



Let's Go Fishing!

Is fishing part of your Father's Day celebration? This fun outdoor activity gives kids and dads, uncles and granddads a chance to spend time together — maybe the best gift of all!



Anglers, or people who fish for fun and sport, think fishing is a great way to make memories and share good times.

The Mini Page went fishing for more information about this popular pastime.

Fishing for fun

About 49 million people go fishing at least once a year. Men, women and kids of all ages like to fish.

Fishers use different methods to catch their prey.

- **Pole fishing** is good for beginners or anglers who want to catch fish close to shore. The pole should be at least twice as long as your height.

- **Fly fishing** is used mostly for trout and salmon. The angler uses an artificial "fly," made of hair, fur, feathers or other materials, that attracts the fish. He or she moves the rod back and forth in long sweeping motions, letting out a little of the line at a time before casting it onto or into the water.



A fly for fishing.

- **Spincasting** uses a rod with a reel on it. The angler controls the fishing line with the reel. It lets you store a lot of line and fling the bait farther out into the water.

Catching a fish

Are you ready to go fishing? Start with three simple steps:

1. Learn about the fish you are trying to catch. What does it eat? How deep does it swim?

2. Find out where you're most likely to find that fish. Will it be hiding in plants underwater? Does it come in with the surf?

3. Figure out the right equipment to use. Fishing equipment is called **tackle**. Different fish are attracted to different baits and lures.

Calling all fish!

There are about 32,000 kinds of fish. Fish are animals that:

- are mainly cold-blooded. Their body temperature is the same as the water.

- have backbones.
- breathe through **gills**.

Saltwater fish, such as bass and flounder, live:

- offshore in the ocean.
- near shore off the coast.
- in **estuaries**, where freshwater rivers meet the ocean salt waters.

Freshwater fish, such as catfish and trout, live in:

- ponds
- streams
- **reservoirs** (dammed-up rivers)



Be conscientious

Most anglers are also **conservationists**, or people who work to preserve our environment. By taking care of the waters where they fish, anglers can be sure that they'll always be able to enjoy their sport.

Whenever you're having fun outdoors, it's important to remember to be responsible.

- If you are not planning to eat the fish you catch, you should learn to practice **catch-and-release**. With an adult's help, carefully remove the hook and let the fish go as soon as possible after catching it.

- While you're fishing, don't pollute.

Make sure you pick up any trash and dispose of it correctly. Environmentalists call this "leaving no trace."

- Obey the rules and laws posted where you're fishing. Kids 16 and older must have a license to fish. Make sure you wear a life jacket when you're on or near the water.

Resources



On the Web:

- bit.ly/MPfish

At the library:

- "Fish for Kids: A Junior Scientist's Guide to Diverse Habitats, Colorful Species and Life Underwater" by Kevin Kurtz

Try 'n' Find

Words that remind us of fishing are hidden in this puzzle. Some words are hidden backward, and some letters are used twice. See if you can find:



ANGLER,
CONSERVATIONIST,
FATHER, FISHING, FLY,
FRESHWATER, FUN,
GILLS, METHOD, MIGRATE,
OCEAN, OUTDOOR,
POLE, POND, RESERVOIR,
RIVER, SALTWATER,
SPINCASTING, TACKLE.

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

Cook's Corner

Spinach and Rice Side Dish

You'll need:

- 1 "boil in the bag" brown rice (2 cups cooked)
- 2 cups packed fresh spinach, chopped
- 1 teaspoon butter
- salt and pepper to taste

What to do:

1. Cook rice according to package directions.
2. Place chopped spinach in the bottom of a medium-sized bowl.
3. Pour hot cooked rice on top.
4. Add butter and mix thoroughly. Hot rice will wilt spinach slightly.
5. Season with salt and pepper. Serves 4.



* You'll need an adult's help with this recipe.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. place to grow vegetables (6) _____
2. make a picture (4) _____
3. wet and dirty (5) _____
4. colorful arch in the sky (7) _____
5. real (7) _____
6. try out for the play (8) _____
7. person living near you (8) _____

DDY	OW	DEN	OR
GHB	GENU	TION	INB
DR	MU	NEI	GAR
RA	AUDI	INE	AW

Answers: garden, draw, muddy, rainbow, genuine, audition, neighbor.



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Mini Jokes



Fred: What is the best way to communicate with a fish?
Fiona: Drop it a line!

Eco Note



A young gray whale born in California's coastal waters has been wandering around the western Mediterranean in recent weeks as the first of its species to ever appear there. Marine biologists believe it got lost while feeding in the Arctic's Beaufort Sea and eventually wound up in the Atlantic rather than its Pacific home waters. While apparently healthy, the whale looks unusually thin because the Mediterranean doesn't have the kind of food it is used to.

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For later:

Look in your newspaper for items about fishing events in your area.

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