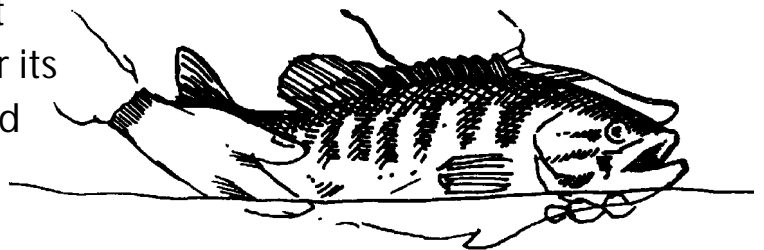


how to

catch & release

Follow these simple tips:

- Use barbless hooks, or pinch the barbs flat with pliers.
- Always use the heaviest line possible in order to bring the fish in as quickly as you can. The longer you fight a fish, the more lactic acid it secretes, which increases the likelihood that it will die.
- Wet your hands before handling a fish so as not to damage its protective coating.
- Try to keep the fish in the water while removing the hook.
- Carefully remove the hook, especially if it's deep in the gullet or near the gills, pulling it back out the way it went in. Avoid pulling on the line, and consider cutting the line if the hook can't be quickly and easily removed.
- Don't let a fish flop around on the ground or in the bottom of a boat.
- If a fish seems exhausted or does not move following release, hold it under its belly and by its tail, and face it toward the water current until it revives.



**Friends
Of The
White River**



The logo for 'Friends of the White River' features a stylized fish swimming to the left, enclosed within a circular arrow that loops around the fish. The text 'Friends of The White River' is positioned to the right of the fish and arrow.