So, during the Ice Age, these huge sheets covering lots of land mass. Ice was incredibly thick, so mile-wide thicknesses of ice piled on top of land. And then the Earth starts to warm. So widespread melting of those ice sheets begins. And the glaciers recede, leaving in their wake environments that used to be completely buried under ice but are now exposed.

And if you go into areas like, for example, around British Columbia, you'll find that the islands around Vancouver are dotted with freshwater, post-glacial lakes covered in these formerly ice-covered regions. Those freshwater lakes, if you look in them, very frequently have sticklebacks that have come in from the ocean but then adapted to the local environmental conditions in the lake. That adaptation includes decisions about how to avoid predators.

This shows a trout trying to eat a stickleback. You can see the sticklebacks sometimes get away. So, the armor that they have can be very useful. Sticklebacks are also eaten by insects. And the preying strategy of an insect is actually to reach out and grab on to things like spines of sticklebacks, reel them in, and then munch them from the sides. So, depending on the kinds of predators that you’re encountering in different lakes, it may be better or worse to have or to lose armor.