

Fishing and Outdoors in WNY

Excitement building for upcoming fishing season

BY CAPT. FRANK CAMPBELL
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One of the best things about being an angler on the Niagara Frontier is the vast species and fishing opportunities the area has to offer. It is only fitting that the 2024 Greater Niagara Fishing Expo also has diversity in its show offerings.

This year's Expo runs Tuesday, Feb. 15, through Sunday, Feb. 18, at the Niagara Falls Convention Center. Not only is the show the largest pure fishing show in New York, but it offers more educational opportunities than any other fishing show I'm aware of.

Between seminars, schools and the Hawg Trough, there will be in excess of 200 hours of learning opportunities from some of the best professionals, charter captains, and veteran anglers willing to share tips and techniques to give you an advantage on the water next season.

Some highlights of this year's event include a virtual seminar/Q&A with Steve Quinn from "In-Fisherman" fame. Steve, recently inducted into the Bass Fishing Hall of Fame, was TV host of the iconic show for more than 15 years. He will touch on many topics, including his visits to the Niagara Region filming segments for multi species. I was lucky enough to share the boat with Steve when he brought to the net the largest smallmouth ever filmed for the show - a PB (personal best) that tipped the scale at over 7 pounds.

Another great offering is the Walleye School, which is an in-depth look into all the latest and greatest techniques to make attendees more successful when they hit the lakes and rivers this



summer. The class is being presented by Capt. Lance Valentine, Capt. Don Ruppert and Capt. Criag Sleeman. All of the educators will be able to key-in on certain areas of the walleye hunt they have refined that make them highly successful. This is an educational opportunity I would love to be able to take advantage of,

as fishing the game and advancements are always changing.

If you're more of a visual learner, the Hawg Trough provides the perfect setting. A 5,000-gallon fish tank that is loaded with bass and other species for the show lets you watch the way fish react to different lures presented by the angler on the boat platform

above the tank. It truly is the best seat for observing how your bait looks underwater, how retrieve speed draws interest, and how an angler controls the action of certain baits.

The Greater Niagara Fishing Expo is a show that all anglers - young to old, and all skill levels - will benefit from attending. A full listing of seminars, along with vendors and additional information, can be found at www.niagarafishingexpo.com. I hope to see everyone there.

In other news, another great report came in from the baitfish surveys in Lake Ontario. Two strong year classes of alewives were observed in trawl sampling, which translates into a lot of food for the trout and salmon to eat. This should help ensure we have healthy fish to target for several years.

In the wake of the positive baitfish outlook comes word that New York DEC will increase

Pictured: The upcoming 2024 Greater Niagara Fishing Expo offers anglers a variety of learning opportunities, all in one setting. • Plenty of anglers have been taking advantage of the favorable winter weather conditions to extend their fishing seasons on area waterways. (Submitted photos).

salmon stocking in Lake Ontario by 10%, which will bring stocking levels up to over 1,000,000 salmon for the first time in several years. The future is definitely looking promising for Lady O and her tributaries.

The warmer weather and record water temperatures will definitely have a positive impact on both the baitfish and gamefish this year. With that said, a lot of anglers are taking advantage of the conditions to extend their fishing season, as evidenced by the number of boats on the lower Niagara and Niagara bar. I have never witnessed this many boats on the water, and the good news is that a lot of success is being had. If you do venture out on the water at this time of the year, please be safe.

I hope to see you enjoying the local outdoors. Every week, I produce a fishing report (Niagara County Fishing Hotline). You can access it online at www.niagarafallsusa.com or by simply calling 716-282-8992, ext. 4, to hear what's up in the world of fishing. It is updated every Wednesday.

Niagara County Department of Health offers free tai chi for arthritis, fall prevention workshops

The Niagara County Department of Health nursing division, in partnership with the Niagara County Office for the Aging, is offering free tai chi for arthritis, and fall prevention workshops.

These 10-week workshops are scheduled in Lockport: Classes begin Feb. 27 and meet twice a week from 9-10 a.m. Tuesdays and Thursdays at Lockport Memorial Hospital Community Room, 6001 Shimer Drive; and in North Tonawanda: Classes begin Feb. 27 and meet twice a week from 11:15 a.m. to 12:15 p.m. Tuesdays and Thursdays at the North Tonawanda

Library, 505 Meadow Drive.

The NCDOH noted, "This evidence-based program, developed by Dr. Paul Lam at the Tai Chi for Health Institute (TCHI), focuses on Sun style tai chi. It's been proven to improve cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis. Workshops focus on breathing, body structure, movement control, situation awareness, and weight shifting. The workshop is highly participatory, and each participant is guided through activities that can be adjusted to suit their physical

condition and needs."

Adults with arthritis and/or are at risk for falls can register for the tai chi for arthritis, and fall prevention workshop by contacting Nursing Operations Manager Stacy Knott at 716-278-8596.

For more information on how participating in these workshops can help one manage arthritis and reduce risk for falls, visit <https://taichiforhealthinstitute.org/programs/tai-chi-for-fall-prevention/>.

TOWN OF WHEATFIELD 2024 Town/County Tax Notice

NOTICE OF RECEIPT OF TAX ROLL AND WARRANT

PAYMENTS CAN BE MADE AS FOLLOWS:

Mail Payments to: Kathleen Harrington-McDonell, Town Clerk
2800 Church Road
North Tonawanda, NY 14120

Pay in Person: Wheatfield Town Hall, Town Clerk
2800 Church Road
Mon-Fri 8:00 am - 4:00 pm
Wed- 8:00 am - 6:30 pm January only

There is a drop box located at Town Hall for your convenience

Pay online at www.wheatfield.ny.us

Payments can no longer be made at the bank

LAST DAY TO PAY WITHOUT PENALTY IS January 31, 2024

All Taxes received after such date, there shall be added interest of 1% to 02/29/24 and 2% to 04/01/24, after such date all County Taxes are payable to the county Treasurer with 5% penalty and interest calculated at a rate of 1% per month on the tax and penalty.

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Dr. Glenda R. Rose
Chiropractor



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Millions of Americans are suffering everyday. Most people find the older they get, things start to break down; however, we are seeing this happening younger and younger with each generation. Perhaps they gain weight or have high cholesterol levels for the first time in their life. Migraines, fatigue, digestive problems, insomnia or aches and pains seem to be common complaints. They feel as if they are aging quickly. Can anything be done to help these health problems early, before they become chronic diseases? **YES!**

The body has a great ability to heal when given the chance to do so. Many times all the body needs to make healthy cells and to build its health is the right ingredients... the genuine replacement parts nature intended. Our Designed Clinical Nutrition programs developed from a Nutrition Response Testingsm analysis use whole foods and whole food concentrates to help you reach that optimum goal...the best health possible.

Cleansing and detoxification programs are sometimes necessary. Weight loss often occurs naturally as the toxins are removed and organ function is improved, resulting in better health and energy.

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