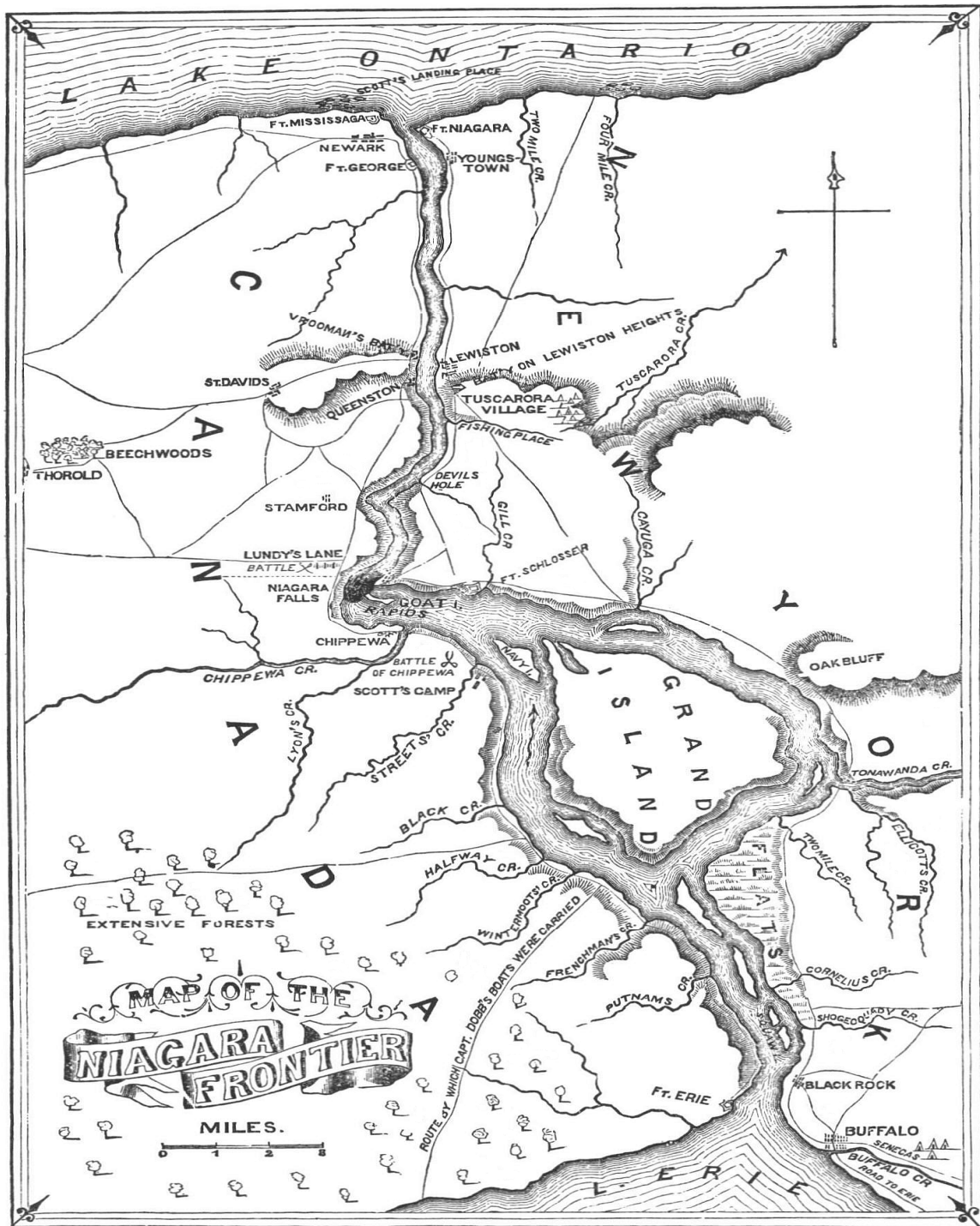


Niagara River Activity Book



**BUFFALO NIAGARA
WATERKEEPER®**



The Niagara River starts at the Eastern end of Lake Erie, flows around Grand Island, and through to Niagara Falls – one of the wonders of the world. From Niagara Falls, it flows North into another Great Lake, Lake Ontario. Niagara River is a vital home to many creatures and affords Western New York with part the largest fresh water system on Earth – providing for a lively ecosystem and tourism.

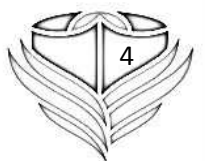


The Niagara River can be a fun place to take a break and go fishing with friends and family.





And while fish are good for you and can be very tasty, some people like moms and children should not eat fish from the Niagara River.



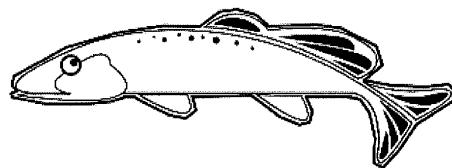
Some New York State rivers and lakes contain left over chemicals from many years of industry. These chemicals are called legacy pollutants. The Niagara River has a lot of one type of legacy pollutant called PCBs.

PCBs can be more harmful to babies, children and moms than to men and older women. Because of this, there are different kinds of advice.

So whether or not you should eat the fish you catch depends on

**Who you are
What you catch
&
Where you fish**

This is called a fish advisory!



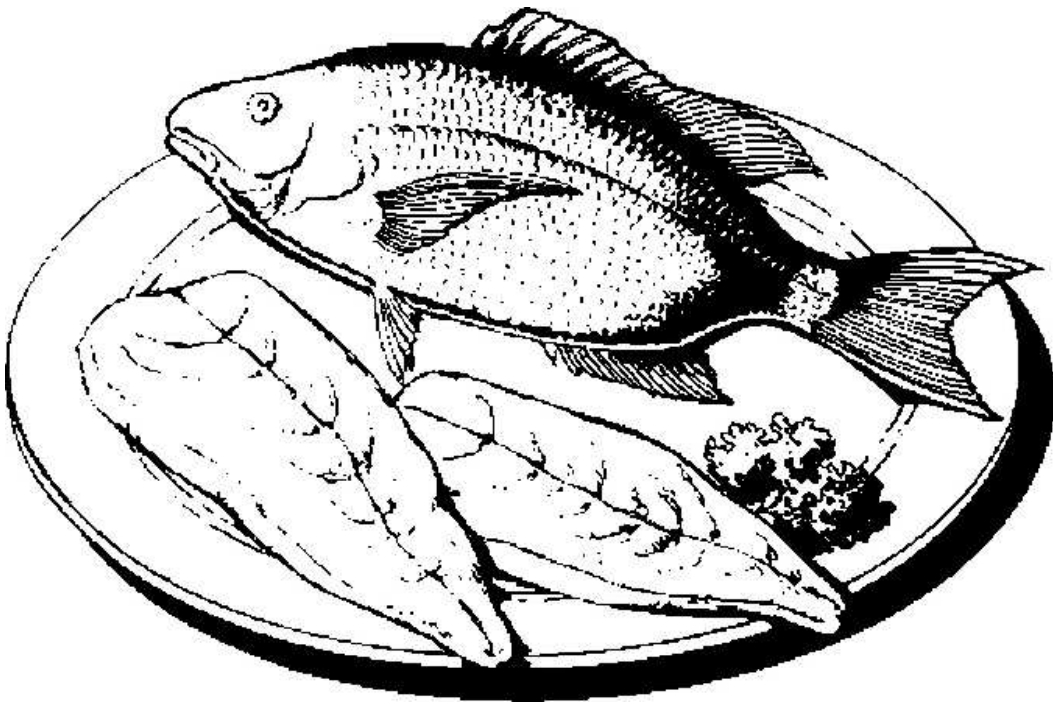


Some types of fish have more pollutants than others. It can be fun to catch catfish, walleye, salmon and bass, but we should not eat them.

Pollutants like PCBs build up over time and stay in their fat.



Pan fish and small fish, like the yellow perch above, are good choices of fish for families to eat. Moms and children should still be careful when eating fish from rivers and lakes in Western New York because of pollution.



If you and your family eat the fish, the fillet is the best part of the fish to eat. The fillet is the meaty part on the sides of the fish, above the belly and between the gill and tail. Avoid eating the head, tail, skin and belly of the fish as they are fattier and have more pollutants in them.

The way you cook your fish can also help remove pollutants. We recommend that adults cook fish on a pan or rack that allows the fat to drip off. Grilling fish is a great way to do this. This allows more fat where PCBs are stored to drip off of the fish.

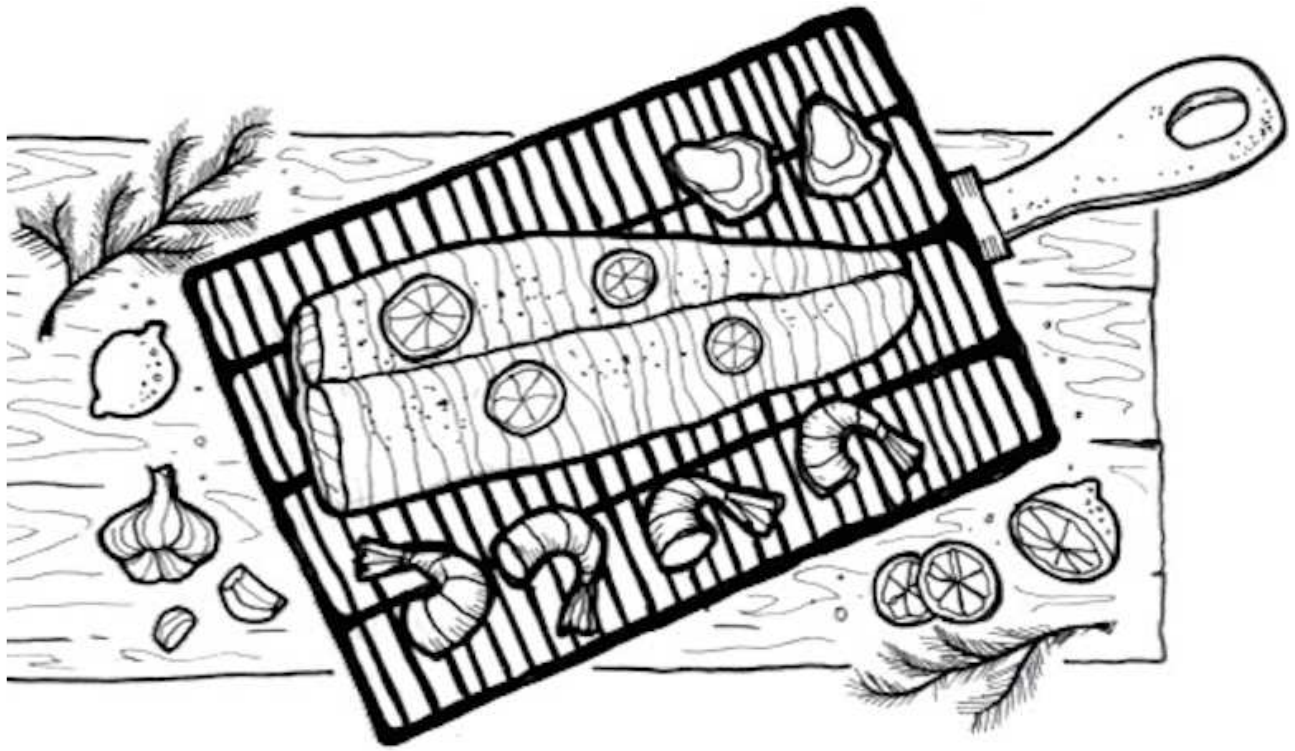


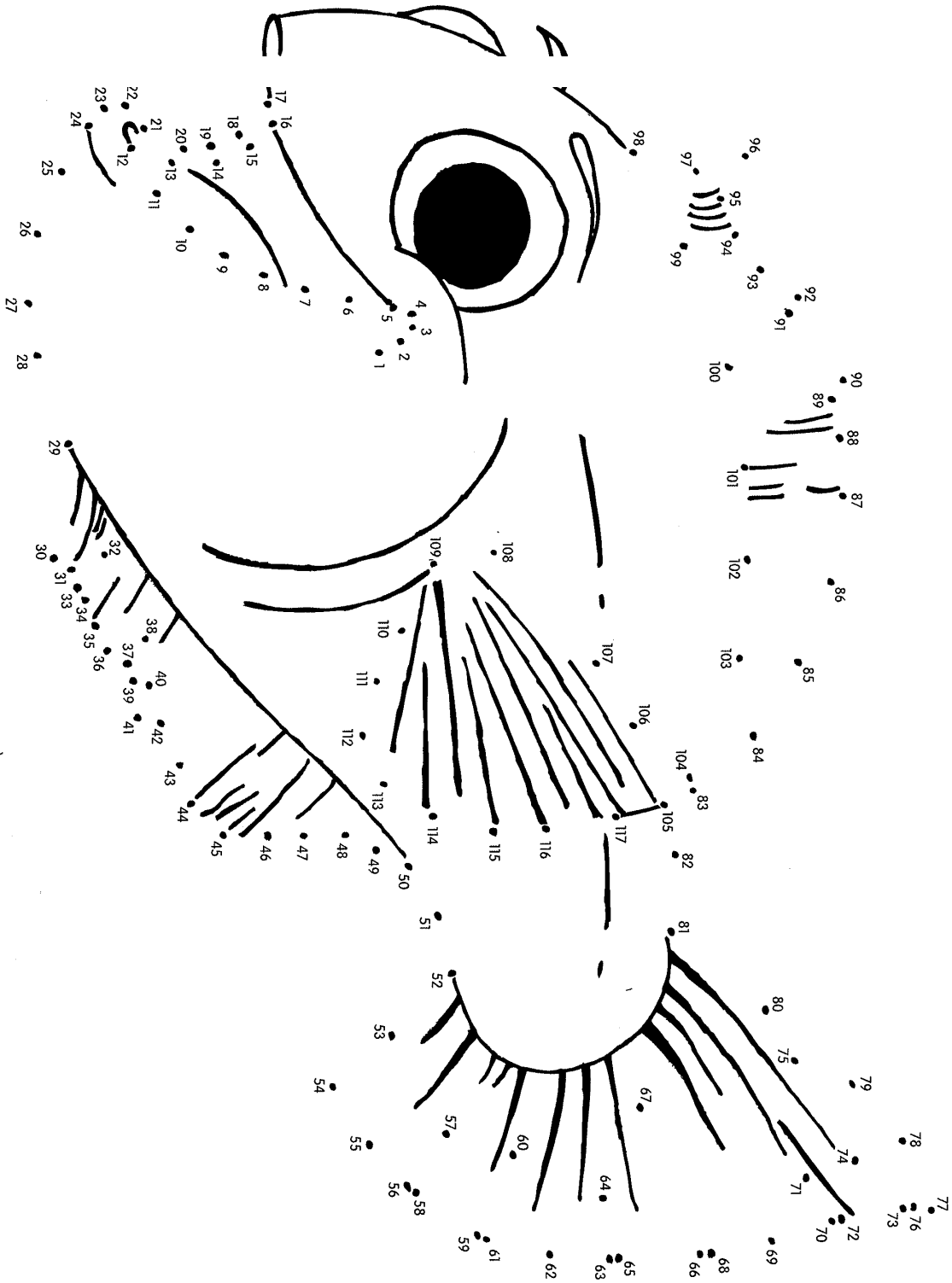
Illustration by Claire Watson via www.clairewatson.com



Ocean fish that you can buy at restaurants and grocery stores have fewer pollutants than fish found in Niagara River. If you are not sure where the fish came from, ASK!

What kind of fish do you like to eat?

Connect the Dots



THE EMERALD SHINER

The emerald shiner (*Notropis atherinoides*) is a small, silvery minnow species native to the Niagara River. They eat small insects and zooplankton. The emerald shiner is an important food source for larger fish, like walleye, bass and perch. Many birds like gulls, the common tern, and mergansers eat the emerald shiner. People like to catch this minnow to use as a baitfish.



Decorate your own emerald shiner below!



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

CAN YOU FIND ALL THE WORDS IN THE PUZZLE?

ADVICE

BAKE

CATFISH

FILLET

GRILL

OUTDOORS

PERCH

PUMPKINSEED

WALLEYE

ANGLER

BASS

CHEMICALS

FISHING

HEALTH

PANFISH

PREDATOR

RIVER

BAIT

CAST

EEL

FUN

LAKE

PCB

RELEASE

SPORTFISH





Mink are good swimmers and like to live next to the water. Their favorite food is muskrat but they like to eat lots of fish, frogs and crab. Mink are members of the weasel family.

What did this mink almost catch?

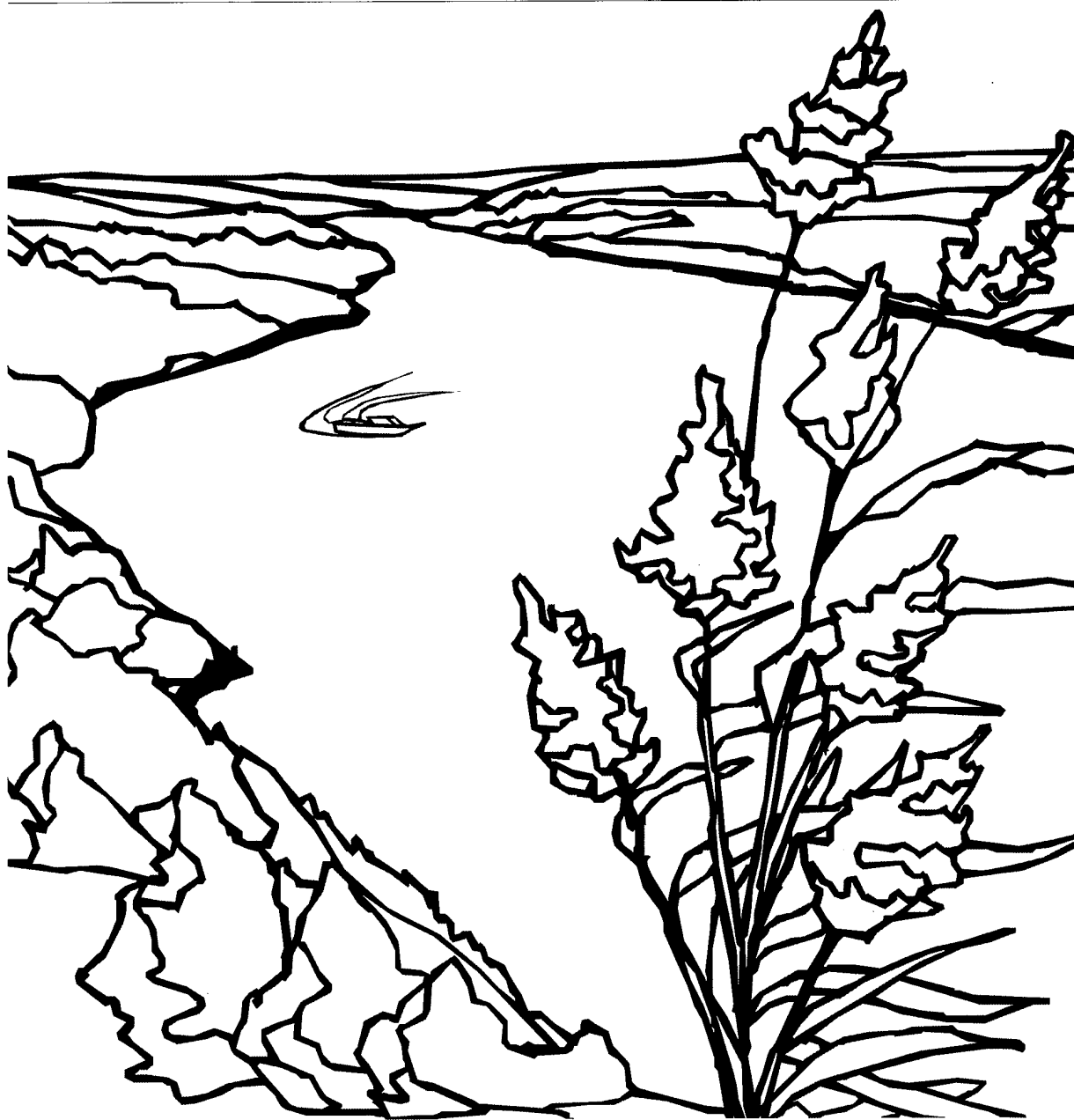


The Niagara River is a mighty river that has all sorts of creatures both in and out of water.

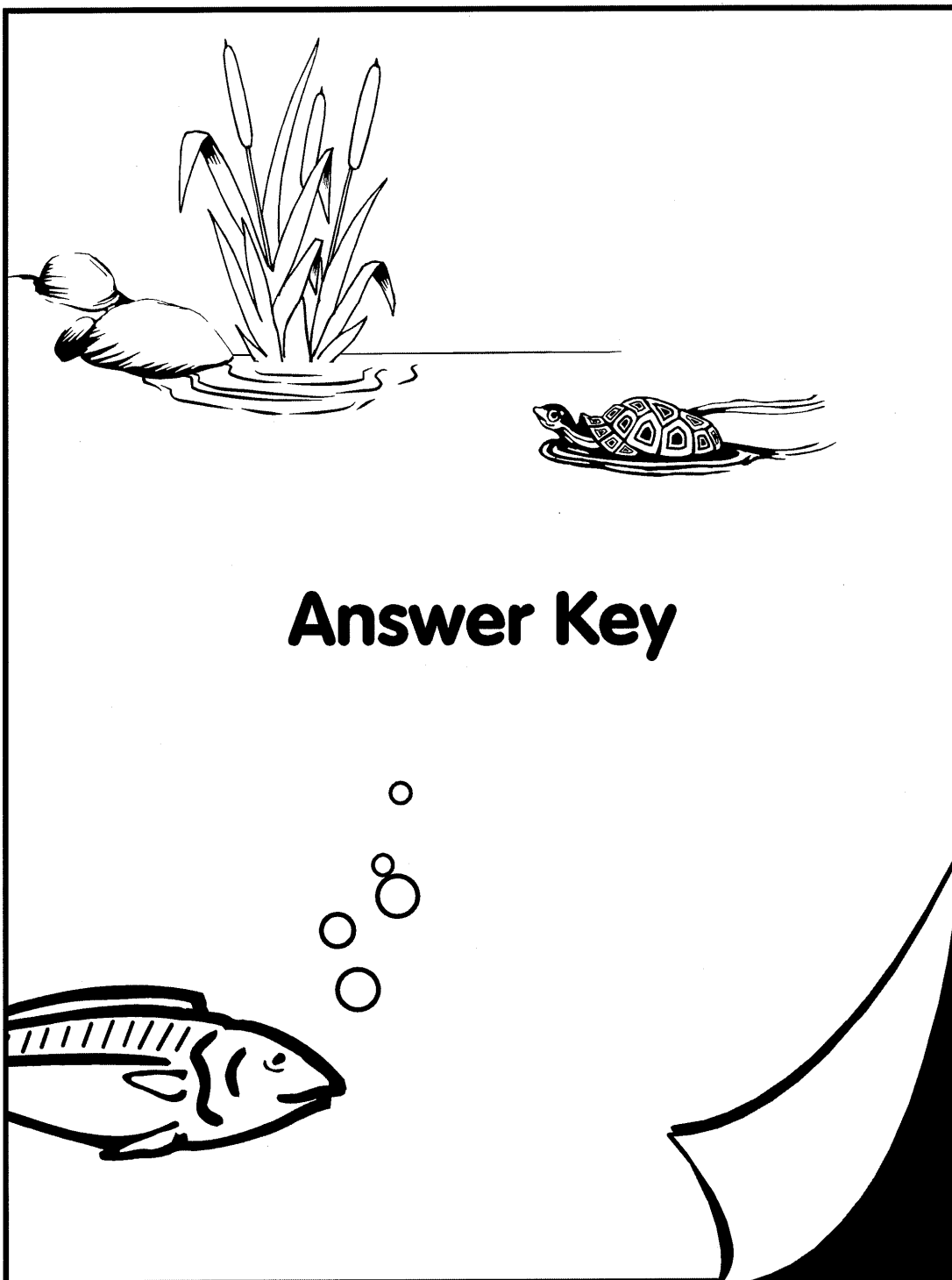
Unscramble the letters below to find the name of one of the creatures in the picture:

F D O G Y A N R L

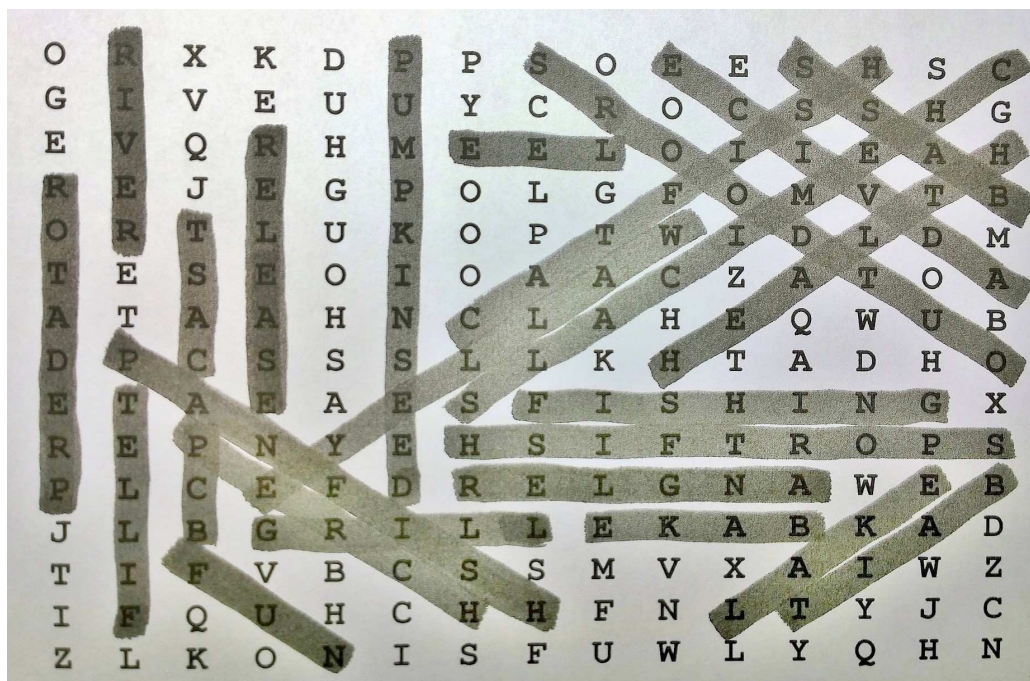
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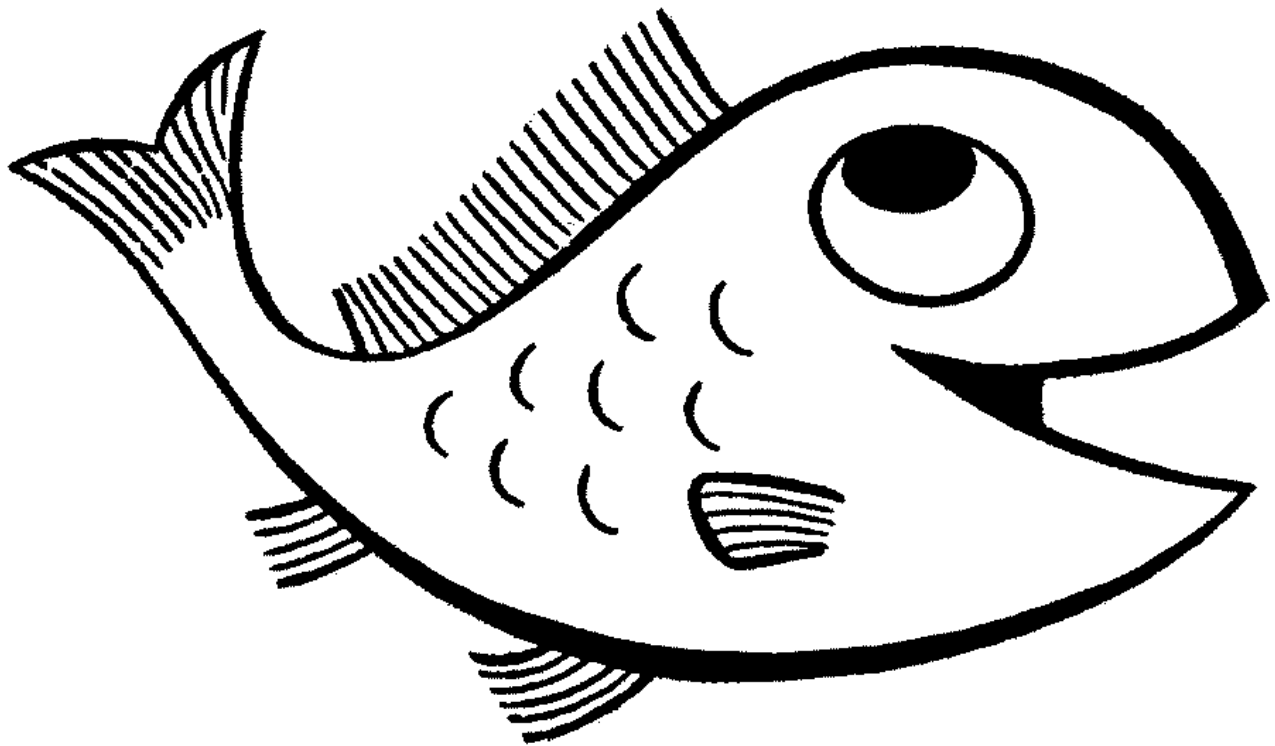
With its many creatures, endless beauty, and indispensable natural resources, the Niagara River is a beautiful place to play and go fishing. But the fish you catch can have a lot of pollutants in them, so it is important to know what is okay to eat.



Answer Key



F D O G Y A N R L
D R A G O N F L Y



To find out more about the Niagara River fish advisory, please contact:



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WATERKEEPER®**

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Buffalo, New York 14203
716-852-7483

Check local fish advisories in New York State by going online to
www.health.ny.gov/fish or talk to your doctor.

