



Asian carp expand north in Mississippi River Eggs found near Lynxville, Wisconsin

DUBUQUE, IA, March 11, 2014 – Asian carp eggs, including late-stage embryos nearly ready to hatch from the egg, were recently identified in samples collected by U.S. Geological Survey scientists in 2013 from the Upper Mississippi River as far north as Lynxville, Wis. Lynxville is about 74 miles north of the Illinois state line.

"This discovery means that Asian carp spawned much farther north in the Mississippi than previously recorded," said Leon Carl, USGS Midwest Regional Director. "The presence of eggs in the samples indicates that spawning occurred, but we do not know if eggs hatched and survived or whether future spawning events would result in live fish."

The Asian carp eggs and late-stage embryos were discovered two

weeks ago while processing samples that were collected in mid-May and mid-June, 2013. The samples were taken as part of a larger research project designed to identify Asian carp spawning habitats. The eggs and late-stage embryos were 250 river miles upstream of previously known reproductive populations in the river. Spawning would have occurred upstream from this site.

Once the scientists visually identified the eggs, they examined other samples taken from the Mississippi River and found Asian carp eggs at seven locations between Pool 19 near Keokuk, Iowa, and Pool 9 of the main channel of the Upper Mississippi River near Lynxville. Iowa, Missouri, Illinois, Minnesota and Wisconsin border the navigation pools where these samples were collected.

The eggs and late-stage embryos were identified as bigheaded carps — either bighead carp or silver carp — through visual analyses of specific features of the eggs and embryos. It is also possible that some eggs could be from grass carp, although no eggs were visually identified as such. The USGS attempted genetic analyses to definitively determine which species of Asian carp the eggs belong to, but the results were inconclusive. Additional steps are being completed to attempt genetic confirmation, and those results are expected in one to two weeks.

The research project that collected these eggs is being coordinated by the USGS in collaboration with Western Illinois University. Scientists plan to collect **Asian carp eggs found**

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Lake Michigan Perch Summit, March 22

Fishery managers from the Illinois, Indiana, Michigan and Wisconsin DNRs and tribal jurisdictions will present the latest information on yellow perch in Lake Michigan and efforts to improve and manage perch fishing. Anglers can comment on the information and offer input.

The public meeting will be held at the UIC Forum, 725 W Roosevelt Rd., Chicago, IL 60607, on Saturday, March 22, 2014. Anglers and interested stakeholders are invited to attend.

WHEN:

8 a.m.-3:00 p.m., Saturday, March 22, 2014

WHERE:

UIC Forum - Parking is available in public lot, 2 blocks west on Roosevelt Road for \$10/day.

COST:

Free, but registration is required by March 15, after that the fee is \$20.

If you cannot attend in person, MI Sea Grant will be offering a webinar option that also requires registration.

The morning program will consist of informative presentations by invited experts, highlighting the latest science about Lake Michigan ecology and yellow perch populations, fishing, and management. The afternoon session will consist of a small-group breakout session where constituents can comment on the information presented and provide input to Lake Michigan fishery managers. A **Lake Mich Yellow Perch Summit**

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Nominations open for GLSFC officers, directors

Nominations are open for all officer and director positions of the Great Lakes Sport Fishing Council for the '15-'16 term. Nominations will be accepted via e-mail through August 31.

Interested in getting involved? Want to participate in the advocacy process of building and supporting our recreational fishery – and at the same time work more closely with government agencies? Get involved – get nominated.

The Great Lakes Sport Fishing Council is on the cutting edge of issues and information. We need your help to help us generate that time-sensitive information to our members, potential members and the general public. Our award-winning Web site gets over 34 million hits annually, and we need to continue feeding hungry anglers with sound information. You can help us by volunteering to serve.

Nominations are open for all offices including:

Officers

President
Vice President
Secretary
Treasurer

All State Directors (and Ontario)

Illinois
Indiana
Michigan
Minnesota
New York
Ohio
Ontario
Pennsylvania
Wisconsin

Voting will be conducted by First Class mail only. Ballots will be mailed in September, votes counted and results announced in late October or November. Send nominations to: Nominating Committee, glafc444@gmail.com. ✧

New secure Veteran Health ID Cards

The Department of Veterans Affairs (VA) recently announced the phased roll out of newly designed, more secure Veteran Health ID Cards. The new cards are distinguished by additional security features and will have a different look and feel.

In addition to being more secure, the card has been transformed into a Veterans Health Identification Card (VHIC). Similar to a typical health insurance card, the VHIC displays the Veteran's Member ID, a new unique identifier, as well as a Plan ID, reflecting the Veteran's enrollment in VA health care.

The VHIC is personalized to display the emblem of the Veteran's branch of service. It also provides features that make it easier to use, such as the addition of "VA" in Braille to help visually impaired Veterans, and the printing of VA phone numbers and emergency care instructions on the cards.

The card replaces the Veteran Identification Card (VIC), which was introduced in 2004. As part of a phased rollout, starting this month, the card will only be offered to newly enrolled and other Veterans who have not been issued a VIC. Then, in early April, VA will begin a three month effort to automatically issue the more secure VHIC to current VIC card-holders. VA recommends Veterans safeguard their VIC as they would a credit card, and cut up or shred the card once it is replaced. While not required to receive VA health care, all enrolled Veterans are encouraged to get a VHIC.

Enrolled Veterans can get more information about the VHIC by visiting their VA medical facility enrollment coordinator or the website www.va.gov/healthbenefits/vhic, calling 1-877-222-VETS (8387) or visiting their local VA health care facility.

Veterans not enrolled in the VA health care system can apply at any time by visiting www.va.gov/healthbenefits/enroll, calling 1-877-222-VETS (8387) or visiting their local VA health care facility. ✧



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Position Statement

Representing a major interest in the aquatic resources of the Great Lakes states and the province of Ontario, the Great Lakes Sport Fishing Council is a confederation of organizations and individuals with a concern for the present and future of sport fishing, our natural resources and the ecosystem in which we live. We encourage the wise use of our resources and a search for the truth about the issues confronting us.

Inland Seas Angler

GREAT LAKES BASIN REPORT

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WI DNR & Conservation Congress form Fisheries Council

To increase and broaden public input on statewide fisheries issues and facilitate dialogue between various fisheries interests, the Department of Natural Resources and the Wisconsin Conservation Congress are forming a new fisheries advisory group that meets for the first time on March 29.

The new group, called the Wisconsin Fisheries Advisory Council, will bring together representatives from diverse statewide fishing groups as well as representatives from the fishing business community and tourism. Angling groups aimed at bringing new people to fishing will be represented as well, including Becoming an Outdoors-Woman, Wisconsin Women Fish, and the Hmong American Sportsmen Club.

The group will advise DNR's fisheries management board and the [Wisconsin Conservation Congress](#) on statewide issues including DNR's long-term fisheries plan, biennial budgeting, and balancing angling groups' sometimes competing desires and priorities for their favorite fish species, says Mike Staggs, DNR's fisheries director.

"We are excited about the opportunity to expand public involvement in our fisheries program from a statewide perspective," he says.

He notes that DNR fish biologists and hatchery staff work often with local fishing clubs on issues concerning fisheries in a specific lake or river, and with statewide groups like Trout Unlimited and the Musky Clubs Alliance of Wisconsin on issues specific to the group's favored fish species.

"The idea is to get people who represent a cross-section of our users to help us try to balance all of the different and competing priorities of these groups and make the wisest use of our staff and resources," he says.

The advisory group will be led and facilitated jointly by DNR and the Wisconsin Conservation Congress. The WCC is statutorily defined as an advisory body on fish and wildlife management and conservation issues to the Natural Resources Board, and has worked closely for more than 80 years with DNR's fisheries and wildlife management programs on statewide and local issues.

Congress Chairman Rob Bohmann says the Congress has worked with DNR fisheries staff over the last six months to develop the council proposal, and will continue to work through the summer to identify and contact potential memberships.

"We see the Wisconsin Fisheries Advisory Council as an excellent opportunity to engage organized fisheries interests around the state in addressing statewide fisheries issues and helping the Congress fulfill its statutory mission."

The first council meeting will be held March 29, 2014. Agenda items for the first meeting include a review and discussion of current statewide fisheries issues and statewide planning efforts for panfish, trout, sturgeon, walleye, and public outreach.

FOR MORE INFORMATION CONTACT: Ron Bruch, Fisheries Statewide Planning Coordinator, Oshkosh at ronald.bruch@wisconsin.gov or 920-427-9831, or Larry Bonde, Wisconsin Conservation Congress Vice-Chair at lbonde@tds.net or 920-286-332. ✧

Ugly Stik to host photo contest

Huge prize list for winners, top prize trip to Sitka, Alaska

Ugly Stik is offering anglers a chance to win some great new gear while showing off their fishing and creative skills. The contest began on March 4th and will end on July 20th.

This isn't your average, run-of-the-mill photo contest though. Participants will have a chance to win any of the five separate, monthly challenges set by #theUglyStikTour Alaskan Adventure Photo Contest, but the top prize will send two anglers and their guest on a fishing trip to Sitka, Alaska to be filmed for a #theUglyTour webisode.

"This is the ultimate dream trip for any angler," said Josh Silva, Shakespeare Brand Marketing Manager. "We are giving away some great Ugly Stik GX2 gear, but we also know everyone is shooting for the trip

to Sitka, Alaska. Participants are encouraged to submit their photos and get everyone they know to vote on their image. The photo with the most votes at the end of each month will be a finalist and have an opportunity to hit the waters of Sitka, Alaska for the fishing trip-of-a-lifetime."

To register photos, log onto www.facebook.com/uglystikfishing and www.uglystik.com/tour and complete the online entry form. Voters are encouraged to visit the same links to check out all the unique entries. Each challenge requires a photo upload, and the winners will be the photos that receive the most votes at the end of each month.

Photos submitted do not have to be taken over the past year. Participants can select from any trips

they have taken throughout their angling career.

Monthly Challenge Themes:

Challenge 1: Favorite Tackle; March 4- March 30, 2014

Challenge 2: Favorite Fishing Location; April 1- April 27

Challenge 3: Ugliest Catch; April 29-May 25

Challenge 4: Biggest Catch; May 27-June 22

Challenge 5: Lady Anglers; June 24-July 20

Grand Prize

Two (2) Winners will receive an all expense paid fishing trip for two to Sitka, Alaska and be filmed for an upcoming webisode of #theUglyTour. For more contest information visit: www.uglystik.com/tour. ✧

New Michigan license options coming

Starting March 1, Michigan sportsmen will see something they haven't witnessed in many years: changes to the state's hunting, fishing and ORV license options—a lineup that hadn't undergone real change since 1997. The new license structure provides a simpler license-buying experience, brings Michigan's license options and prices in line with those of other states, and generates the revenue necessary to deliver the best in outdoor recreation opportunities.

The first thing customers will notice is an easier-to-navigate number of license choices—from 227 down to just over 40. Individual archery deer and firearm deer licenses? Gone. Restricted fishing license? Ditto. Pricing on several items has changed, too; some prices have risen, some remain the same, and others have decreased.

New for hunters

All hunters will be required to purchase a base license, with different

price points for resident, junior, senior and nonresident hunters. The base license (which allows the buyer to hunt small game) is needed to purchase any other licenses. Deer hunters will have the option of buying one deer license (\$20) or two-deer licenses (\$40). Hunters may choose one option or the other.

New for anglers

The two previous options for fishing licenses – one for everything *except* trout and salmon and another that included trout and salmon – have been rolled into one license. A resident fishing license will cost \$26 and includes fishing for trout and salmon (down from \$28 if you bought the all-species license under the old system). A one-day fishing license will cost just \$10.

New fishing licenses are required beginning April 1.

The hook-and-bullet crowd can try the hunt/fish combo (the base license, a fishing license and two deer

tags), which is available for \$76, a modest savings compared to buying them separately.

Discounts on some licenses will be available for youths and seniors. Active military and veterans with 100-percent disability who were or are Michigan residents will also be eligible for free licenses.

Off-road vehicle (ORV) riders haven't seen a license price increase since 1996. Starting March 1, operators will pay \$26.25 for a license to operate on eligible county roads and national forest roads, state forest roads in the U.P. and the frozen surface of public waters. No license is needed for use on private land.

The DNR anticipates the new license options, when fully implemented, could bring in up to \$18 million annually in new revenue. Director Creagh said residents will see these critical dollars reinvested into Michigan's natural resources in a number of meaningful ways. ✧

WI DNR seeks feedback on expanding trout seasons

MADISON, WI – Moving the start of the early trout season to January 1 and expanding the early season to all inland waters to provide more fishing opportunities are among the options Wisconsin anglers can weigh in on during the 2014 Spring Fish and Wildlife Hearings held April 14 at sites in all Wisconsin counties.

The six advisory questions on trout topics, [Spring hearings questionnaire questions 22-27 \[PDF\]](#), are the latest step in a comprehensive review of trout fishing in Wisconsin launched in 2011. The questions are designed to help gauge support for possible season changes, one of many components under consideration as the Department of Natural Resources develops a rule package aimed at improving anglers' trout fishing experiences without jeopardizing the quality of the fishery.

Anglers also will get a chance to share their input during public informational meetings planned for

summer 2014. Both will be used to shape a proposed trout regulation rule package for consideration at the 2015 Spring Fish & Wildlife Rule Hearings.

These public input opportunities are part of the statewide effort launched in 2011 to review inland trout fishing because it had been more than 25 years since DNR had collected angler input on a statewide basis, says Joanna Griffin, a fisheries specialist who leads DNR's trout team. Trout populations, trout streams, and trout angler habits and attitudes themselves had changed significantly over that time. Trout populations, for instance, increased overall on a statewide basis as has the number and mileage of trout streams, a story told in "[A Trout Treasury](#)" in the April 2011 *Wisconsin Natural Resources* magazine.

Based on the task force's input, DNR's trout team put together the advisory questions related to season changes, says Griffin.

The advisory questions, in addition to moving up the opening day of the early trout season, ask whether the season should be statewide. Right now, much of northeastern Wisconsin and selected waters elsewhere are closed during the early season. Other questions ask whether the early season should end the day before the regular season begins, eliminating the five-day closure now in place between the two seasons.

Anglers are also asked if they want to extend the regular season to October 15 from September 31, as it is now, with options of making the extra two weeks open to harvest or to catch and release only, Griffin says.

Finally, anglers are asked if they favor a uniform gamefish season for so-called put-and-take trout lakes and ponds, where catchable size fish are stocked every spring but where the lakes and ponds may not support survival over winter. ✧

Trout fishing opportunities at Castalia Hatchery

The Castalia Fish Hatchery in Erie County, OH will open a half-mile section of Cold Creek for controlled trout fishing events. This opportunity is limited to a designated number of anglers and will be held during select dates during the 2014 fishing season.

Controlled trout fishing is offered by the ODNR May 5-November 28. No weekend or holiday fishing is available. The trout stocked in Cold Creek measure between 10-12 inches. Most of the fish are rainbow trout, although brown trout are also available.

Anglers interested in this event must apply online and pay a non-refundable \$3 application fee from March 1-31 in order to be eligible for a random drawing. Only one application is allowed per person. Anglers age 16 and older must hold a valid fishing license in order to apply and participate. Applicants can apply at www.wildohio.com. Two fishing seasons will be offered. Adults and teens 16 and older can fish from May 5-June 13 and from August 18-November 28. A second season will be held for those 15 and younger from June 16-August 15.

Youth sessions are 7-11 a.m. and 11:30 a.m.-3:30 p.m., and successful applicants will be assigned a session. Adult sessions are 7 a.m.-12 p.m. Individuals selected to participate can bring two adults ages 16 and older and three youths ages 15 and younger (no more than six people total).

Random drawings for permit selection will be held in April. The results of the drawing will be posted at www.wildohio.com.

Special fishing rules will be in effect for this event to ensure a quality fishing experience. This includes a no catch-and-release rule; anglers keep all fish they catch. The daily bag limit is five trout per angler. Anglers are required to check in at the hatchery upon arrival and check out at the end of their session. ✧

WI DNR Annual Report: Investments in People

MADISON – In a new Wisconsin DNR Annual Report, DNR Secretary Cathy Stepp showcases successes that stem from working together with the people and businesses of Wisconsin, where making an investment in their DNR is generating results throughout the state.

"A priority for DNR is to build bridges and make connections with all who enjoy and use Wisconsin's natural resources," Stepp said. "We have made big strides by focusing on communications and using innovative ways to do so—to help us be accessible all over the state, even when we're sitting at our desks. But we also have more experts, more boots on the ground to do more and more for the benefit of our natural resources. I am proud of what we've accomplished as a state, as an agency, by working together."

In addition to recognizing accomplishments on the ground, Stepp also shares praise of the agency's employees. "I am fortunate to be the secretary of an agency that is filled with such passionate and talented people. The items in the report would not have been possible without their skills and professionalism."

Highlights from the report include:

- DNR's [Twitter](#), [Facebook](#), [Pinterest](#), [YouTube](#), [GovDelivery](#) coupled with traditional print items enables the agency to reach thousands. Its new mobile app had downloads approaching 9,000 at the end of 2013.
- Zero fatalities from the state's worst land fire in more than 33 years, that was expertly contained in 30 hours.
- Offer winter and summer free fishing weekends and open house days in Wisconsin's State Parks.
- Hired nearly 200 employees with no previous state service to usher in new ideas and build diverse staff.

Beginners fly-fishing seminar for youth-adult pairs, May 2-4

An opportunity to learn the basics of fly fishing from experienced mentors is being offered to adult and youth pairs during a special fly-fishing weekend at the Eagle Bluff Environmental Learning Center near Lanesboro, Minn., May 2-4. Participants will also try their hand at tying flies and learn how anglers catch more fish when they understand fish habits and habitat. There will be time for fish tales and a campfire.

To qualify, the youth/adult pair must have little or no fly-fishing experience. Both should have a sincere interest in learning. Eligible youth include Minnesota boys and girls who will be between the ages of 11 and 17 on May 2. The cost is \$120 per youth/adult pair and includes meals, lodging, guiding services, equipment and additional materials. Each youth and adult will set up and fish with a new fly rod that is theirs to keep. Sponsorships to offset registration fees may be available from angling and conservation organizations.

Application form and program information are available online at www.mndnr.gov/minnaqua (on events calendar, click on MinnAqua Fly-Fishing Weekend) or contact Deb Groebner, DNR regional specialist, 507-359-6049, deborah.groebner@state.mn.us. ✧

The report is a one-page "dashboard" view available by searching the DNR website for keywords "[lean gov](#)." The report covers the agency's five areas of focus: Natural Resources & Environment, People, Economy, Recreation and Health & Safety.

Stepp added that the department plans on updating the report card, possibly every quarter.

To provide feedback on the report card, or on any other DNR customer service, visit the DNR website and [take a customer](#). ✧

Michigan Sea Grant names new program coordinator

EAST LANSING, Mich. – Heather Triezenberg has accepted the position of program coordinator for [Michigan Sea Grant](#) Extension. She takes over the position following the retirement of Chuck Pistis and will assume her role in mid-March.

Triezenberg has studied and worked in community-based natural resources management since 2002. She examined social conflicts among stakeholders using coastal and waterfront areas in New York state for her dissertation research. For her master's research, she developed and evaluated the Michigan Conservation Stewards Program, an adult conservation education program. Triezenberg was the education director for the Clinton River Watershed Council in a four-county area in and around Metro Detroit.

Her responsibilities included developing, planning and implementing youth and adult education programs (for example, developing an Adopt-A-Stream program concept for adults to help communities meet their Phase II non-point source stormwater permit requirements for education and public participation). In partnership with the Marine Environmental Education Foundation, she co-coordinated the Dock Walkers education program for peer-to-peer learning among boat club members. She also worked in partnership with local conservation districts and regional planning units for planning and management of the Grand River watershed.

Triezenberg served as a social scientist for the [NOAA National Sea Grant Office](#) in 2010-2011 and as an assistant professor in the MSU Department of Fisheries and Wildlife and the [Department of Geography](#) from 2012 to 2014. She has received numerous honors and awards, including the Association of Natural Resource Extension Professionals Gold Award for peer-reviewed journal article. ✧

OH trout releases underway

COLUMBUS, OH – More than 98,000 rainbow trout will be released this spring at 63 Ohio public lakes and ponds, creating excellent opportunities for anglers all across Ohio. The first rainbow trout releases were March 7, at Adams Lake in Adams County and Barnesville Reservoir No. 3 in Belmont County.

Many stocked locations will feature special angler events, including youth-only fishing, on the day of the scheduled trout release. Rainbow trout releases will take place across Ohio from March 7 - May 16. Contact the nearest wildlife district office for specific information. Additional information about trout releases is available at [wildohio.com](#) or by calling 800-WILDLIFE.

Rainbow trout are raised at state fish hatcheries and measure 10-13 inches before they are released by the ODNR Division of Wildlife. The daily catch limit for inland lakes is five trout. ✧

Coast Guard supports NOAA, gathers Great Lakes ice depth data

During a two-day mission Coast Guard Air Station Detroit drilled frozen Lake Erie to gather ice depth measurements in support of NOAA [March 5th](#). During the two-day mission, measurements were taken in 20 locations around the lake with depth readings ranging from 3 inches to more than 3 feet.



A Coast Guard Dolphin helicopter rests on frozen Lake Erie during a mission to gather ice depth measurements

✧

Lake Mich Perch Summit

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webinar of the meeting will be available online to registered participants unable to travel to the meeting in person.

Register at [www.glf.org/lakecom/yp](#) or call the Illinois DNR at 847-294-4134 during regular business hours (8:30 am to 5:00 pm Mon–Fri).

Lake Michigan yellow perch experienced a rapid, lakewide decline in abundance during the early 1990s, and abundance has since remained low relative to earlier peaks. Management authorities convened a perch conference in December 1994 to alert constituents about the drastic decline in perch abundance around the lake. A Yellow Perch Task Group was created and the group developed and implemented a research strategy to explore the causes of declining yellow perch populations.

Later in the decade, individual management authorities closed the commercial perch fishery in the lake's main basins and reduced the potential harvest from recreational angling by implementing restrictive harvest regulations (e.g., slot limits, bag limits and closed seasons). These regulations were intended to ensure that adequate numbers of mature perch remained for future spawning seasons when favorable conditions returned to the lake. Original or modified versions of these earlier regulations have now been in place for almost two decades. While the cooperative actions by Lake Michigan management agencies prevented a complete collapse of the perch population, recovery has been slow and recent stock assessments indicate a continued gradual decline in population abundance.

The meeting will provide anglers with a lakewide view of the latest information available on Lake Michigan yellow perch and provide managers with input from anglers and other stakeholders around the lake. Possible next steps by the management jurisdictions may include changes to yellow perch management, assessment and/or research. ✧

Study shows mammograms don't affect breast cancer mortality rates

One in seven American women is currently suffering from breast cancer. The medical establishment pushes annual mammograms as the gold standard for early detection of breast cancer, with the idea that early detection reduces mortality. But a new study published in the [British Medical Journal](#) shows that annual mammograms do nothing to reduce mortality rates beyond that of “physical examination or usual care.”

In the study performed by Canadian researchers, 89,305 Canadian women aged 40-59 were enrolled and randomly assigned to one of two groups: one that received mammograms and one that did not. During the study period that encompassed 25 years, 3,250 women receiving mammograms and 3,133 not receiving them were diagnosed with breast cancer. Of those 3,250

receiving mammograms, 500 died from breast cancer. Of those not receiving mammograms, 505 died from breast cancer.

In other words, there is no significant difference in the death rates of women whether they receive mammograms or not.

Mammograms use ionizing radiation — known to cause cancer — to provide a radiological image of the breasts. But each mammogram a woman receives increases her risk of developing breast cancer by 1 percent.

While mammograms do reveal abnormalities in breast tissue at an earlier stage than physical examinations, the study shows that earlier diagnosis does not translate to improved mortality rates. Mammograms also produce a number of false positives that cause women

needless stress and usually result in additional mammograms or other procedures to make a complete diagnosis.

Thermography is a non-toxic method of imaging that should be considered. It uses heat and does not expose the breast to repeated doses of radiation.

To prevent breast cancer (and all cancers), women (everyone) should eat a healthy diet consisting primarily of organic and mostly raw vegetables and avoid genetically modified foods and those treated with pesticides. The quantities of meat — particularly red meat — consumed should be reduced; and any meat should be organic, from free-range animals not treated with antibiotics and hormones. And don't forget to take a vitamin D3 supplement. ✧

Glucosamine fails to prevent deterioration of knee cartilage, decrease pain

A short-term study found that oral glucosamine supplementation is not associated with a lessening of knee cartilage deterioration among individuals with chronic knee pain. Findings published in [Arthritis & Rheumatology](#), a journal of the American College of Rheumatology (ACR) journal, indicate that glucosamine does not decrease pain or improve knee bone marrow lesions—more commonly known as bone bruises and thought to be a source of pain in those with osteoarthritis (OA).

According to the ACR 27 million Americans over 25 years of age are diagnosed with OA—the most common form of arthritis and primary cause of disability in the elderly. Patients may seek alternative therapies to treat joint pain and arthritis, with prior research showing glucosamine as the second most commonly-used natural product. In fact, a 2007 Gallup poll reports that 10% of individuals in the U.S. over the age of 18 use glucosamine, with more than \$2 billion in global sales of the supplement.

For this double-blind, placebo-controlled trial, Dr. C. Kent Kwok from the University of Arizona in Tucson and colleagues enrolled 201 participants with mild to moderate pain in one or both knees. Participants were randomized and treated daily with 1500 mg of a glucosamine hydrochloride in a 16-ounce bottle of diet lemonade or placebo for 24 weeks. Magnetic resonance imaging (MRI) was used to assess cartilage damage.

Trial results show no decrease in cartilage damage in participants in the glucosamine group compared to the placebo group. Researchers report no change in bone marrow lesions in 70% of knees, 18% of knees worsened and 10% improved. The control group had greater improvement in bone marrow lesions compared to treated participants, with neither group displaying a worsening of bone marrow lesions. Glucosamine was not found to decrease urinary excretion of C-telopeptides of type II collagen (CTX-II)—a predictor of cartilage destruction.

The joints on glucosamine (JOG) study is the first to investigate whether the supplement prevents the worsening of cartilage damage or bone marrow lesions. Dr. Kwok concludes, “Our study found no evidence that drinking a glucosamine supplement reduced knee cartilage damage, relieved pain, or improved function in individuals with chronic knee pain.”

This study was funded by the Beverage Institute for Health & Wellness, The Coca-Cola Company and the National Institute of Arthritis, Musculoskeletal and Skin Diseases (P60 AR054731). ✧

IL DNR Fishing Booklet

The 2013-2015 Illinois Fishing Info guide is now available in PDF format at: www.dnr.illinois.gov/fishing.

Regulations in the guide are effective through March 31, 2015. Illinois Free Fishing Days for 2014 are June 6-9. ✧

MN DNR offers archery series for women

Women who want to learn archery or improve existing skills can enroll in archery programs through the MN DNR Becoming An Outdoors Woman (BOW) program. Beginners can attend a series of events to learn archery basics, selecting proper equipment, target shooting at bulls-eye targets and finally 3-D targets. The advanced hunting series enables women to earn their Bowhunter Education certificate. Women who complete either three-part series have priority for mentored archery spring turkey hunts and fall archery deer hunts.

The beginner's archery series:

April 12 - Chilakoot Archery, Stillwater, Noon-4 p.m.

The advanced hunting archery series :

March 22 - Chilakoot Archery, Stillwater, 8 a.m.-6 p.m.

April 12 - Chilakoot Archery, Stillwater, Noon-4 p.m.

For more information or to register, contact Bylander at linda.bylander@state.mn.us or 218-833-8628. For more info: www.mndnr.gov/bow or toll-free 888-646-6367 and request a copy of the 2014 catalog. ✧

Asian carp expand north

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additional samples from the Mississippi River in 2014 as part of their on-going research project.

"Invasive Asian carp could pose substantial environmental risks and economic impacts to the Upper Mississippi River if they become established," Carl said. "Further research will help us to better understand their habitat requirements and inform integrated control efforts."

For more information on Asian carp research, please visit the [Asian Carp Regional Coordinating Committee \(ACRCC\) website](#). The ACRCC is a partnership of federal and state agencies, municipalities and other groups, led by the White House Council on Environmental Quality. ✧

NY Black River salmon migration monitoring

Regional staff monitored fall lake-run salmonid migration in the Black River at the Dexter Fishway since 1993.

Over 700 migrating Chinook salmon were examined in 2013, however, an estimated 250-300 Chinook passed through the fishway during an unsampled high water event, so that this was probably an average, or better, overall salmon run. Based on observed fin clip rates, contribution of naturally produced Chinook ranged from 15-35% (for age 2-4 fish) which is fairly typical for New York's eastern Lake Ontario tributaries, except for the Salmon River, which has a higher rate of natural reproduction.

Of 75 fish checked for coded wire tags, 17% tested positive, indicating the Black River receives a moderate number of strays from other stocking sites. The Black River is not stocked with coho salmon, but 43 stray, or naturally produced fish, were handled this year, somewhat below the recent average. Through November, the Black River steelhead run was well below average. ✧

Heritage strain brook trout egg takes

In an effort to help maintain genetically native populations of brook trout, New York Region 6 completed an egg take for Little Tupper strain brook trout. The use of these fish in stockings is thought to provide fish that have a higher potential to thrive and spawn in the water conditions common to Adirondack ponds.

This was the sixth year for an egg take from Boottree Pond as this population of brook trout was established in 2005. Region 6 is in the process of establishing new brood waters for the various heritage strains in order to facilitate a greater reliance on heritage strain fish in the DEC stocking program. It is estimated that 19,000 eggs were collected and fertilized. These eggs will be reared at the South Otselic Fish Hatchery. ✧

Federal ammo ballistics calculator available online

Federal Premium introduced its online Ballistics Calculator on www.FederalPremium.com. This neat tool allows users to quickly determine trajectories for any Federal Premium rifle or handgun load by simply entering the applicable data. Reloaders can also use it.

Users who create a profile can save an unlimited number of loads for future reference, and will appreciate how easily they can gather, record and print info. The tool is perfect for game and shooting competitors.

The Calculator lets shooters manipulate multiple variables such as temperature, elevation, wind speed, sight height and zero range, and displays results in inches, centimeters, MOA or Mils. Wind drift, vertical drop, velocity and energy can be calculated out to 2,000 yards. The calculator features the most up-to-date info and can be accessed from Macs, PCs and mobile devices. www.federalpremium.com. ✧

IL Wingshooting Clinics start March 22

IDNR and cooperating co-sponsors will conduct 30 wingshooting clinics throughout Illinois from March to November this year. Most clinics are conducted on weekends. Wingshooting clinics are held on IDNR sites, cooperating gun clubs, hunting preserves, and farms. Youth/Women's wingshooting clinics are about learning to safely shoot a shotgun at a moving target with reasonable reliability.

Youngsters, typically in the 10-15 age group, and women, are eligible to participate. Clinics are hands-on, and include extensive live fire at a variety of clay target presentations on sporting clays courses specifically designed for teaching typical hunting situations. See schedule and more info: <http://dnr.state.il.us/lands/landmgmt/programs/wingshooting/wingshootinghome.htm>. ✧

Seamless digital maps of surface waters done along Canada/U.S. Border

Clearer views of waters along the U.S. and Canadian border are now possible with new seamless digital maps. These maps make it easier to solve complex water issues that require a thorough understanding of drainage systems on both sides of the International Boundary.

Developed cooperatively by both countries, the digital maps make tackling difficult issues more effective. For example, levels of phosphorous flowing from Lake Champlain in Vermont into Quebec can now be better understood; flooding in the Red River Valley (which flows north from Minnesota and the Dakotas into Manitoba) can be traced; salmon fisheries in the Columbia River Basin in the Pacific Northwest can be efficiently restored; and understanding localized water use and water availability all along the border is now improved.

The advent of Geographic Information Systems (GIS) over the past 20 years has allowed for advancements in the analysis potential of digitally mapped water features to a degree hardly imagined when the USGS started mapping in the 19th century. As technology improves in the years to come, even more progress will be made, such as in the use of lasers to map the earth, new techniques to analyze information, and faster computers to process the data.

For more than 125 years, the USGS has provided accurate maps of the nation's surface waters. During the last two decades this mapping has become digital, using computers and new technologies to provide unprecedented knowledge of water resources. This data is stored in the National Hydrography Dataset (NHD) and Watershed Boundary Dataset (WBD). ✧

PA Mentored Youth Fishing Days March 22

After a highly successful first run last year, the PFBC's popular Mentored Youth Fishing Days program returns this spring to kick off the 2014 fishing season. The first day will be held on 12 waters on March 22 from 8 a.m. to 7:30 p.m. This is the Saturday before the March 29 regional opening day of trout season.

"The pilot program last year was such a huge hit with anglers and their friends and family that we decided to expand the program statewide in 2014," said PFBC Executive Director John Arway. "Commission staff and a host of volunteer organizations will be at the waters, answering questions and helping individuals so they can have the best experience possible." "We surveyed participants in the pilot program and found that 89 percent of the registered youth fished that day," he added. "The survey also showed that a majority of mentors were family members, and more than 80 percent of the mentors said they were satisfied with the experience."

The second Mentored Youth Fishing Day will be held on 29 waters on April 5 from 8 a.m. to 7:30 p.m. This is the Saturday before the April 12 traditional opening day of trout season.

To participate in the program, adult anglers (16 years or older) must have a valid fishing license and trout/salmon permit and be accompanied by a youth. Youth anglers must obtain a free PFBC-issued permit or a voluntary youth fishing license. Both are available at www.GoneFishingPA.com or at any of the more than 900 licensing agents across the state.

Also, the PFBC is reminding anglers that the process to participate this year has changed. Last year, participants registered online to receive a permit. Because the program is expanding statewide this year, and with an eye to the future, the PFBC is now using the Pennsylvania Automated License Service (PALS) to issue youth permits and voluntary licenses. ✧

Illinois Spring Trout Fishing Season opens April 5 at 47 locations Four new locations added this year

SPRINGFIELD, IL – The 2014 Spring Trout Fishing Season in Illinois will begin at 5 a.m. on Saturday, April 5.

In addition to the 43 bodies of water that have been stocked in the past for spring trout fishing, the IDNR is announcing the opening of four new areas to rainbow trout fishing for the spring of 2014:

- Pine Lake in the Village of University Park in northeastern Illinois
- Green Lake, Forest Preserve District of Cook County, in southern Cook County
- Wolf Lake at the IDNR William W. Powers State Recreation Area in Chicago
- Lake Mendota in La Salle County

The IDNR stocks more than 60,000 rainbow trout each spring in bodies of water where trout fishing is permitted during the spring season. The Illinois catchable trout program is made possible through the sale of inland trout stamps to those anglers who participate.

Anglers may not take trout from any of the stocked sites from March 15 to the opening of the season on April 5 at 5 a.m. Anyone attempting to take trout before the legal opening will be issued citations. During the spring trout season the daily possession limit for trout is five fish.

While the statewide spring trout season opens at 5 a.m. April 5, anglers are reminded to check in advance for any site-specific regulations and the opening time of their favorite trout fishing location. For more info: 217/782-6424 or www.ifishillinois.org. ✧

IL hunting and concealed carry

IDNR reminds Illinois Concealed Carry Permit holders that they must comply with current wildlife code laws and regulations while hunting in Illinois. The IDNR Office of Law Enforcement has prepared a fact sheet with common questions and answers to help guide Concealed Carry Permit holders who hunt on or utilize IDNR properties.

Under the current regulations, Concealed Carry Permit holders **are not** allowed to possess **any** firearm, including a concealed firearm, when deer or turkey hunting unless the firearm carried is legal for taking the species being hunted. For example, an archery deer hunter would not be able to carry **any** firearm, whether concealed or not, when archery deer hunting. However, if a concealed carry permit holder is hunting deer during the legal "firearm" deer seasons, he/she may carry a concealed firearm, **but only if that firearm is of the legal type for firearm deer hunting.**

The specifications for legal deer hunting handguns is on page 17 of the 2014 Illinois Digest of Hunting and Trapping Regulations at the following link: <http://www.dnr.illinois.gov/hunting/Pages/HuntingTrappingDigests.aspx>.

The fact sheet is on the IDNR website at <http://dnr.state.il.us/law3/>. ✧

2014 MI Fishing Guide available

The 2014 Michigan Fishing Guide is now available, and includes rules and regs effective April 1, 2014 - March 31, 2015. The guide can be obtained at any location where fishing licenses are sold. The 2014 guide is printed on higher quality paper to better withstand the wear and tear of fishing in Michigan, is of a smaller physical size (better able to fit in anglers' tackle boxes), and includes an easier-to-read font size. The Guide will also be available in electronic format at www.michigan.gov/fishingguide on April 1. ✧

Annual fishing license buttons now available

HARRISBURG, PA – Pennsylvania has re-introduced their fishing license button. Brought back by popular demand, this alternate display annual license button is similar to the buttons offered by the PFBC in the 1930s, 1940s, 1950s, and in 1974 and 1975.

You can purchase a \$5 button through the PFBC's Outdoor Shop: www.GoneFishingPa.com, and at many PFBC locations. They can also be ordered using a mail-in form posted on the PFBC's website: <http://fishandboat.com/licapp.htm>. Delivery of all buttons purchased will occur within three weeks of ordering. The three-week delivery time provides adequate time for the buttons to be personalized with the individual license buyer's customer identification number.

The annual buttons will be available to all current, adult and youth Pennsylvania fishing license customers who possess a valid Pennsylvania fishing license that enables them to fish for the entire year. Lifetime senior license and multi-year license holders can also purchase the buttons. The buttons are not required by law and are an optional purchase.

The purchase of a traditional (paper) Pennsylvania fishing license is a requirement in order to purchase the optional license button. As a result of a recent regulation change, as long as an angler is carrying his valid paper license, a valid alternate display annual license button is the only display requirement while fishing. For info: <http://www.fishandboat.com/faq-lic-button.pdf>. ✧

IL Spring Turkey apps begin March 10

Random daily drawings for resident and non-resident hunters for 2014 Illinois Spring Wild Turkey permits begin March 10. The link to the online permit application is: <http://www.dnr.illinois.gov/hunting/turkey/Pages/SpringTurkeyHunting.aspx> ✧

DNR to get the lead out for three research lakes in Vilas County

MADISON – Beginning April 1, 2014 the use of tackle containing lead will no longer be allowed on three research lakes in the Northern Highland American Legion state forest in Vilas County. The three lakes, Escanaba, Pallette and Nebish, will restrict the use of lead containing jig heads, split shot and weights less than one ounce, or any lead containing items smaller than one inch in any dimension. A limited supply of non-lead alternatives will be available free of charge at the Escanaba Lake Research Station.

The purpose of this new regulation is to protect loons and other water birds that have been shown to ingest small tackle and to increase public awareness of the hazards lead-containing tackle pose to other water birds.

Currently, anglers are required to check in at the Escanaba Lake station before fishing any of the three lakes and report their total catch upon leaving. In addition to the check-in, after April 1, anglers fishing on Escanaba, Pallette and Nebish lakes will also be asked to fill out a short survey asking about their experience using non-lead tackle. ✧

Ohio licenses now on sale

Most other states also available

Ohio's 2014-2015 fishing, hunting and trapping licenses are now available for purchase. Ohio's 2013-2014 licenses are valid through February 28, 2014. Licenses and permits can be purchased online at www.wildohio.com and at hundreds of participating agents throughout the state. Licenses for all regional states are located at: www.great-lakes.org/licenses.html. ✧

MI DNR meetings to discuss Lake Michigan lake trout regs

At public meetings in March and April, Michigan DNR fisheries staff will present information and take comments on possible changes to lake trout size and daily catch limits for northern Lake Michigan lake trout management zones MM-3, 4 and 5. Comments received will inform potential lake trout regulation changes in 2015.

Two Hour meetings schedules:

- ▶ Wednesday, March 26, 6:30 p.m. Charlevoix Public Library, 220 W. Clinton St., **Charlevoix**
- ▶ Wednesday, April 9, 5 p.m. Leland Public Library, 203 Cedar St., **Leland**
- ▶ Wednesday, April 16, 5 p.m. East Bay Township Hall, 1965 N. Three Mile Road, **Traverse City**
- ▶ Wednesday, April 23, 5 p.m. Frankfort City Hall, 412 Main St., **Frankfort**

◇

DNR proposes to extend fall SE Minnesota trout season

The fall catch-and-release trout season in all of southeastern Minnesota would be extended from September 30 to October 15 if changes now being considered are adopted. Other proposed changes include allowing catch-and-release angling on designated trout streams in southeastern Minnesota state parks from October 15 to December 31 and extending the winter trout fishing season in some southeastern Minnesota streams to all designated trout streams in southeastern Minnesota.

The proposed new rules and repeal of others will be adopted without a public hearing unless 25 signatures requesting one are received in writing by 4:30 p.m. on Friday, March 28. For complete info: www.mndnr.gov/input/rules/fisheries/se-mn-trout.html. ◇

Diets high in animal protein may help prevent functional decline in elderly individuals

A diet high in protein, particularly animal protein, may help elderly individuals maintain a higher level of physical, psychological, and social function according to a study published in the [Journal of the American Geriatrics Society](#).

Due to increasing life expectancies in many countries, increasing numbers of elderly people are living with functional decline, such as declines in cognitive ability and activities of daily living. This can have profound effects on the health and well-being of older adults and their caregivers, as well as on health care resources.

Research suggests that as people age, their ability to absorb or process protein may decline. To compensate for this loss, protein requirements may increase with age. Megumi Tsubota-Utsugi, PhD, MPH, RD, of the National Institute of Health and Nutrition in Japan, and her colleagues in Tohoku University and Teikyo University, Japan, wondered whether protein intake might affect the functional capabilities of older adults. They designed a study to investigate the relationship between protein intake and future decline in higher-level functional capacity in older community-dwelling adults in Japan.

Their analysis included 1,007 individuals with an average age of 67.4 years who completed food questionnaires at the start of the study and seven years later. Participants were divided into four groups (quartiles) according to their intake levels of total, animal, and plant protein. Tests of higher-level functional capacity included social and intellectual aspects as well as measures related to activities of daily living.

Men in the highest quartile of animal protein intake had a 39 percent decreased chance of experiencing higher-level functional decline than those in the lowest quartile. These

associations were not seen in women. No consistent association was observed between plant protein intake and future higher-level functional decline in either sex.

"Identifying nutritional factors that contribute to maintaining higher-level functional capacity is important for prevention of future deterioration of activities of daily living," said Dr. Tsubota-Utsugi. "Along with other modifiable health behaviors, a diet rich in protein may help older adults maintain their functional capacity."

◇

IL 2014 Spring Youth Wild Turkey Hunt now on sale

Over-the-counter sales of county permits for the Spring Youth Wild Turkey Season are now on sale. The dates for the 2014 Spring Youth Wild Turkey season are March 29-30 in the Southern Zone and April 5-6 in the Northern Zone. For permit application and other information: www.dnr.illinois.gov/hunting/turkey/Pages/SpringTurkeyHunting ◇

Golden Rules For Living

If you open it - close it
 If you unlock it - lock it up
 If you said it - admit it
 If you can't fix it - call someone who can
 If you borrow it - return it
 If you make a mess - clean it up
 If you move it - put it back
 If you value it - take care of it
 If it ain't broke - don't fix it
 If you don't know how to operate it - leave it alone
 If it's none of your business - don't ask questions
 If it will brighten someone's day - say it
 If it will tarnish someone's reputation - keep it to yourself

Author Unknown

Other Breaking News Items:

(Click on title or URL to read full article)

[Lake Superior within reach of historic average water levels, Corps projects](#)

Another month of snow, ice and freezing temperatures has led government experts to project water levels in the Great Lakes will rise more in the coming months than earlier estimated — and possibly get one lake back to its historic average.

[Asian carp remain at bay, but local concerns still high](#)

Even though state officials reported finding no signs of Asian carp after searching Michigan rivers and inland lakes, the threat the species poses to the Great Lakes still remains high.

[ODNR wants to boost Lake Erie sturgeon population](#)

The Ohio DNR is looking into whether it can reintroduce breeding populations of sturgeon into Lake Erie. Once so plentiful in the Sandusky River and parts of Lake Erie, they were considered a nuisance fish, the bottom-feeding behemoths today are an endangered

[Ontario introduces Canada's first invasive species law](#)

Ontario is set to become the first jurisdiction in Canada to pass a stand-alone Invasive Species Act that will provide the framework for dealing with invasive plants and animals, including Asian carp.

[Judge: Not safe to display American flag in American high school](#)

Somehow, students can't safely display the American flag in an American school, because of a fear that other students will attack them for it — and the school feels unable to prevent such attacks (by punishing the threateners and the attackers, and by teaching

[Army Corp urged to dredge deeper in Lake Ontario harbors](#)

Rochester's harbor is among several ports in Lake Ontario scheduled for dredging to remove sediment deposited by Hurricane Sandy in 2012. Because the dredging will remedy only sedimentation caused by the storm, U.S. Sen. Schumer is urging the Corps to use

[Deadlines approach to remove ice fishing shelters](#)

MADISON – The first of a number of deadlines for ice anglers to remove ice fishing shelters from boundary waters is this week, when all ice fishing shelters must be removed from Wisconsin-Iowa boundary waters by Wednesday, Feb. 20. This earlier date, applying to Mississippi River south of the Minnesota-Iowa border, corresponds with Iowa regulations.

[Upper Great Lakes Mgt. Unit undertakes walleye project in North Channel](#)

The Upper Great Lakes Management Unit of the Ministry of Natural Resources has undertaken a walleye project in Lake Huron and the North Channel.

[Muskegon Lake chosen for habitat improvement plan](#)

The National Oceanic and Atmospheric Administration chose the western Michigan lake and the St. Louis River estuary in Wisconsin and Minnesota to be part of government program designed to improve wildlife habitat.

[ODNR disputes IG accusations against wildlife officers](#)

The Ohio DNR countered that the Inspector General can't prove that its officers committed wrongdoing, and doubts they did. Sixteen of 18 officers assigned to desk duties on Dec. 13 after being accused of misconduct, were told by supervisors to retrieve their firearms and state vehicles and return to the field yesterday.

End