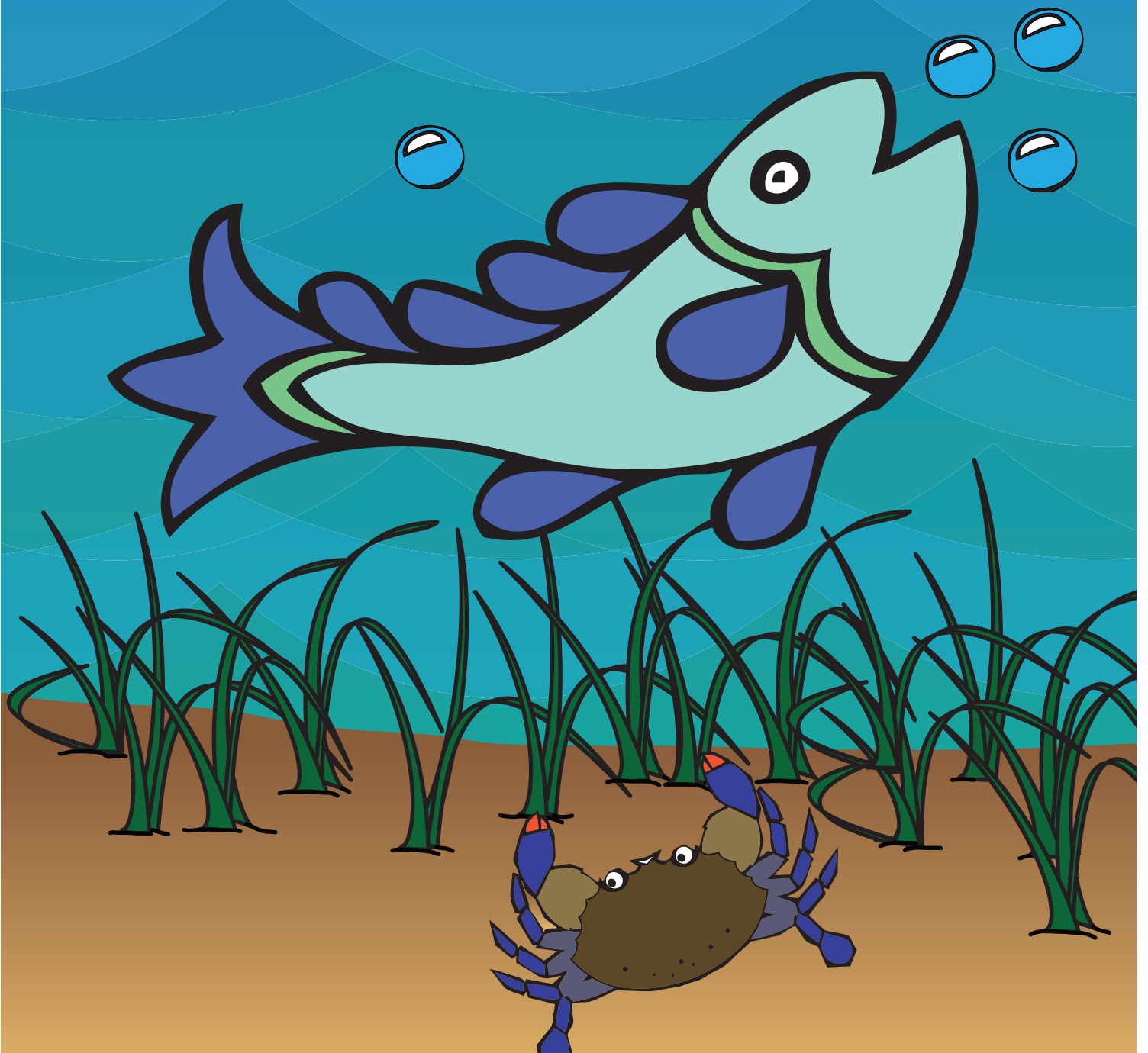


# HUDSON RIVER CREATURES ACTIVITY BOOK



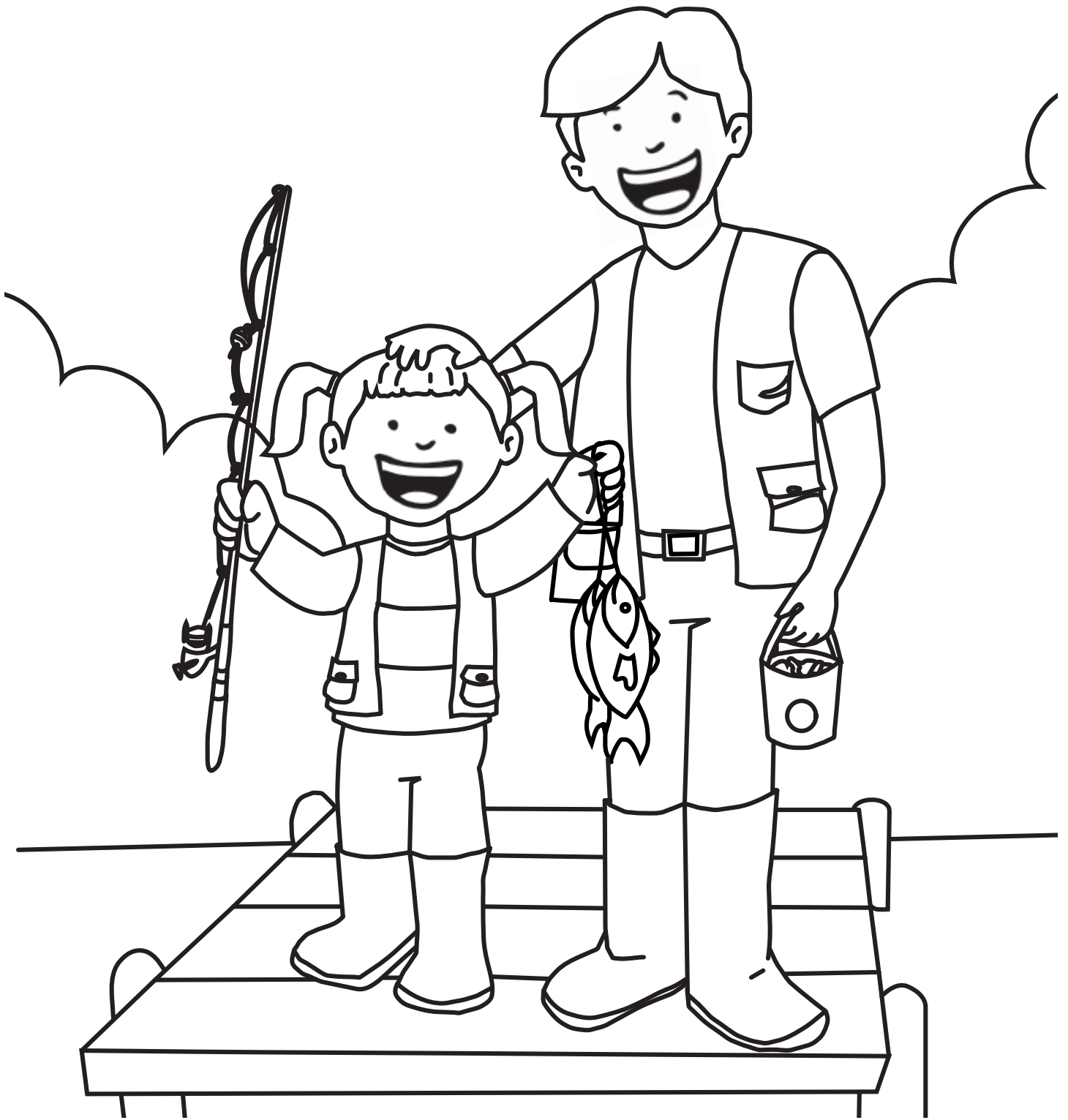


The Hudson River starts in the Adirondack Mountains and flows south all the way to the ocean. From Albany to New York City, the Hudson River is an estuary. An estuary is a place where fresh river water and salty seawater mix.

**Can you find Albany and  
New York City on the map?**



The Hudson 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 Hudson River.

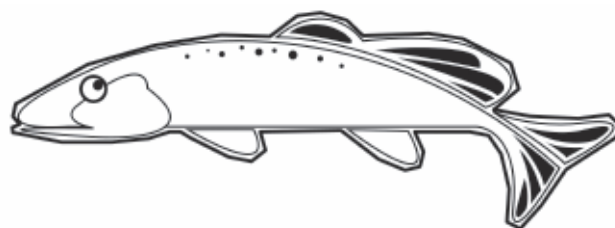
In many rivers and lakes in New York there may be chemicals from industry and acid rain. The Hudson River has a lot of one type of chemical from industry, called PCBs.

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 you should eat the fish you catch depends on

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

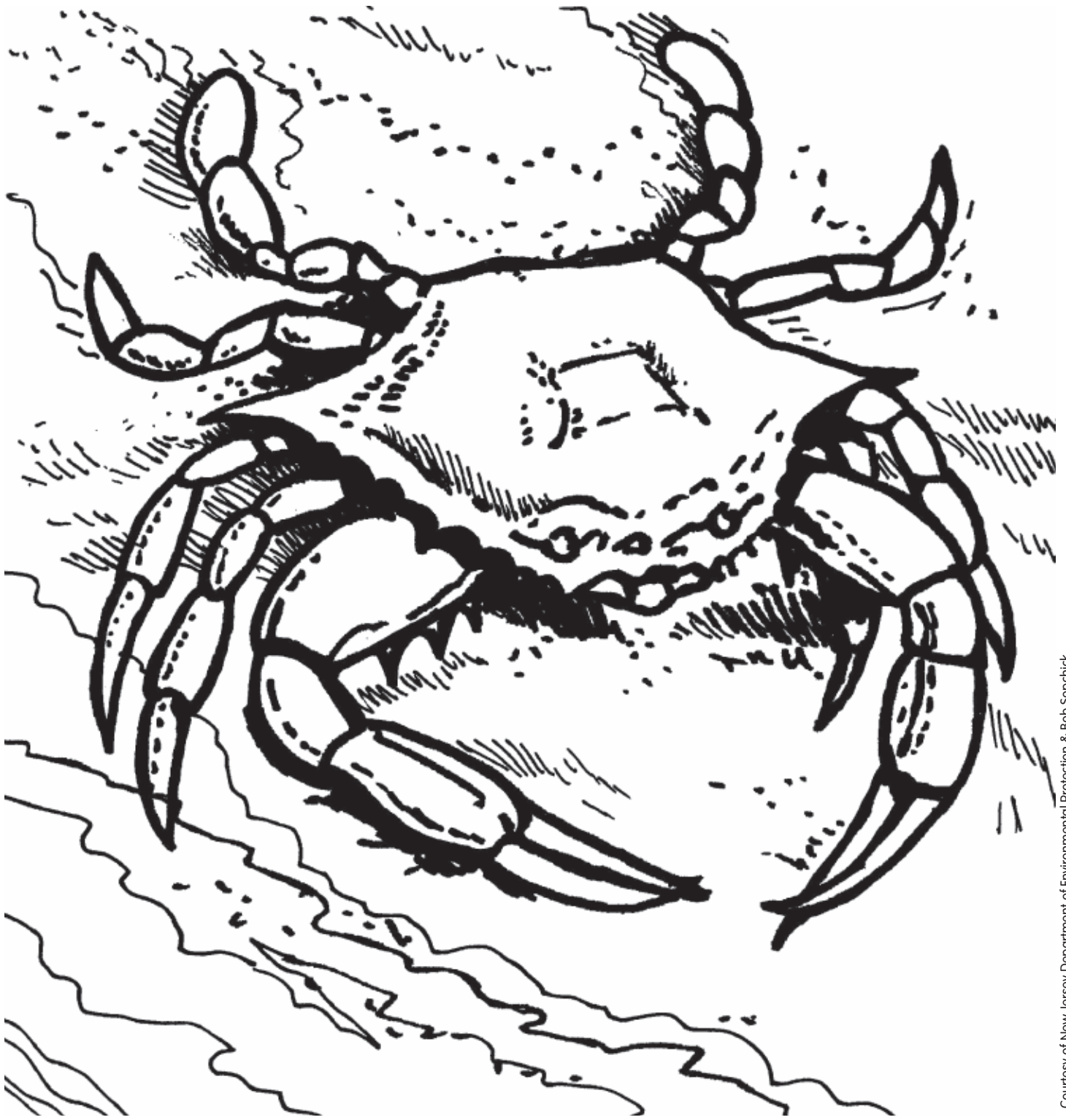
This is called a fish advisory!





Certain types of fish can have more chemicals in their bodies. No one should eat fish like Hudson River catfish and eels because they are fatty. Chemicals like PCBs stay in their fat and build up over time.





Courtesy of New Jersey Department of Environmental Protection & Bob Sopchick

Hudson River blue crabs and striped bass are okay for men and older women to eat in the lower part of the river. But moms and children should not eat any fish or crabs from most of the Hudson River.



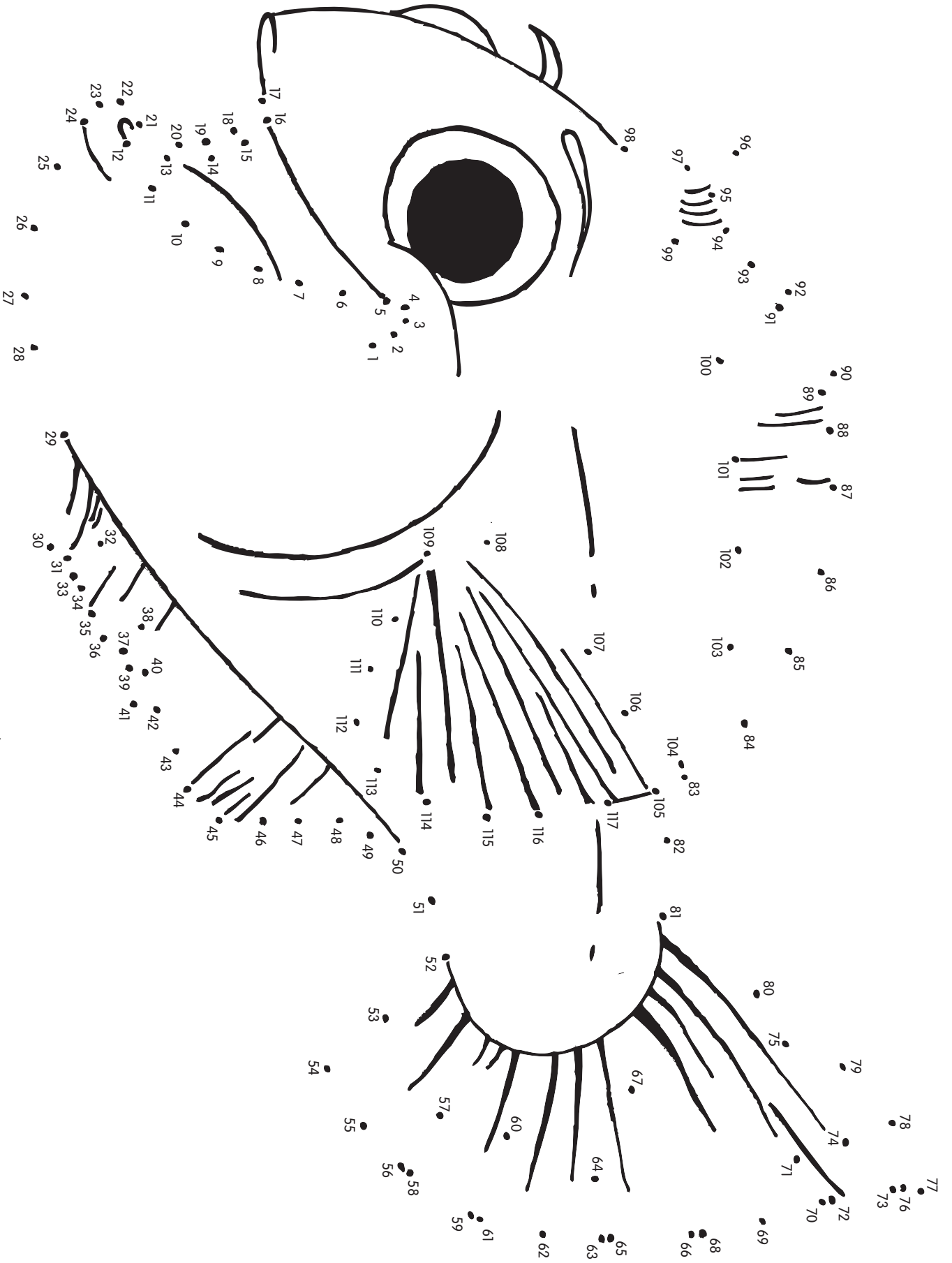
Ocean fish that you can buy at restaurants and grocery stores have fewer chemicals than fish found in the Hudson. Fish like salmon, cod, and haddock are good for everyone to eat.

**What kind of fish do you like to eat?**

---



# Connect the Dots



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

**Can you find all the words in the puzzle?**

ADVICE	ESTUARY	OUTDOORS
ALEWIFE	FILLET	PCBs
BAIT	FISHING	RELEASE
BLUE CRAB	FISHING POLE	ROCK BASS
BLUEFISH	FUN	SKIN AND TRIM
CATFISH	HEALTH	SPORTFISH
CHEMICALS	HERRING	STRIPED BASS
EEL	HUDSON RIVER	YELLOW PERCH

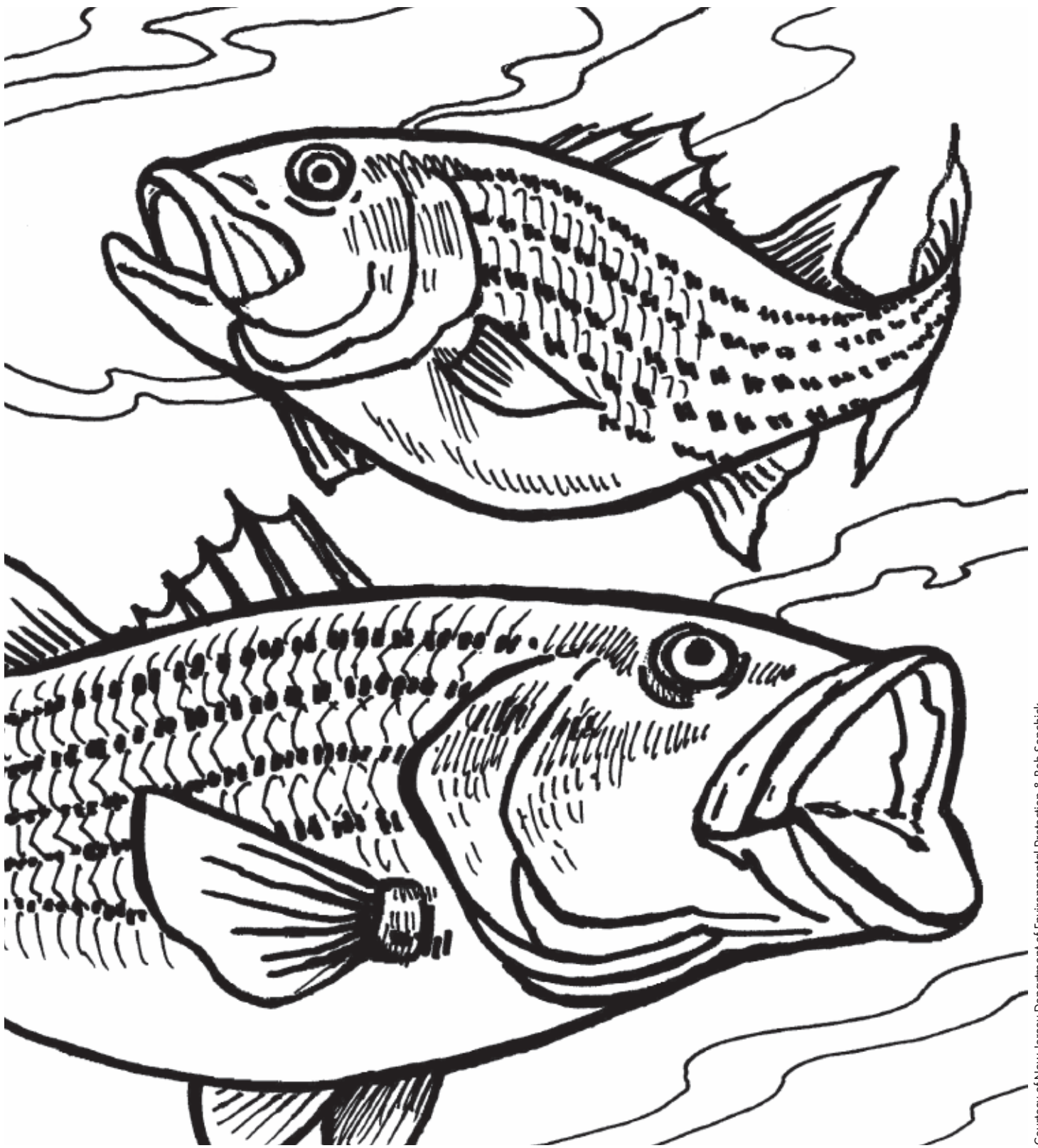


The Hudson River is a mighty river that has all sorts of creatures both in and out of the water.

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**

\_\_\_\_\_



Courtesy of New Jersey Department of Environmental Protection & Bob Sopchick

Striped bass swim up the Hudson every spring to lay eggs. They live part of their time in saltwater and part of the time in fresh water. They can grow as large as 70 pounds!





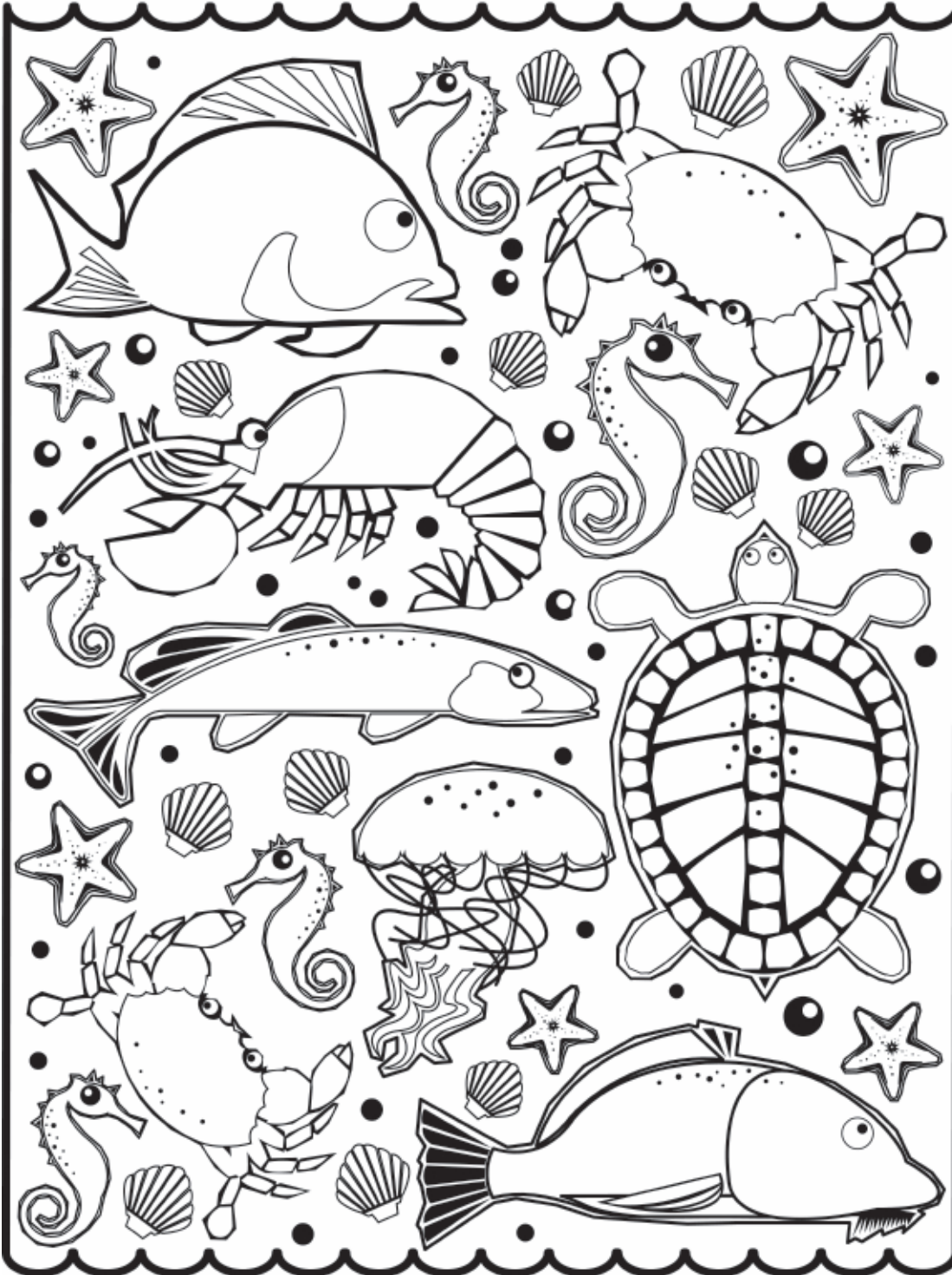
Mink are good swimmers and like to live next to the water. Their favorite food is muskrat but they like to eat lots of fish, frogs, and crabs. Mink are members of the weasel family.

**What did this mink almost catch?**

---

All of these creatures can be found in the Hudson River!

Crabs, turtles and many types of fish can be found along the whole length of the river. Near the sea, even starfish, lobsters and sea horses can be found!



**Can you find all these creatures in the picture?**

Sea horse

Starfish

Crab

Fish

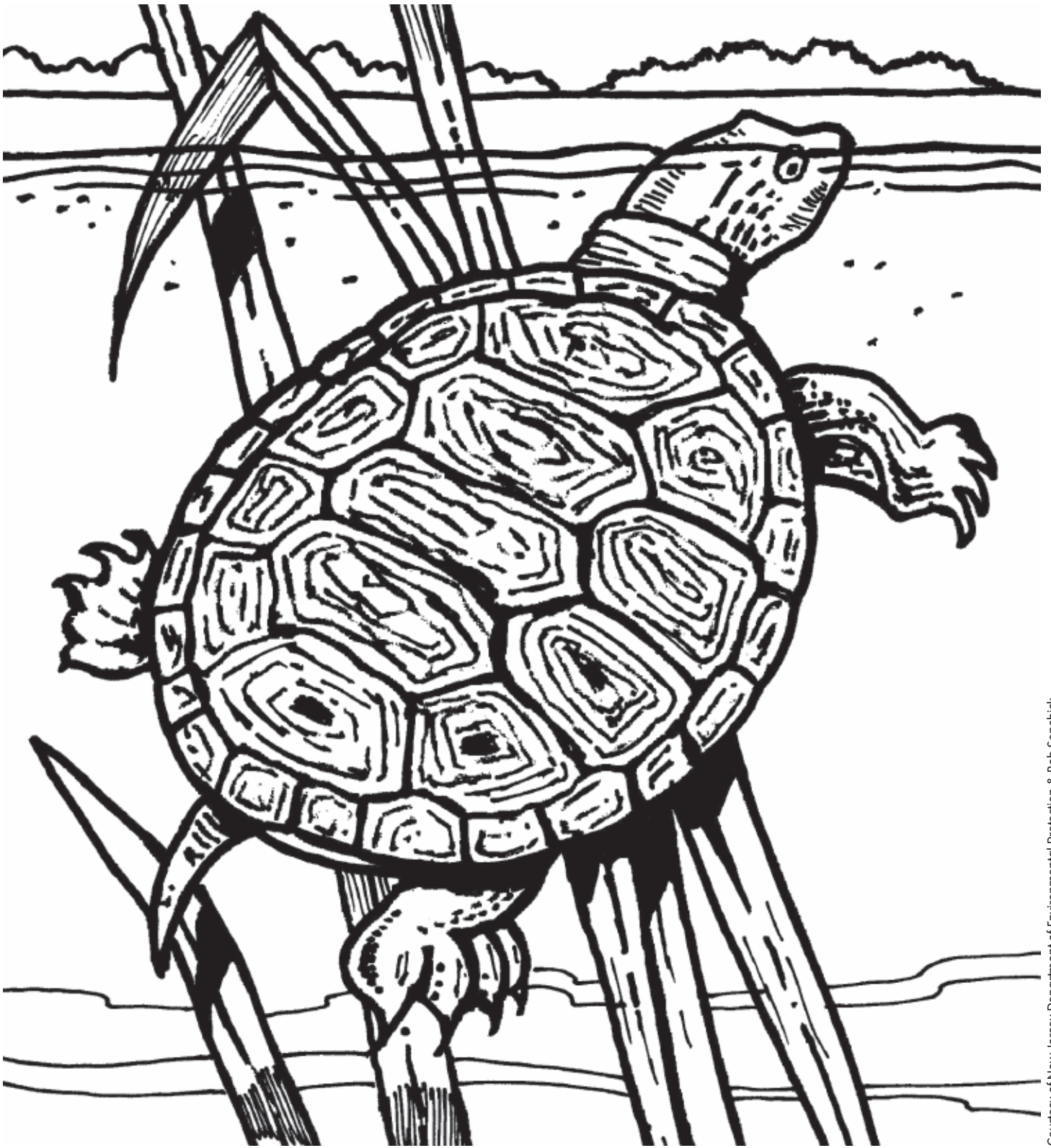
Turtle

Clam

Lobster

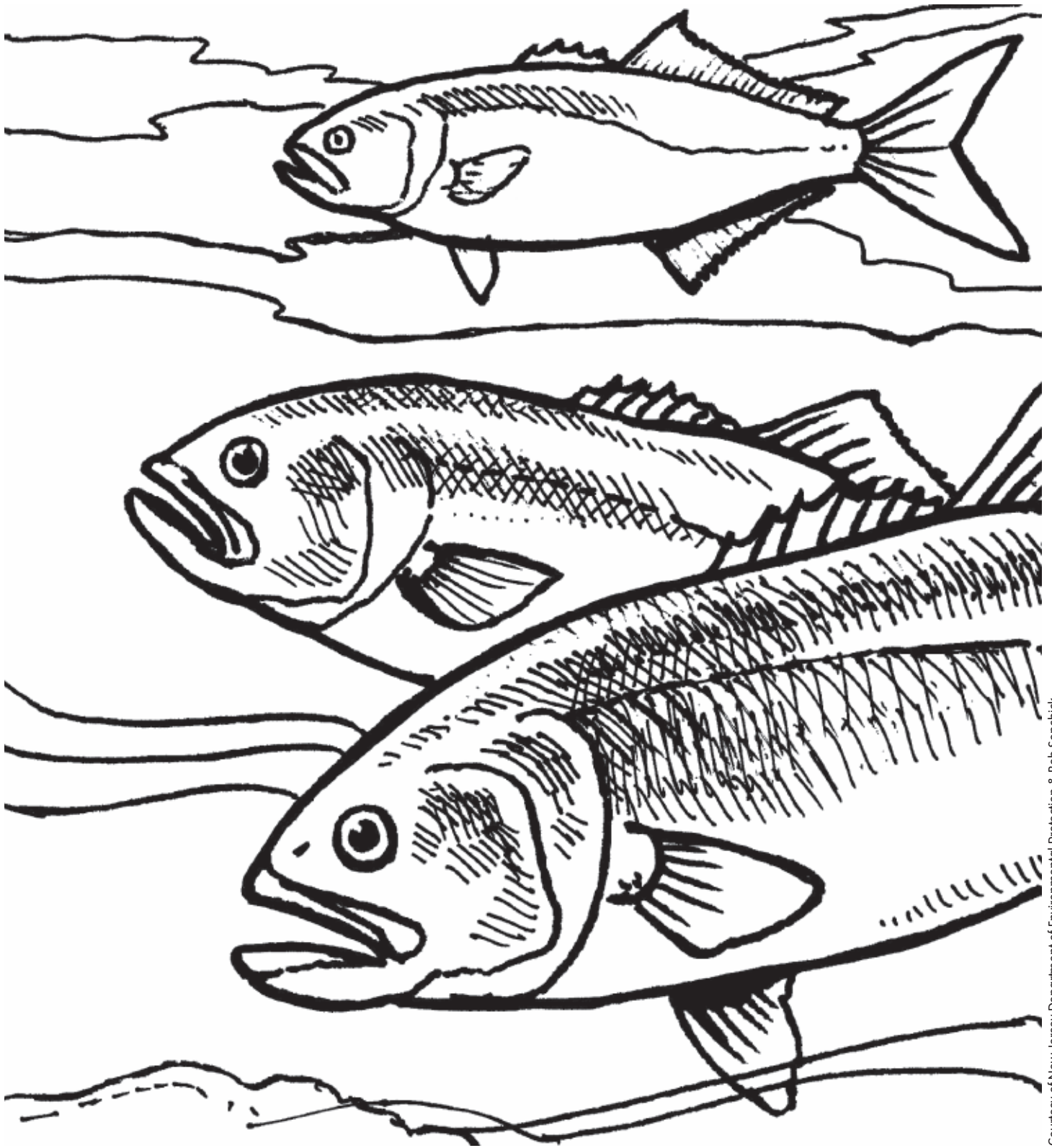
Jellyfish





Courtesy of New Jersey Department of Environmental Protection & Bob Sopchick

Salt marshes are important places where saltwater and fresh water meet land. Diamondback terrapins are a type of turtle that live in salt marshes. These turtles eat snails, clams, crabs and some marsh plants.



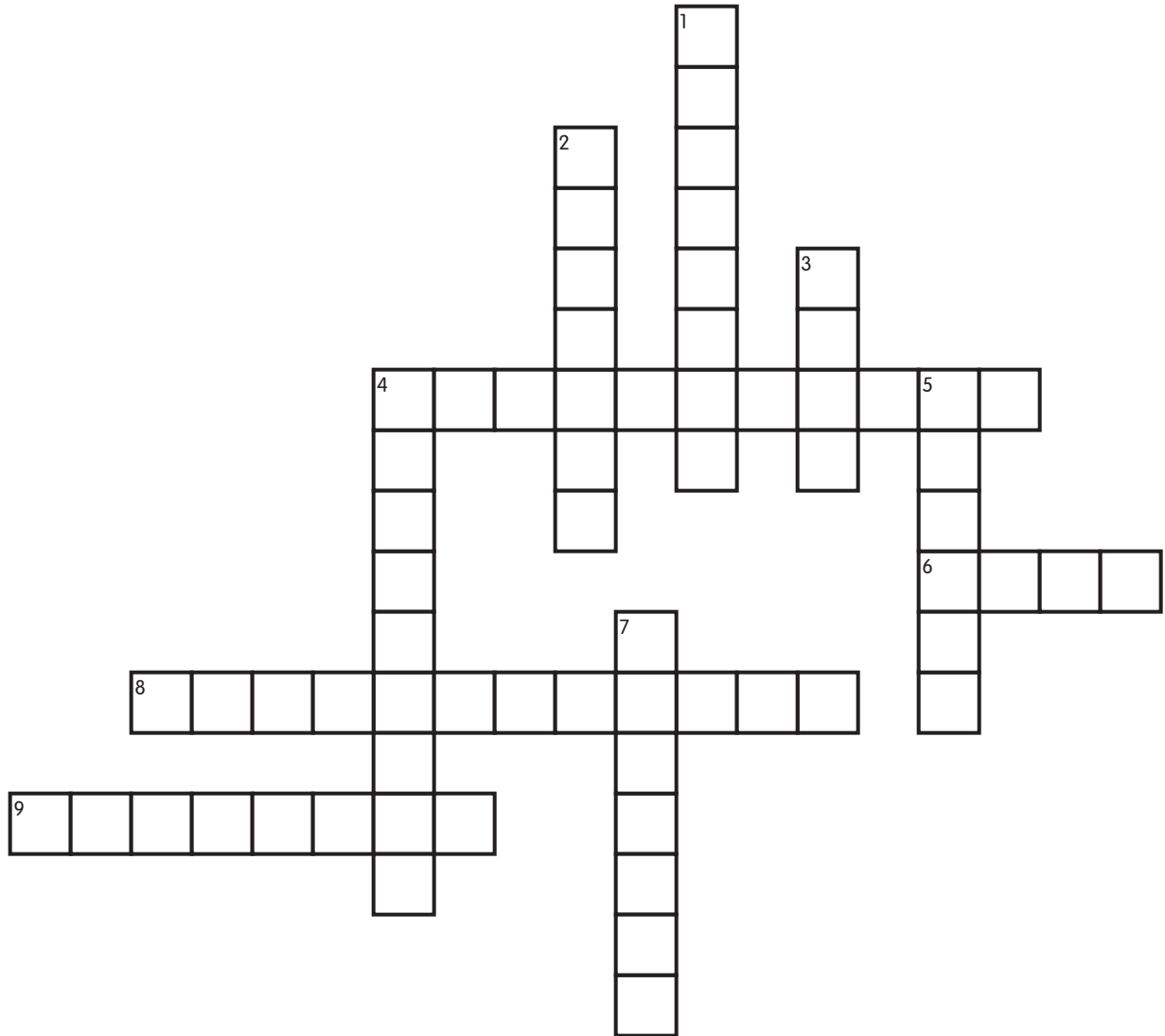
Fishermen like to catch bluefish because they can get very big. The smaller fish stay in bays and estuaries. Larger bluefish may migrate along the ocean coasts. Bluefish eat smaller fish.



The Hudson River has many creatures and is a beautiful place. But the fish you catch in the Hudson can have a lot of chemicals, so children should not eat them.

Luckily, New York State is a big place. Families can find many streams, rivers, lakes and ponds that are cleaner. Children can eat the fish they catch from these waters.

# Hudson River Crossword Puzzle



## Across

4. A large fish that lives part time in the ocean and part time in the river
6. A Hudson River creature related to weasels
8. Who you are, what you catch, and where you fish
9. A large Hudson River fish with the color of the sky in its name

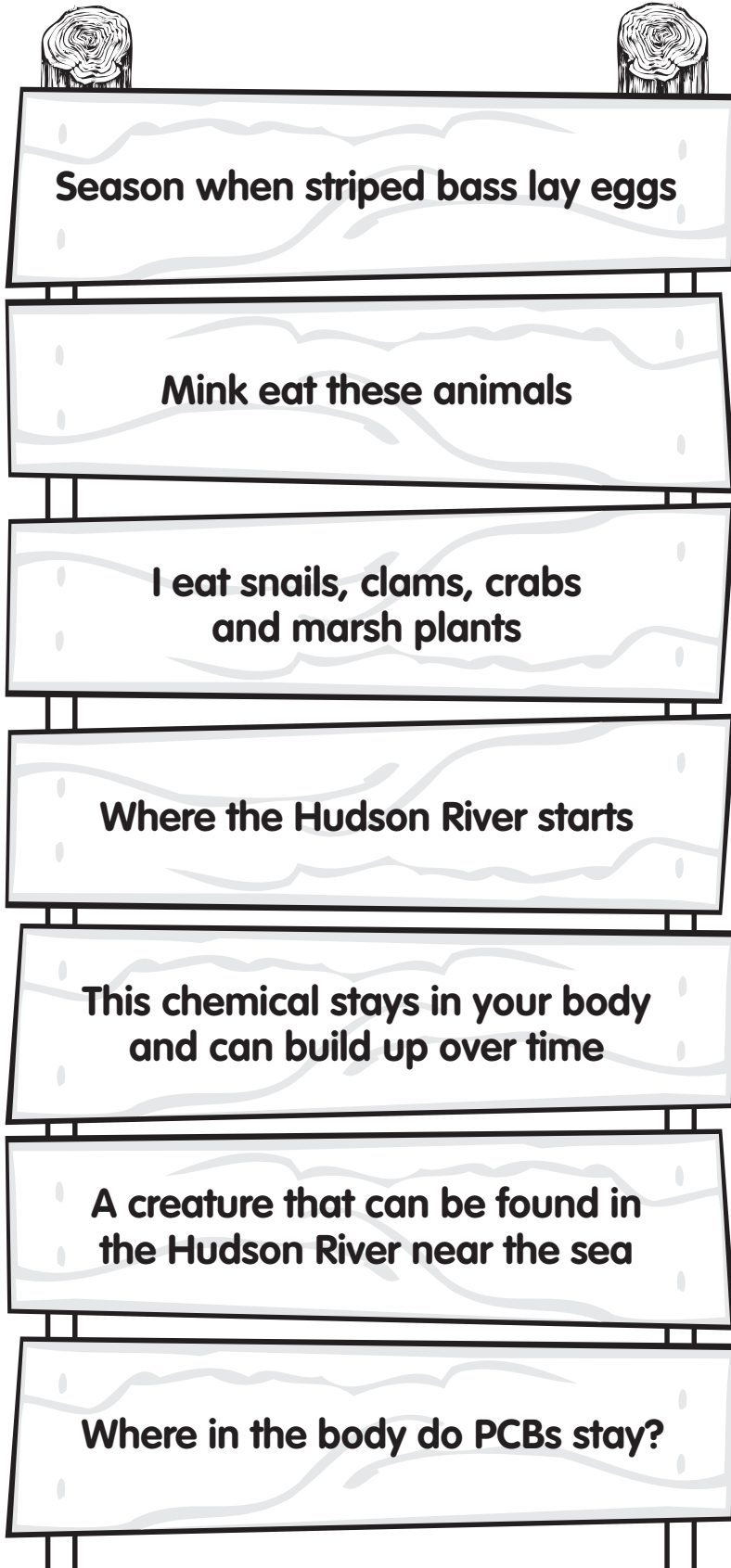
## Down

1. Moms and \_\_\_\_\_ should not eat fish from the Hudson River
2. A fatty Hudson River fish that people shouldn't eat
3. A chemical in Hudson River fish
4. Where some turtles like to live
5. A pink fish from the supermarket that is good for kids to eat
7. Place where fresh water and saltwater meet



# Matching Game

Draw a line from the clue to the correct answer:



Season when striped bass lay eggs

Mink eat these animals

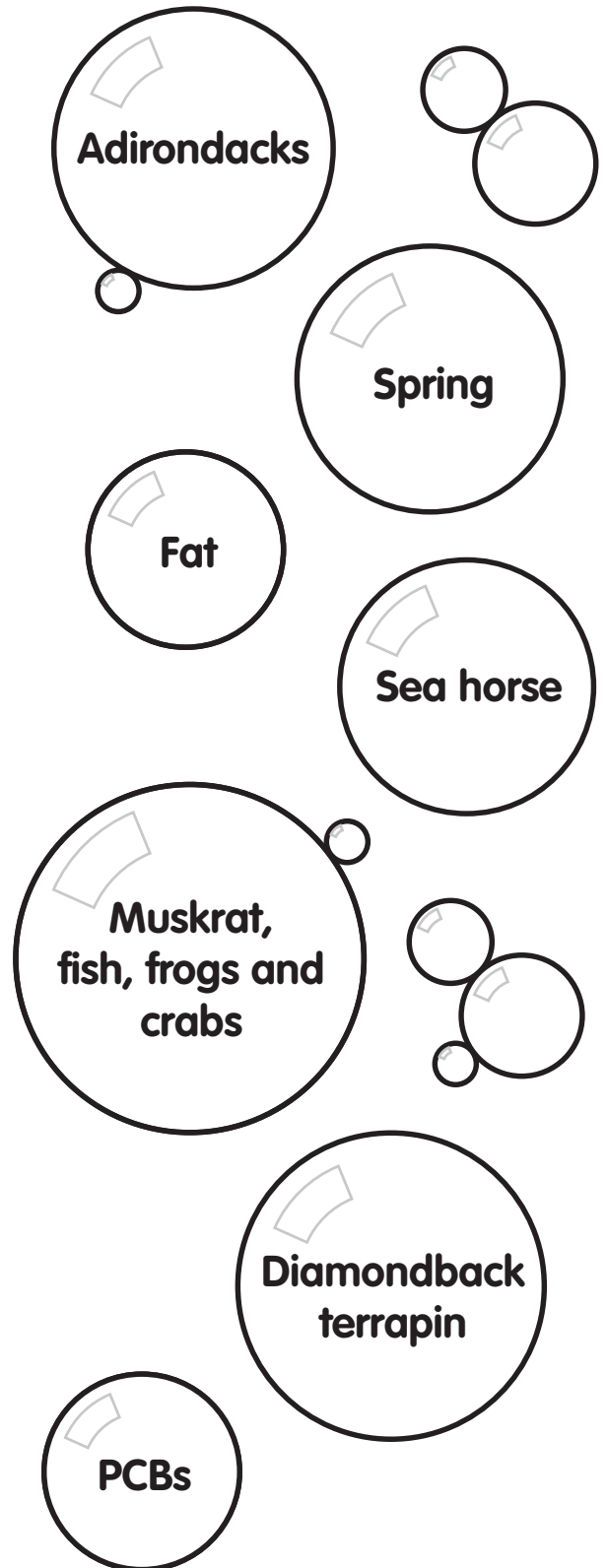
I eat snails, clams, crabs and marsh plants

Where the Hudson River starts

This chemical stays in your body and can build up over time

A creature that can be found in the Hudson River near the sea

Where in the body do PCBs stay?



Adirondacks

Spring

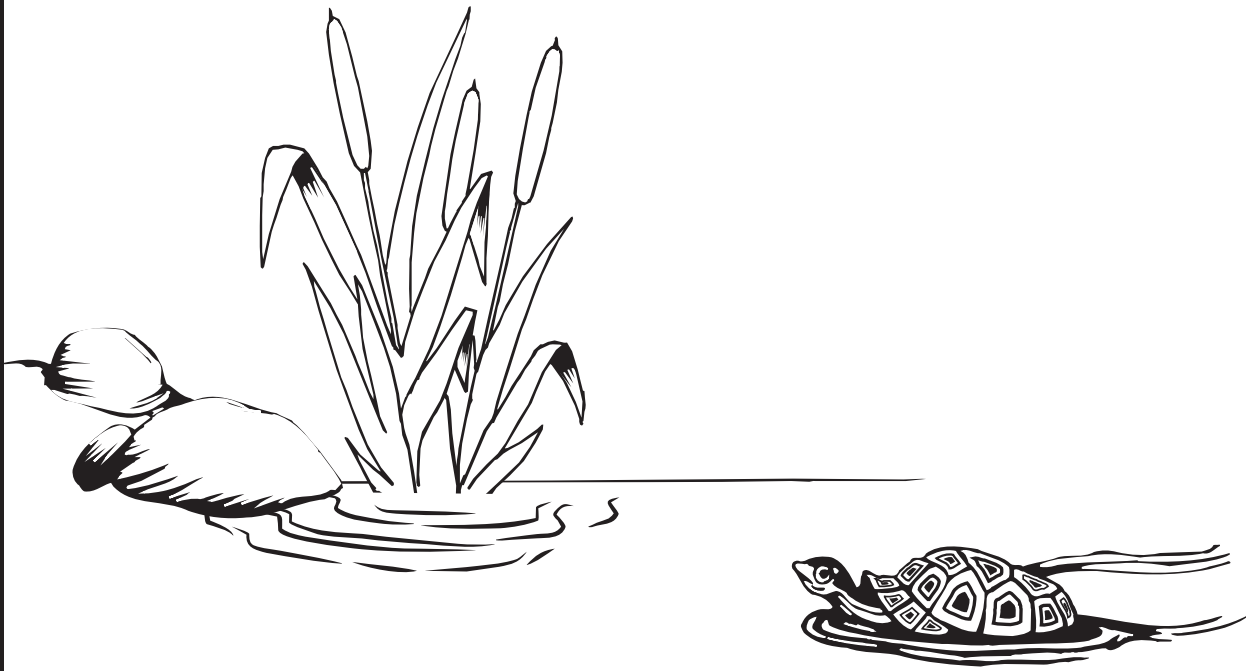
Fat

Sea horse

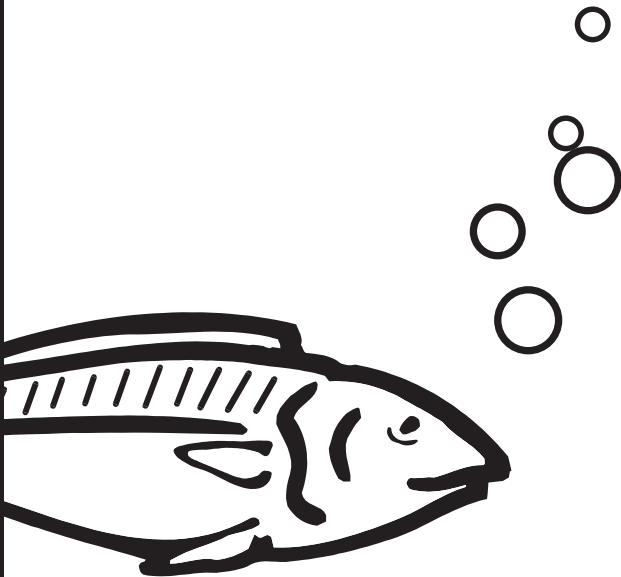
Muskrat, fish, frogs and crabs

Diamondback terrapin

PCBs



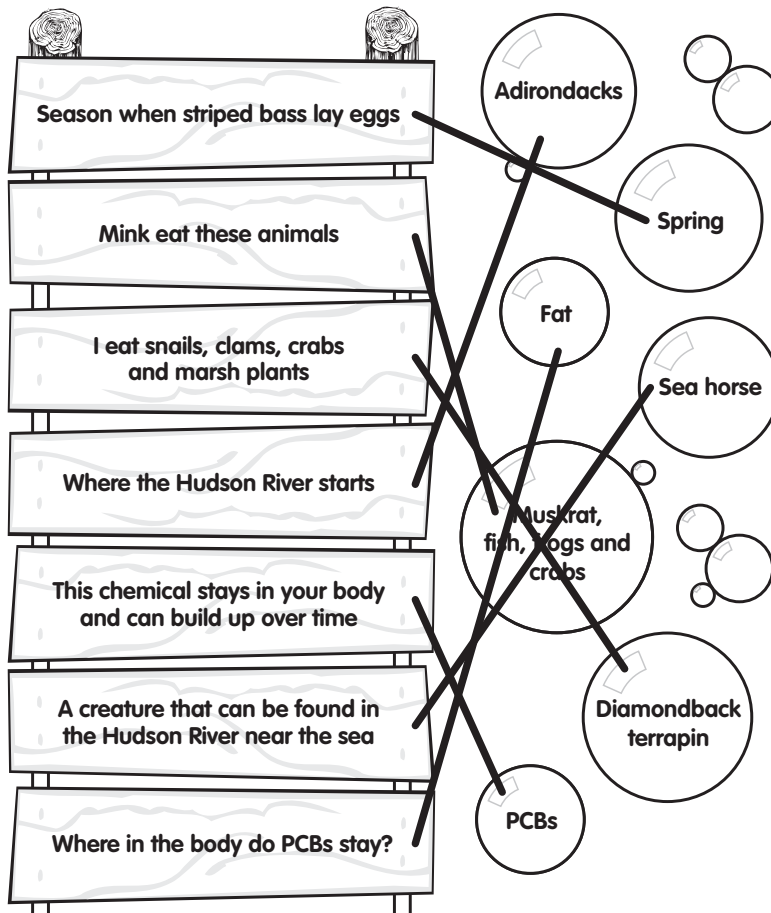
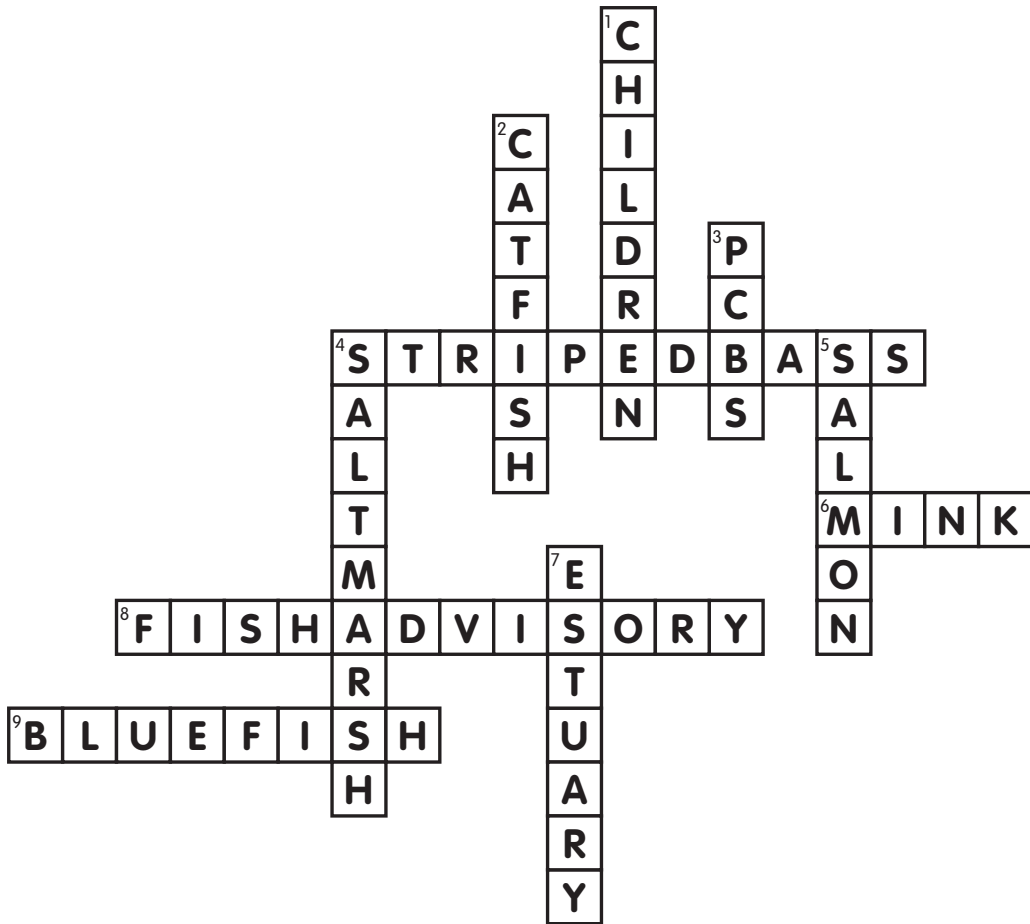
# Answer Key

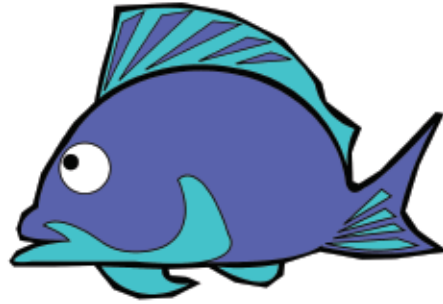




H H S I F T A C T Q O E T N U J A Y W H  
 Y U G L U I X O U Y O H P U O L E Z Q H  
 D R D G A G O Q E F R F W F E L T F N U  
 T O A S H C J E U P G C R W L F I C R R  
 F Z U U O Z I O P A L T I O S I A S Z X  
 B X Y T T N R M E R K F W G U L S Y K C  
 Y S N U D S R E E Y E P B A V L T G Q C  
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

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





**To find out more information about the  
Hudson River fish advisory or other fish advisories  
in New York State, please contact:**

New York State Department of Health  
Hudson River Fish Advisory  
Center for Environmental Health  
Empire State Plaza, Corning Tower Room 1642  
Albany, NY 12237  
(518) 402-7530  
[hrfa@health.state.ny.us](mailto:hrfa@health.state.ny.us)  
<http://health.ny.gov/hudsonriverfish>



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