

Outdoor Life 2022



SEPTEMBER | OCTOBER 2022
A Special Supplement to the

*Minden Press-Herald
Bossier Press-Tribune*



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• • • • • Happy Hunting and Fishing! • • • • •

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The Bassmaster Opens
Tournament will return to
Toledo Bend April 13-15, 2023
at Cypress Bend Park

TOLEDO BEND LAKE COUNTRY, LOUISIANA – Louisiana Office of Tourism along with the Sabine River Authority, Sabine Parish Tourist Commission, DeSoto Parish Tourist Commission, Vernon Parish Tourist Commission, and Cypress Bend Resort are excited to welcome St. Croix Bassmaster Opens back to Toledo Bend Lake. The Bassmaster Opens Tournament will return to Toledo Bend April 13-15, 2023 at Cypress Bend Park.

“We are thrilled to welcome Bassmaster Open back to Toledo Bend Lake, one of the best bass fishing lakes in the south. We have look forward to working with the BASS staff to make this another great event for the anglers and fans.” said Georgia Craven, Executive Director, Sabine Parish Tourist Commission.

Bassmaster’s announcement released on September 20th, 2022 unveiled the schedule for the slate nine Opens, three each in three divisions, covering eight states. The popular Opens tournament also announced a new EQ (Elite Qualifiers) format in 2023.

Contact: Sabine Parish Tourist Commission Georgia Craven, Executive Director - (318) 256-5880 georgia@toledobendlakecountry.com

Hunting Licenses, Permits, and Tags

Residents and nonresident hunters age 18 or older must have a Basic Hunting License to hunt, take, possess or transport any wild birds or quadrupeds (for which hunting is permitted and seasons are opened).

All youth (age 17 and younger) who are actively harvesting deer or turkey, participating in a lottery hunt, or trapping are required to have a Youth Hunting License. Youth who are spectating (not

actively hunting) are not required to have a license.

* Additional special licenses are required to hunt, take, possess, or transport deer, turkey, or migratory waterfowl.

- Hunters must have licenses (or license numbers) and a physical form of identification on their person while hunting.
- No person born on or after September 1, 1969, shall hunt unsupervised

unless that person has been issued a certificate of satisfactory completion of a Hunter Education course approved by LDWF. Please see • Mandatory Hunter Education for exceptions, requirements, and methods for taking approved hunter education courses.

• Licenses are available at special rates for seniors, military, students, and people with disabilities. Lifetime licenses are also available.

The following individuals are not re-

quired to have a hunting license:

- Residents and nonresidents under age 18 (i.e. age 17 and under) who are hunting game animals besides deer or turkey or are spectators of another person hunting
- Residents born before June 1, 1940 who have lived in Louisiana for 6 months.
- However, these individuals must have proof of age in their possession whenever hunting.

How Do I Purchase Hunting License?

You can purchase a hunting license*:

ONLINE

At LDWF Headquarters at 2000 Quail Drive in Baton Rouge and many local retailers.

*This does not apply to most military, student, disability, and lifetime licenses. See Special Licenses for details.

Online payment options include Visa, MasterCard, Discover, or American Express; these purchases include a small handling fee.

If you purchase your license online (via smartphone, laptop, tablet, etc.), you will not receive a license in the mail. You will receive a text with a temporary authorization number and an email with the temporary authorization number and a PDF of your licenses, which you can print and/or save to the electronic device you take hunting.

Louisiana citizens with a Louisiana driver's license or ID card can also now use the LA Wallet app to display their purchased LDWF licenses on their smartphone.

How Do I Qualify For Resident Rates?

To purchase a license at the resident rate, you must meet the bona fide residency requirements defined below and present one of the following valid forms of identification:

- > Louisiana driver's license (valid for 6 months or more)
 - > Louisiana identification card (issued by the Louisiana Department of Public Safety)
- If you obtain a resident license but do not comply with the bona fide residency requirements as stated below, you will be subject to criminal and/or civil sanctions.

BONA FIDE RESIDENCY REQUIREMENTS:

You're a bona fide resident if you've resided in the state of Louisiana continuously during the 6 months immediately prior to the date you apply for any license and if you've established Louisiana as your legal domicile. You must

demonstrate compliance with all of the following, as applicable:

- > If you're registered to vote, you're registered to vote in Louisiana
- > If you're licensed to drive a motor vehicle, you have a valid Louisiana driver's license
- > If you own a motor vehicle located within Louisiana, you have a valid Louisiana registration for that vehicle
- > If you earn an income, you have filed a Louisiana state income tax return and have complied with state income tax law and regulations.

Any person, corporation, or other legal entity that possesses a resident license from any other state or country shall not qualify for a resident license in Louisiana.

How Do I Replace a Lost License?

If you lost your license, you can purchase a duplicate for \$2 per license. If you purchased it online or through a mobile device, you can reprint it for free. No duplicates are allowed for temporary licenses.


Did You Know?

Hunting licenses are valid from the date of purchase and expire one year (365 days) from the date of purchase. If you purchase your license online, you can select an option to have your license renewed automatically every year.



Next time you renew your driver's license at the Office of Motor Vehicles, you can add a Lifetime Hunting/Fishing, Boater Education, and/or Hunter Education endorsement to your license for free. If you have one or more of these endorsements, you do not have to carry the applicable license or certification card with you as long as you have your driver's license.

In addition, Louisiana citizens with a Louisiana driver's license or ID card can now use the LA Wallet app to display their purchased LDWF licenses on their smartphone.

License and Permit Types and Fees 				
License/Permit Type	Resident, Military, Student Fee	Nonresident Fee	Nonresident Native 10-Day ³	Nonresident 5-Day
Basic Hunting (required for all hunters)	\$20	\$200	\$20	\$65
Deer (includes archery and primitive privileges and deer tags; required for all deer hunters in addition to Basic Hunting)	\$15	\$100	\$15	\$35
Waterfowl (required for all waterfowl hunters in addition to Basic Hunting)	\$12	\$50	\$12	\$35
Federal Duck Stamp (required for all waterfowl hunters 16 years of age and older, even those who are not otherwise required to purchase a license)	\$27.22			
HIP Certification (required in addition to all other applicable licenses for migratory game birds—mourning doves, ducks, geese, woodcock, rails, snipe, coots or gallinules)	Free			
Turkey (includes tags; required for all turkey hunters in addition to Basic Hunting)	\$12	\$50	\$12	\$35
Youth Hunting (under age 18; required for hunting deer and turkey, trapping, and youth lottery hunts; includes deer and turkey tags; no ID or proof of residency required for purchase)	\$5	\$5	—	—
WMA Access Annual Permit (this permit is included in the Sportsman's Paradise license, Senior Hunt/Fish License, and all lifetime licenses, not required for youth 17 and under)	\$20	\$20	—	—
WMA Access 5-Day Permit (valid for a five-consecutive day period)	\$5	\$5	—	—
WMA Camping Permit (required for each camping party of up to five adults camping together. Youth 17 and under are not required to have a camping permit. The WMA Camping Permit(s) or LDWF number(s) shall be displayed at each camping party's campsite. A campsite is defined as any tent, RV, camper, vehicle or site occupied within a campground or vessel/houseboat moored adjacent to a campground.)	\$7/night	\$7/night	—	—
Senior Hunting/Fishing ¹	\$5	—	—	—
Louisiana Sportsman's Paradise ²	\$100	\$400	\$100	\$120
Nonresident Hunting Preserve (October 1-April 30) ³	—	\$310		
Game Breeder's License for Falconry (Falconry License ; to practice falconry in Louisiana; must also have a current, valid Hunting License; Falconry Licenses will not be issued for pets or the pet trade/industry) ⁴	\$37.50 plus one-time \$50 facility inspection fee	—	—	—

¹Any resident age 60 or older must instead have a Senior Hunting/Fishing License. This license is in lieu of Basic and Saltwater Fishing Licenses; Basic, Deer, Waterfowl, and Turkey Hunting Licenses; and the WMA Access Permit. It also includes all legal gear privileges. This license is free for residents born before June 1, 1940.

²The Louisiana Sportsman's Paradise License includes Basic and Saltwater Fishing Licenses; Basic, Deer, Waterfowl, and Turkey Hunting Licenses; and the WMA Access Permit.

³If you were born in Louisiana but are not currently a resident, you may purchase Nonresident Native Hunting Licenses, which are valid for ten consecutive days. These temporary hunting licenses are available for Basic Hunting as well as other licenses or permits required in addition to the Basic Hunting License, such as Deer, Waterfowl, or Turkey. These licenses are available at any Louisiana license vendor. You must present an original or certified original birth certificate from the Louisiana Department of Health and photo identification when you purchase these licenses.

⁴Only allows you to hunt pen-raised birds on a hunting preserve; in lieu of a Basic Hunting License. However, if you are taking or hunting mallards, you must also have a Waterfowl Hunting License..

Understanding The New License Fee Changes

LDWF has implemented a new fee structure for hunting and fishing licenses and boat registrations. The new fee structure streamlines the old process, reducing the number of licenses required for hunters and anglers. These changes will provide the agency with a more stable source of revenue, which is crucial to our ability to provide programs and services to the people of Louisiana.

DETAILS OF THE NEW FEE STRUCTURE, WHICH WAS APPROVED DURING THE 2021 LEGISLATIVE SESSION, ARE ON PAGE 6.

RECREATIONAL FISHING LICENSES

> Basic Freshwater License includes all legal means/gear for catching freshwater species (e.g. hoop nets, seines, slat traps, cast nets with a radius smaller than 8', 6", wire nets, pipes, buckets, drums, tires, cans, crawfish traps, crawfish nets)

> Saltwater License includes all legal means/gear for catching saltwater species (e.g. crab traps [up to 10], shrimp trawl up 25 feet, oyster tong)

• \$7.50 from every Saltwater License continues to fund LA Creel.

> Hook and Line License allows an individual to use a pole, hook and line, without a reel or artificial bait, dip nets, landing nets, minnow traps, crab nets, or crab lines.

> Crabbing

• To harvest crabs recreationally with crab nets or crab lines above the freshwater/saltwater line you will need EITHER a Hook and Line Fishing License OR a Basic Fishing License.

• To harvest crabs recreationally with crab nets or crab lines below the freshwater/saltwater line, you will need EITHER a Hook and Line Fishing License OR a Basic Fishing License + Saltwater Fishing License.

• An annual combination license or lifetime license would also convey roadside crabbing privileges for all water.

• If you're harvesting crabs recreationally with crab traps, you must have a Saltwater Fishing License.

RETIRED MILITARY

Any person who is a retired member of the United States Armed Forces, including the Louisiana Army National Guard or the Louisiana Air National Guard, and was either born in Louisiana or is a bona fide resident of Louisiana, may obtain any license at the cost of a senior license. This license will cost \$20.00 on June 1, 2022.

LIFETIME LICENSES

> Lifetime licenses are NOT going away.

> The new lifetime licenses include recreational hunting, fishing, and gear privileges. After June 1, 2022, a lifetime license will cost \$500 for any individual, except seniors 65 and older.

> The current individual lifetime licenses (e.g. Resident Lifetime Fishing Only

[\$300] and Resident Lifetime Hunting Only [\$300]) that are available through the current license structure will no longer be offered after May 31, 2022.

> If you currently hold a Resident Lifetime Fishing License, you will keep your existing privileges and gain the gear privileges associated with the Recreational Freshwater License and the Recreational Saltwater License in the new structure. However, your license will not be converted into a Hunting/Fishing Combo License.

> If you currently hold a Resident Lifetime Hunting License, you will keep your existing privileges. But your license will not be converted into a Hunting/Fishing Combo License.

> If you currently hold a Resident Lifetime Hunting/Fishing Combo License, on June 1, 2022 you will keep your exiting privileges and gain the gear fees and privileges of legal harvest associated with the Recreational Freshwater License and the Recreational Saltwater License in the new structure.

> For individuals that currently hold a Lifetime Fishing (only) License or a Lifetime Hunting (only) license, after June 1, 2022 those type of Lifetime licenses will no longer be available. You will only have the option of a Lifetime Combination License for \$500 in order to have both Hunting and Fishing.

SENIOR LICENSES

> A person born before June 1, 1940 = License not required

> A person born between June 1, 1940 and May 31, 1962 = Annual License fee remains \$5

> A person who is age 65+ after June 1, 2027 (not available until June 1, 2027) = Annual License fee is \$20

YOUTH LICENSES

> "Youth" will be considered age 17 and under (raised from age 15 and under) for all hunting and fishing activities that require a license.

> Youth (ages 17 and younger) who are actively harvesting deer or turkey are required to have a license.

> Youth (ages 17 and younger) who are hunting game animals besides deer or turkey are not required to have a license.

> Youth (ages 17 and younger) who are spectators of another person who is hunting, but who are not actively harvesting a game species, are not required to have a license or tags.

> For deer and turkey hunting ONLY, hunters age 17 and under will need to purchase a \$5 Youth Hunting License to obtain Deer and Turkey Tags. The purpose of this license is to allow LDWF to count each youth hunter and receive federal funding (\$35 for each hunter).

> Youth who hold Lifetime Hunting License or a Lifetime Combo License are not required to purchase the \$5 annual license mentioned above to obtain deer and turkey tags mentioned above. They are, however, still required to use deer and turkey tags.

> Youth who hold Lifetime Hunting License or a Lifetime Combo License are not required to pay the fee associated with a Youth Lottery





RECREATIONAL LICENSE FEES

New fees start JUNE 1, 2022

• Licenses valid for 365 days from purchase

	Resident, Military & Student	Non-Resident	Non-Resident Native 10-Day	Non-Resident 5-Day
FISHING				
Hook & Line / Roadside Crabbing	\$5.00		\$5.00	
Basic Fishing (includes all freshwater gear; required for all fishermen)	\$17.00	\$68.00	\$17.00	\$30.00
Saltwater Fishing (includes all saltwater gear; crab traps, shrimp trawl and oyster tong; required for all saltwater fishermen in addition to Basic Fishing)	\$15.00	\$60.00	\$15.00	\$30.00
Charter 3-Day Saltwater (includes NR Charter Skiff 3-Day)	\$20.00			
Charter 3-Day Freshwater	\$10.00			

NOTE: Persons 17 and under are not required to purchase a fishing license.

HUNTING				
Basic Hunting (required for all hunters; additional licenses are required to hunt deer, waterfowl and turkey)	\$20.00	\$200.00	\$20.00	\$65.00
Deer (includes archery and primitive; includes tags; required for all deer hunters in addition to Basic Hunting)	\$15.00	\$100.00	\$15.00	\$35.00
Waterfowl (required for all waterfowl hunters in addition to Basic Hunting)	\$12.00	\$50.00	\$12.00	\$35.00
Turkey (includes tags; required for all turkey hunters in addition to Basic Hunting)	\$12.00	\$50.00	\$12.00	\$35.00
Youth Hunting (ages 17 and under; required for hunting deer, turkey, trapping and WMA youth lottery hunts; includes tags)	\$5.00			
Federal Electronic Duck Stamp	\$27.72			
Harvest Information Program (HIP)	FREE			
Hunting Preserve (Oct. 1 - April 30)		\$15.00		

NOTE: Youth (ages 17 and younger) who are actively harvesting deer or turkey, participating in a lottery hunt or trapping are required to have the Youth Hunting license. Youths who are spectating (not actively hunting) are not required to have a license.

RECREATION ON LDWF ADMINISTERED LANDS				
WMA Access Annual Permit (this permit is included in the Sportsman's Paradise License, Senior Hunt/Fish License and all lifetime licenses; not required for youths 17 and under)	\$20.00			
WMA Access 5-Day Permit (valid for a five-consecutive-day period)	\$5.00			
WMA Camping Permit (required for each camping party of up to five adults camping together. Youths 17 and under are not required to have a camping permit.)	\$7.00/day			

NOTE: Either a WMA Access Annual or 5-day Permit is required for all users of LDWF administered lands, including wildlife management areas, refuges and wetlands conservation areas. Persons 17 and under are not required to purchase WMA permits.

COMBINATION LICENSES (all privileges above EXCEPT Lottery Hunts and WMA Camping Permit)				
Sportsman's Paradise	\$100.00	\$400.00	\$100.00	\$120.00
Senior Hunt/Fish (born before June 1, 1940)	FREE			
Senior Hunt/Fish (born between June 1, 1940 and May 31, 1962)	\$5.00			
Senior Hunt/Fish (65+ on or after June 1, 2027; not available until June 1, 2027)	\$20.00			
Resident or Native-Born Retired Military	\$20.00			
Disabled (blind, paraplegic, amputee, artificial limb(s), permanent brace(s), KIA surviving spouse)	\$4.00			
Disabled Veteran (issued at no cost to the consumer; paid by LWFF)	\$4.00			
Lifetime Hunting/Fishing Combo License (from birth to age 64; includes deer and turkey tags)	\$500.00	\$4,000.00		
Senior Lifetime Hunting/Fishing Combo License (65 and older; includes deer and turkey tags)	\$100.00	\$4,000.00		

WEBSTER PARISH FAIR



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to
good times!*

DAILY EVENTS

TUESDAY, OCTOBER 4

FAIR PARADE DOWNTOWN
MINDEN AT 5:00 P.M.
FAIR GATES OPEN AT 5:00 P.M.
LIVESTOCK WEIGH-IN AT 5:00 P.M.
POULTRY AND RABBIT SHOW
AT 6:00 P.M.
LIVE ENTERTAINMENT AT 6:00 P.M.
(Echota Records)

**\$1
GATE FEE and
\$1 RIDES
TUESDAY
ONLY!**

**GATE
ENTRANCE
FEE:
\$2 Rest
of Week**

WEDNESDAY, OCTOBER 5

FAIR GATES OPEN AT 5:00 P.M.
"ARMBAND NITE"
4-H SWINE SHOWMANSHIP AT 6:00 P.M.
THEN SWINE WEIGHT CLASSES (LIVESTOCK ARENA)

THURSDAY, OCTOBER 6

SENIOR CITIZEN DAY 9:00 A.M. UNTIL 1:30 P.M.
(CIVIC CENTER)
FAIR GATES OPEN AT 5:00 P.M. "ARMBAND NITE"
4-H GOAT, LAMB, BEEF SHOWMANSHIP AT 6:00 P.M.
4-H DAIRY, AND DOUG SALE SHOWMANSHIP AT
7:00 P.M.

FRIDAY, OCTOBER 7

BUYER'S LUNCHEON AT 1:30 A.M.
LIVESTOCK AUCTION AT 1:00 P.M. (4-H SHOW BARN)
FAIR GATES OPEN AT 5:00 P.M.

SATURDAY, OCTOBER 8

FAIR GATES OPEN AT 12:00 P.M.
LIVE ENTERTAINMENT by (Echota Records)
KIDS DAY! 1:00 TO 5:00 P.M. 5 RIDES FOR \$5.00
PIZZA EATING CONTEST AT 2:00 P.M. SPONSORED
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(Dates are subject to cancellation)



WEBSTER PARISH FAIR PARADE



DATE: Tuesday, October 4, 2022

START TIME: 5:00 P.M.

LINE UP: 3:30 P.M.

NAME OF GROUP:

NAME OF SPONSOR (IF ANY):

ADDRESS:

TELEPHONE:

APPROX. NUMBER OF PEOPLE IN
GROUP:

DESIGNATE:

DRILL TEAM FLOAT BAND

MARCHING GROUP AUTO OR TRUCK

SEND ENTRIES BY SEPTEMBER 30, 2022

MAIL TO: Sherrie McMurray
107 Methodist Camp Rd.
MINDEN, LA 71055

INFORMATION: Sherrie McMurray
PHONE: 318-294-6346
FAX: 377-4769

NOTE

THE PARADE'S PACE WILL BE SLOW
ENOUGH FOR YOUR GROUP TO
PERFORM ROUTINES. THEREFORE,
WHEN THE PARADE IS STARTED THERE
WILL BE NO STOPPING OF ANY GROUP.
A CLOSE INTERVAL MUST BE
MAINTAINED AT ALL TIMES. IF ANY
GROUP CANNOT COMPLY WITH THIS
REQUEST YOU WILL NOT BE ALLOWED
TO PARTICIPATE IN ANY FUTURE FAIR
PARADES. IF PLANNING ON HAVING
THROWS YOU MUST HAVE WALKERS
ON EACH SIDE OF FLOAT FOR CROWD
CONTROL. IF PARADE IS STOPPED, THEN
YOU MUST STOP GIVING OUT THROWS
UNTIL FLOAT IS MOVING.
THANK YOU FOR YOUR COOPERATION.

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Outdoors in Minden, Louisiana

With year-round hunting, fishing, golf and countless other opportunities for outdoor recreation, it is easy to see why Louisiana's nickname is "Sportsman's Paradise." Sure, that's a lot to live up to. But with thousands of hiking and biking trails, beautiful State Parks, and one of the largest game preserves in the United States, Louisiana is the ultimate playground for all outdoorsmen. Our vast expanse

of coastal wetlands and countless birding trails make our state a habitat for many rare and endangered species and a natural paradise for bird watchers as well. Come step into the wild outdoors of Louisiana. With its distinctive red-bricked Main Street lined with shops, banks and churches, old-time charm pervades downtown Minden. History buffs will find plenty to explore in Minden's historic dis-

tricts with their antebellum and Victorian-era homes--- or at Minden Cemetery, which includes soldiers' graves from Civil War battles fought nearby. Just outside Minden, the Germantown Colony and Museum offers a glimpse of what life was like in an early 19th century settlement created by followers of the German-based Utopian Movement. Minden is also a gateway to outdoor recreation galore at desti-

nations like Dorcheat Bayou and Lake Bistineau, teeming with largemouth bass and the Caney Lakes Recreation Area with its numerous trails, campsites and lakes. The Webster Parish Fair comes to Minden in October with rides, games and a parade through downtown, while the Moess Art Center and City Farm combines art and agriculture and hosts annual events like the Spring Arts Festival.

Visit Bodcau Wildlife Management Area

LOCATION

9961 Hwy 80
Minden LA 71055

Bodcau WMA gets its name from Bodcau Bayou, the major bayou that bisects it from its northernmost point at the Arkansas-Louisiana state line to its southernmost tip nearly 30 miles to the south. The area is long and narrow with an average width of 1-1/2 miles. Ivan Lake is on Bodcau WMA, and there is also a manmade dam and seasonal flood reservoir which were built to control downstream flooding. Bodcau WMA contains a

wide range of wildlife habitat ranging from cypress swamps to upland pine and hardwood forests interspersed with grasslands and open fields. There are numerous seasonally flooded sloughs, beaver ponds, and large areas of flatland, bottomland, hardwood forests. The main bottomland tree species include bald cypress and water, overcup, willow, and cow oaks. Shortleaf and loblolly pine; white, red, and cherrybark oaks; sweetgum; and elm trees dominate upland forests. Understory species in the bottomland area include poison ivy, honeysuckle, rattan, buttonbush, and swamp priv-

et. Upland understory species include blackberry, honeysuckle, poison ivy, beautyberry, and sawbriar. Activities: hunting & trapping, shooting range, fishing & boating, birding & Wildlife viewing, and camping.

ACTIVITIES:

Backpacking
Bicycling
Birding
Natural Wildlife Viewing
Swamp Walks

Contact

Phone: 318-371-3050



North Louisiana Fishing You Can Bank On

In north Louisiana, there is great fishing in some of the most scenic places you can imagine. And often, these spots are available without a boat. Several popular state parks have public fishing piers for catching game fish like bream, crappie, catfish and bass. The experience is different from fishing the hotspots out in the lake, but there are plenty of fish to be caught. And a family outing on the pier is one sure to make memories.

Here are five north Louisiana bank fishing spots you should try:

- The pier at the **Lake Bistineau State Park**, near Minden, is in a protected cove on the meandering 15,000-acre lake, one of the oldest in the state dating back to 1935. Its moss-laden cypress trees provide great cover and a scenic backdrop for bass, bream and red-ear sunfish, catfish, yellow bass.

- **Jimmie Davis State Park** on Caney Lake near Chatham doesn't offer one fishing pier—their waterfront cabins come with their own. The area offers bank fishing in the richest big bass waters in the state. It isn't likely you'll

catch a 10 pounder off the bank, but in the spring you never know.

- **Lake Claiborne State Park** at Homer sports three fishing piers on the 6,400-acre lake. Bass, bream, yellow bass and white perch are common catches here. This park also has some of the most splendid nature areas when the fish aren't biting.

- You'll find five of the longest freshwater fishing piers in the state at **Lake D'Arbonne State Park** between Farmerville and Bernice. They are

long enough for plenty of fishermen to have lots of options for fishing. Bream and white perch fishing are good here in the spring along with catfishing.

- **Poverty Point Reservoir State Park** at Delhi has a fishing pier in one of the newest lakes in the state. This spot has the reputation as one of the best white perch lakes. Bream and bass can also be caught here. And if the pier isn't enough, you can fish from your own deck if you rent one of the over-the-water cabins on the 2,700-acre lake.

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ACTIVITIES

Bicycling
Birding
Natural Wildlife Viewing
Swamp Walks
Parks & Trails
Hiking/Nature Trail
National Wildlife Refuge



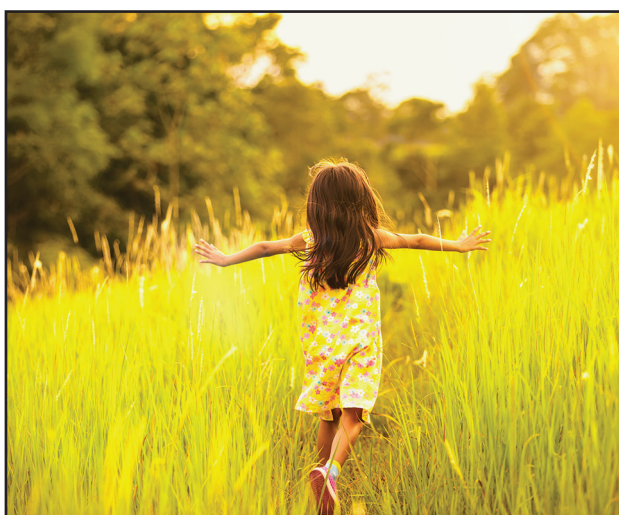
Outdoor Activities Benefit Kids

Modern amenities and indoor comforts have made life easier in many ways, but they've also helped to fashion a generation of people who spend much of their time inside. A 2018 report from the international research firm YouGov found that around 90 percent of study respondents from North America and Europe spend close to 22 hours inside every day. Children may get a little more time outdoors than adults, particularly if they participate in outdoor sports.

There are distinct advantages to engaging in more outdoor activities. Here's a look at some of them.

- **Improved mood and reduced risk of depression:** The YouGov report notes that around 15 percent of the world's population is affected by different levels of seasonal affective disorder, which is believed to be a direct result of lack of daylight. Symptoms go away when days are longer and individuals can enjoy more sunshine. Children who go outside and get ample exposure to sunlight may experience a more positive mood and renewed energy.

- **Lower risk of obesity:** Dr. Kenneth Ginsburg from the American Academy of Pediatrics says outdoor



play can help reduce obesity in today's youth. Children can enjoy self-directed physical activity that also stimulates awareness of one's surroundings.

- **Improved vitamin D levels:** Vitamin D has been dubbed the "sunshine vitamin" because sunlight hitting the skin prompts the liver and kidneys to create vitamin D in the body. A deficiency in vitamin D can

lead to depression and heart failure and may compromise the immune system. Children can improve current and future health by maintaining adequate vitamin D levels through healthy exposure to sunlight.

- **Lower stress levels:** Students of all ages are faced with stressful situations that come at them from every angle. The arrival of the global pandemic has been an added stressor that continues to affect children and adults. According to research by the University of Essex, outdoor exercise offers mental health benefits that exceed those gleaned from indoor exercise. Spending time in a green space can result in improved mood and self-esteem. A 2017 study of Japanese students found those who spent time in the forest for two nights returned home with lower levels of cortisol, a hormone used as a marker of stress, than students who remained in the city. The practice of de-stressing outdoors is often referred to as "forest bathing" or "nature therapy."

- **Better focus:** A dose of nature may help children diagnosed with attention deficit hyperactivity disorder improve their concentration levels. A

How to Prepare for a Child's First Hunting Trip

Millions of individuals across the globe are avid hunters. The passion many of those people have for hunting began on their first childhood hunting trip, and countless hunters fondly recall this milestone moment in their lives.

If there's a first time for everything, parents know that kids' initial forays into any activity comes with ups and downs. Hunting is no exception to that trend, but parents can consider these measures as they prepare their youngsters to go hunting for the first time.

- **Emphasize the importance of safety.** Safety is of the utmost importance on any hunting trip. Kids should be aware of all safety protocols pertaining to their guns and the hunting grounds. Hunter's education courses can teach kids about hunting safety, but parents can quiz youngsters in the days leading up to the trip to reinforce safety protocols.

- **Explain how hunting trips typically unfold.** Giving kids an idea of how a hunting trip may unfold is another good idea. Explain the timing of the trip and why it's



beginning when it is. Kids without such knowledge may be less enthusiastic about early morning hunting excursions if they don't understand why they need to get out of bed early on a day off. But they might be more excited if they recognize they're more likely to see wildlife and enjoy a successful trip if they're willing to sacrifice sleeping in.

- **Bring some extra activities for kids to do.** Screens are a no-no, as they could deter wildlife. But hunting requires patience, which is not exactly a virtue many youngsters possess. So bring some books along or

encourage kids to keep a diary of their first trip, describing it in detail so they have something to look back on as they get older.

- **Purchase comfortable hunting attire.** Kids will likely be wearing new attire on their first trip, so parents should have them try the clothing on prior to the trip. When shopping for hunting clothing, make sure it meets all safety standards and is functional for hunters, but don't overlook comfort. Hunting involves a lot of waiting, and the trip will be more enjoyable for everyone if kids are comfortable throughout the slow periods.

- **Recognize the day could be emotional.** A child's first hunting trip can be an emotional roller coaster, as kids may feel excited, bored, nervous, sad, and even guilty at any point during the day. Parents must allow kids to express any of these emotions during the day and emphasize that it's alright to express their emotions.

A child's first hunting trip is a milestone moment. Parents can take steps leading up to the trip to ensure their children are ready for what's to come.

Stay Safe This Hunting Season

Hunting is a thrilling hobby for millions of people across the globe. In fact, non-hunters may be wide-eyed to learn just how popular the sport is.

A recent report from the U.S. Fish and Wildlife Service found that 11.5 million Americans participated in hunting in 2016. Many hunters spend a lifetime hunting without ever suffering an accident or injury. However, hunting can be a dangerous sport, which only highlights the need for hunters to emphasize safety at all times.

FIREARMS

It's essential that hunters exercise caution with their firearms at all times. Firearms should always be considered loaded, even when they're not. This approach should apply while hunting

and while at home. Maintaining such a mindset can help hunters avoid dangerous, potentially deadly mishaps should they mistakenly believe a firearm is not loaded when it is.

When hunting, only point the firearm when you plan to shoot, making sure to keep your finger off the trigger until you're ready to shoot. Only shoot when a target is clearly identifiable and you're certain about what is beyond the target.

WEATHER AND GEAR

The right attire can protect hunters from Mother Nature and their fellow sportsmen. Weather can be unpredictable during hunting season. Hunters should always check the forecast before leaving home, making sure to dress for the

weather. Even if the forecast calls for agreeable weather, hunters could be at the mercy of Mother Nature should the weather unexpectedly change. As a result, it behooves hunters to prepare for cold, wet weather, which could put them at risk of hypothermia if they are not dressed properly. A water-repelling outer layer can protect hunters in wet conditions, and it's also ideal to dress in layers.

To lower your risk of injuries suffered at the hands of other hunters, avoid colors and patterns that blend into natural surroundings. Such colors can include earth tones, blacks and browns. Animal patterns may confuse fellow hunters into thinking you're an animal, so avoid these as well.

STAYING IN TOUCH

Hunters, especially those who plan to go it alone, should always let others know of their plans before going on a hunting excursion. Sharing plans can help rescue teams find you should you suffer an injury on your trip and prove incapable of returning to your campsite or vehicle without assistance. Let others know when you plan to return and indicate your plans to call or text them when you arrive back at your vehicle. This way they can promptly alert the appropriate authorities should you not contact them on time.

Millions of people across the globe enjoy the sport of hunting. Hunting trips are even more enjoyable when hunters prioritize safety.

How to Field Dress Wild Game Properly and Safely

Fishing and hunting are popular outdoor activities. Many outdoor enthusiasts engage in angling or hunting so they can have trophies to put up on their walls. Others rely on hunting and fishing for supplemental food sources. Game animals will have to be cleaned and processed properly whether they're headed to the dinner table or to the taxidermist.

Pathogen contamination is one of the biggest risks when field dressing an animal. As with any animal, game can contain harmful bacteria, such as salmonella and strains of E. coli. Other animals, such as wild hogs, can infect people with a flu-like illness called brucellosis, which can be caught through contact with blood, fluid or tissue of an infected hog. Deer, elk and moose also may have chronic wasting disease, or CWD. Although there is no evidence that links CWD to human illness, the Centers for Disease Control and Prevention advises caution.

Proper field dressing techniques and game transport can help reduce the risk of pathogenic contamination. Here

are some tips for getting started, courtesy of Penn State and the CDC.

- Wear safety gear. When handling any game animals, protect yourself with rubber gloves. This will prevent the blood and fluids from the game animal from getting on your skin. Eye protection is also advised when handling carcasses.

- Work quickly. The elapsed time from when the animal is downed until it is processed can affect the safety and the quality of the meat if it will be consumed, according to Martin Bucknavage, food safety extension associate in the Penn State Department

of Food Science. Field dress as soon as possible to ensure rapid loss of the animal's body heat, to prevent surface bacteria from growing and to preserve the quality of the meat. Eviscerate the animal to help the carcass dissipate heat and remove the internal organs, where spoilage tends to occur more quickly.

- Watch out for internal organs. Avoid cutting into internal organs, especially the intestines, where the largest amount of bad bacteria tend to reside.

- Chill the carcass.

Deterioration will occur more quickly in temperatures greater than 40 F. Therefore, insert plastic bags of ice or

snow into the body cavity of the animal to keep the carcass chilled. Move the carcass into a cooler or refrigerator as soon as possible after field dress.

- Choose tools wisely. Use clean, sharp knives when field dressing and butchering to make it easier to cut through and process the carcass. Use clean water, premoistened wipes or alcohol wipes to clean the knife frequently between cuts to prevent bacterial contamination.

- Hang game by hind legs. Hang the animal by its hind legs with its head down when aging or butchering. This prevents brain and spinal fluids from contacting the meat.

- Most importantly during field dress, if any of the internal organs smell or look offensive, or if there is oddly colored discharge, do not consume the meat. Hunters and anglers are advised to learn more about field dress techniques to hone their skills. Speak with local fish and game officials about nearby courses.



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