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THE RAINBOW BEHIND THE CLOUDS

By Arleen M. Kaptur

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It is an absolutely perfect day. The sun is shining and warm breezes gently cross our path. The sweet sound of chirping birds fills the air and the gentle lapping water on the lake adds to the total "perfect" picture.

But there are a few clouds that are determined to continue coming and the closer they get the more ominous they appear. The warm breezes turn into chilling wind and the birds have turned silent. The water now swirls and the sun has been obliterated by these menacing clouds.

We take shelter and decide to enjoy a hot cup of tea or perhaps coffee. We build a fire in the fireplace and pick up that novel we always wanted to read. A warm coverlet covers our legs and we snuggle into a soft, leather chair. We will weather out the storm and wait for it to pass. The windows are pelted with rain and the sound of thunder shakes our little cottage. Somehow we have relaxed to the point that we have fallen asleep.

We awake to total quiet. The fire has died and the sun is filling the room, streaming through the windows. We jump up and throw open the door. And there it is – the most beautiful rainbow that you could imagine. The colors are vivid and range from pinks, purples, and blues to green, yellow, and hues we can't even put

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a name to. The air is sweet with the smell of fresh rain and the birds are again filling the air with sound. Everything is calm and breathtaking in its beauty. We are enthralled by the rainbow and can't take our eyes off of it. It arcs over the lake and we dream about that pot of gold at the end of it. We are glad to be alive and feel stronger for having weathered the storm. We feel more confident, somehow, as well as more appreciative for all the storms in our lives that bring the rainbows.

You write the book or article and then are so very pleased with what you have created. You proudly send it in and wait for the accolades. Instead the rejections come and hope fades, but don't let it. Weather out your storms, relax in knowing that someone will appreciate your efforts, but perhaps you will have to take cover and wait.

When you can throw open the doors of the bright world of being a writer, you will see the rainbow and the colors will embrace you. The pot at the end of that beautiful rainbow will be your book or article in print and you will be more confident next time, and face that next storm, as surely as they will come, but never go down to the demoralizing pits of self-pity and worse yet, total abandonment.

The rainbows are out waiting in the wings, and the stronger the gales that blow with each storm, the more welcome is that expanse of wonder and delight that represents the myriad of people you will touch through your writing and the knowledge you share.

So go in and have that cup of coffee, relax in front of the fire, and wait out the storm. Anticipation of that rainbow will make it all worth your while. You will also notice that with each passing turbulence, the colors seem deeper and more penetrating.

Wishing you the strength to weather the storm and welcome the rainbows.

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Arleen Kaptur has written numerous articles, e-books, and the novel: **SEARCHING FOR AUSTIN JAMES** Websites: <http://www.arleensite.com> <http://www.Arleens-RusticLiving.com> <http://www.webspawner.com/users/rusticliving/index.html> <http://rusticliving.info>

Trout Species - Rainbow Trout and Brown Trout

By Brett Fogle

Rainbow Trout: Few freshwater fish can match the fighting spirit and beauty of a Rainbow Trout.

The Rainbow Trout is a well-traveled species of fish. Originally, the Rainbow Trout was found in the coastal rivers in the United States on the west coast but today, Rainbow Trout are found throughout the United States, as well as in the cold-water streams of South America, Europe, New Zealand and even Australia.

The reason for the wide range of Rainbow Trout in the U.S. is that Rainbow Trout are relatively easy to transplant. Virtually all areas that Rainbow Trout now inhabit are due to environmental transplants - both intentionally or unintentionally.

Regardless, Rainbow Trout are the most popular types of trout found in the world today, and are also the most sought after trout by fly fishermen.

The Rainbow Trout is equally famous for its acrobatic aerial displays and very long runs to avoid being caught.

Rainbow Trout are also well-known for being highly selective in what they eat. While at other times, they seemingly gorge themselves on just about everything in sight.

Rainbow Trout are easily distinguished by the red stripe that travels the length of the fish, from the gill plates to the tail. Rainbow Trout also have hundreds of black spots that cover the dorsal of the body (the dorsal part of the body of a trout refers to the "back side" of the fish).

Brown Trout : Brown Trout are the "smartest" of the trout family, frequently frustrating beginners and professionals alike.

To read the full article, click here:

<https://www.fly-fishing-secrets.com>

Brett Fogle is the publisher of Fly Fishing Secrets, an insiders guide to flyfishing tips and techniques of the pros. To sign up for free flyfishing tips and other articles, please visit

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