine Japanese composer who left an unpublished composition entitled Ballade sur en air Japonais Ancien, an expressive piece for cello, much of which was played in the lower octaves. The piece opened with a beautiful mellow quality and worked up to an explosive melody when the violin and piano joined in. The interacting strings broke into a riveting staccato that fit together beautifully. It was a perfect selection to honor Cooper's grandfather and to express the pure quality of the instruments.

Using their fine high level of virtuosity, they trio played the technical masterpiece Piano trio in

A minor by Maurice Ravel, under whom Ikenouchi studied in Paris. This piece demanded a perfect balance between the three instrumental voices, allowing the cello to stand out from the others when the score called for it. The musicians were easily able to capture the extensive use both of the extreme ranges of their instruments and of the use of trills, tremolos and glissandos.

Lastly, the trio played a moving adaptation of George Gershwin's beloved Rhapsody in Blue. It was a Novacek creation, an emotional, yet energetic modern arrangement with much string plucking, making it a poignant selection to the very end. There were many variations to the melody, some very energetic, but the musicians would always return to the slower, more familiar melody.

The audience gave a rousing standing ovation and begged for an encore. It was then entertained by a riveting piano rag by Novacek entitled Intoxication, an extremely fast and intricate arrangement. He played spectacularly, his hands moving up and down the keys in a wide variety of octaves and staccato notes. It was an amazing performance.

This was a gifted musical trio with exceptional credentials. It was an honor to have such quality of talent on our stage. Once again, thank you to the HCPA for sponsoring this excellent performance.

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FISH >> cont'd from cover

After a female lays its eggs, its work is done, and it returns to deeper waters. If it lays too few eggs, a male may abandon a nest and start again later, but if the male remains, it must begin a constant vigil, fanning the eggs to remove suffocating silt and watching for intruders. (Nesting sunfish are notoriously aggressive and will even nip at human hands that get too close.) But even with such efforts, sand and debris can smother eggs, waves can push them into deeper waters or hungry fish can consume them in a few quick gulps.

Once eggs do hatch - in two to 10 days depending on the temperature and species - the males continue to stay close. Some leave

in one or two days; others wait at least four or five until the hatchlings develop mouths and fins and absorb the nutritious yolk sacs left over from their time inside their eggs. Pumpkinseeds can guard their young for over a week, popping strays in their mouths to ferry them back to the nest, and smallmouths can spend

several days corralling undulating blobs of black fry. Largemouth bass tend to be the most enduring caregivers, following their schooling fry for up to a month. Eventually, though, sunfish fry, like all fry, must navigate the hazards of open waters on their own. It's just the nature of things.

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