

Down We Go

EFFECTIVE DEEP WATER CATCH AND RELEASE

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Earl Meredith, NOAA Recreational Fishery Coordinator, NOAA Northeast Fisheries Science Center

MARINE ANGLERS who fish deeper water may often see their released fish bobbing on the water's surface, floating like a balloon. This leaves an impression of wastefulness but much worse, causes mortality of these released fish, tarnishing an otherwise successful fishing trip.

Barotrauma!

When fish are rapidly brought up from deep water, they will likely suffer from barotrauma, a damaging condition similar to the bends experienced by scuba divers if they ascend to the water's surface too fast. Barotrauma is the injurious effect resulting from gases expanding faster than they can diffuse out of body tissues due to the decreasing pressure during ascent through the water column.

Fish with barotrauma effects may look stiff, dead, have extended eyes (pop-eyes), and/or an enlarged air bladder which results in the stomach being forced out through the esophagus. Yes, that's the stomach, not the air bladder. Anglers often mistake the protruding stomach for the air bladder and puncture the stomach, an extremely injurious error.

When released, barotrauma effects prevent a fish from swimming back to deep water leaving them floating helplessly, subjecting them to predation by birds, other fish or dangerous surface conditions such as water temperatures much warmer than they normally inhabit. Unfortunately, most bloated surface floaters will *not* survive.

Venting to Relieve Barotrauma

One approach to assist floaters is to "vent" the fish. Venting is performed by carefully inserting a needle into the fish's side to puncture its body cavity, releasing the expanded gases. A more detailed description on venting can be found at the Florida Sea Grant Web Site, <https://www.flseagrant.org/fisheries/venting>. In many cases, venting will allow the fish to descend and is a fast way to reduce floaters when catching many fish that must be released quickly. However, venting can cause serious internal injuries, infections and leave fish vulnerable to predators. Many discourage the practice of venting for these reasons.

Descenders Are Safer

In most cases, the use of a descending device is a preferred method to venting. A descending device is a conservation tool used to return fish to deep water, alleviating the "balloon" trail behind your vessel. These devices not only move the fish off of the water's surface but greatly increase the survival rate of released fish. Descending devices return the fish to the depth where it was caught without puncturing the body or causing potentially serious injury. The process of descending a fish allows the higher water pressure at greater depths to recompress gases that had expanded in body tissues at the water's surface. Many fish resume normal activities soon after their underwater release.

First, Proper Handling

Of key importance, anglers must always perform proper fish handling techniques at the surface prior to descending a fish. Remove hooks promptly when hooked in the lip or mouth; cut the line close to the hook if it's been swallowed too deeply to remove; handle the fish as gently as possible, returning it to the water quickly. (For more on proper fish handling techniques, see also page 13, *How to Release Hooked Fish*.) Each step will greatly enhance the survivability of released fish, especially those that also must contend with barotrauma effects. Any effort to reduce mortality by descending fish will be less effective after poor surface handling.

A common observation among experienced anglers about the general fishing community is that the majority of anglers are not releasing fish correctly. If more anglers employed proper fish handling techniques and releasing methods, the improved conservation ethic would benefit all recreational fish stocks. A National Oceanic and Atmospheric Administration (NOAA) report from 2011 states that 60 percent of the fish caught by marine anglers are released back to the water. That's 207 million fish!

East Coast Deep Water Fish Will Benefit

Descenders are more commonly used on the West, Gulf of Mexico and south Atlantic coasts. Such devices could prove beneficial for select East Coast fisheries, particularly in the Mid-Atlantic for species such as black sea bass, tautog and tilefish, all typically caught in water depths of more than 60 feet.

Studies on West Coast rockfish have demonstrated high survival rates for descended fish. Some fish have survived the barotrauma effects of being caught from hundreds of feet below the surface. An entertaining and very informative video on this subject can be found on YouTube at <https://www.youtube.com/watch?v=EiZFghwVOyI>.



A West Coast canary rockfish with barotrauma effects (pop-eyes and protruding stomach)

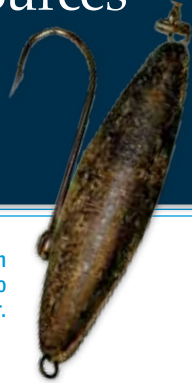
Fish Descending Device Sources

The Seaqualizer — www.seaqualizer.com

Shelton Descending Device — www.sheltonproducts.com

BLACKTIP Fish Recompression Device — www.westmarine.com

RokLees, The Fish Descending Device — www.ecoleeser.com



This fish descending device is constructed from an inverted barbless hook with a weight used to "escort" a bloated fish back to deeper water.

Types of Descending Devices

A descending device can be a simple tool made at home with inexpensive materials. One such device is a weight with an inverted (downward pointing) barbless hook which allows the device to be jerked upwards out of the fish when the desired water depth is reached.

Another easily constructed device to descend fish is a weighted utility or milk crate with a long rope. Weights or a chain can be fastened around the open rim which now becomes the bottom of the device when the crate is inverted, containing the buoyant fish as it is descended. Gases in the fish normalize as it reaches the depth at which it was caught and the fish recovers, swimming out of the crate's open bottom. Devices like these are available at some tackle shops, marine supply stores or online. (See above.)

For more details on descending devices, see the Florida Sea Grant website page at <http://flseagrant.ifas.ufl.edu/newsletter/2012/07/what-are-fish-descending-devices-2/#.UX6Hy7WW9GY>, or the California Sea Grant brochure titled *Bring That Rockfish Down* at <http://www.usc.edu/org/seagrant/research/Barotrauma.html>.

Scant Research

On the East Coast, the use of descending devices to mitigate barotrauma is in its infancy. Since 2011, four important and informative fish barotrauma workshops were conducted with participants such as scientists and fisheries managers, fish industry representatives, for-hire vessel operators and recreational anglers. The workshops addressed barotrauma issues, prevention and remediation in addition to recent works in this area, research needs and opportunities for collaborative studies. Details on the workshops can be found at the American Sport Fishing Association's FishSmart website <http://www.fishsmart.org/>.

No comprehensive scientific studies exist on the use of descending devices for recreationally caught species found in New England and Mid-Atlantic regions. While New Jersey Division of Fish and



A utility crate, when inverted and weighted around the rim, can function as a fish descending device.

Wildlife is encouraging anglers to pioneer the use of various barotrauma devices, more defensible scientific evidence must be gathered as to their effectiveness for our East Coast fish species. A partnership among the recreational angling community, fisheries managers and scientific fisheries organizations would be beneficial for conducting much-needed research on barotrauma and the efficacy of fish descending devices.

Become a Forerunner

Find an old utility crate, affix a long rope and weight the rim to make a descender. Rig up an inverted, barbless hook-and-weight release device. Flip through a catalog or search online for fish descending devices. Add a variety of these life-saving devices to your fishing gear. Try several on your next deep water fishing trip, comparing their effectiveness and ease of use. Be sure to inform New Jersey Division of Fish and Wildlife's Marine Fisheries staff, researchers and fellow anglers on the benefits of these practical devices. Consider yourself to be a pioneer in the prevention of barotrauma for East Coast, deep water fish. Your conservation efforts will improve their rate of survival.

Photo Credits:

Fish: California Dept. of Fish and Wildlife
Lure: California Dept. of Fish and Wildlife
Utility Crate: Paul Perra NOAA

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Skillful Angler Recognition Program

2014 REGULATIONS



Barnegat Reef was the location where James Parula hooked this 8lb., 8 oz. fluke measuring 28 inches.

The Skillful Angler Recognition Program is designed both to supplement the New Jersey Record Fish Program and to acknowledge that many anglers catch freshwater and marine fish that are not record size, but are still worthy of recognition because the size and weight of the fish sufficiently tested the angler's skill. Open to resident and non-resident anglers. All fish must be caught in New Jersey waters using a hook and line during legally open seasons. It is comprised of three categories: Adult (for anglers age 16 and older), Junior (under age 16) and Catch and Release (based on length). **New entry requirements:** Anglers must submit two clear, side-view photos that allows accurate species identification, one taken alongside a ruler, the other of the angler holding the fish at the catch location.

Take time to compose a good quality (and high resolution) photo to submit with your application. The best photo may be selected for publication in this *Digest* next year! Include your e-mail address on back of the photo so we may contact you for a digital copy of your print.

Anglers qualifying for a Skillful Angler award receive a certificate as a testament to their achievement. Anglers may submit applications for larger fish caught even after receiving a certificate.

At the end of the year, special recognition is given to anglers who catch the largest fish in each species category. The winner of each category is sent a special certificate recognizing his/her accomplishment as the best of New Jersey's Skillful Anglers.

Fish must be measured from the tip of the nose (with mouth closed) to the tip of the tail. For catch and release categories, the fish must be measured alongside a ruler. For Adult/Junior categories, fish must be weighed and measured by fishing license agents, tackle shops or authorized Fish and Wildlife fisheries biologists. A new Skillful Angler Program is being planned; watch for changes next year.

Apply online at:
NJFishandWildlife.com/pdf/sklflang-appform.pdf

Minimum Entry Requirements:

Species	Adult Weight (lbs., oz.)	Junior Weight (lbs., oz.)	Catch & Release (inches)
Black Sea Bass	4	3	20
Striped Bass	40	36	42
Black Drum	70	63	46
Bluefish	18	16	33
Cod	30	27	42
Dolphin	30	27	n/a
Winter Flounder	2	1 lb., 8 oz.	16
Fluke	8	7	27
Kingfish	1	8 oz.	13
Mako Shark	250	225	n/a
Blue Marlin	400	360	n/a
White Marlin	60	54	n/a
Pollock	25	22 lbs., 8 oz.	41
Tautog	8	7	22
Albacore Tuna	50	45	n/a
Big Eye Tuna	200	180	n/a
Bluefin Tuna	500	450	n/a
Yellowfin Tuna	120	108	n/a
Tuna (other)	250	225	n/a
Weakfish	10	9	30

The New Jersey State Record Fish Program requires a separate application and is based on weight alone. Scale certification documentation and a weighmaster's signature are necessary. Other rules apply. Visit Fish and Wildlife's Web site at NJFishandWildlife.com for a complete list of current state records. See also page 25.

Ocean Fun Day

Never surf fished before?

Join New Jersey Division of Fish and Wildlife educators at Ocean Fun Days to learn how!

May 17, 2014 from 11:30 a.m.–1:30 p.m. at Island Beach State Park.

- Learn proper surf fishing techniques and tricks.
- All equipment and supplies will be provided. Ages 12 and up.

Participants may join in the Governor's Surf Fishing Tournament (see page 10 for Tournament details) the next day using provided equipment. Tournament registration fees will apply.



Heather Corbett/NJ Div. Fish and Wildlife



Michael J. LaTorre, Jr. caught this smooth dogfish on May 24 at Sculls Bay while casting bait from a boat. It weighed 19 lbs., 11.2 oz. (beating the former record by 2.2 oz.) and was 49 inches long with a 23-inch girth.

New Jersey Division of Fish and Wildlife's Record Fish Program honors anglers who catch the largest of select species of freshwater and saltwater fish. Record size is based on weight alone; there are no line classes. Currently there are 59 marine species eligible for entry into the program.

Anglers are reminded that the objective of the Record Fish Program is to increase awareness of fishing opportunities for species that are regularly sought and routinely found on or off the coast of New Jersey. The original list of 72 species was pared down with that objective in mind.

Twelve species are now retired from the list of program-eligible fish, but remain on a separate list posted on Fish and Wildlife's Web site. One historical catch is also retired and posted on the list.

Anglers should be aware of the procedure in effect for entering the Record Fish Program. First, separate applications are required for freshwater and saltwater species. Second, for saltwater entries, it is now mandatory that a marine biologist inspect

any potential record fish, as identification solely by photo is not always accurate. Anglers must call Fish and Wildlife's Nacote Creek Research Station at (609) 748-2020 to make arrangements for inspection. In most instances, the fish must be transported to this office in Port Republic. However, in the case of extremely large fish (i.e., shark and tuna), a biologist should be available to travel for dockside inspection. Note that all scale certification requirements still apply, including a valid Certificate of Inspection/Test Report and current Registration Certificate issued by the County Office of Weights and Measures.

The entry deadline is now no later than one month after the date of catch. Note that the triggerfish category is now defined as gray triggerfish.

For a complete list of state record fish or to print an application with complete program rules, visit the Division of Fish and Wildlife's Web site at NJFishandWildlife.com/fishing.htm.

New Jersey State Record Marine Fish

Species	Lbs.	Oz.	Year	Angler	Where Caught
Amberjack, greater	85	0	1993	Edwin Metzner	Off Cape May
Bass, black sea	8	4.5	2010	Andrew A. Merendino	Off Cape May
Bluefish	27	1	1997	Roger Kastorsky	5 Fathom Bank
Bonito, Atlantic	13	8	1945	Frank Lykes, Jr.	Off Sandy Hook
Cobia	87	0	1999	John Shanchuk	Off Sea Bright
Cod	81	0	1967	Joseph Chesla	Off Brielle
Crab, blue	8¾" pt. to pt.		2009	Raymond Ponik	Bayonne
Croaker, Atlantic	5	8	1981	Frederick Brown	Delaware Bay
*Cunner	3	0.5	2012	Raul de la Prida	Off Pt. Pleasant
Dogfish, smooth	19	9	2010	Richard A. Proot, III	Mantoloking
Dogfish, spiny	15	12	1990	Jeff Pennick	Off Cape May
Dolphin	63	3	1974	Scott Smith, Jr.	Baltimore Canyon
Drum, black	109	0	2008	Nick Henry	Delaware Bay
Drum, red	55	0	1985	Daniel Yanino	Great Bay
Eel, American	9	13	1988	Warren Campbell	Atlantic City
Fluke	19	12	1953	Walter Lubin	Off Cape May
Flounder, winter	5	11	1993	Jimmy Swanson	Off Barnegat Light
Hake, white	41	7	1989	Wayne Eble	Off Barnegat Light
Kingfish, Northern	2	8	2004	Chester Urbanski	Barnegat Bay
Ling (red hake)	12	13	2010	Billy Watson	Off Manasquan
Mackerel, Atlantic	4	1	1983	Abe Elkin	Manasquan Ridge
Mackerel, king	54	0	1998	Fernando Alfaiate	Off Cape May
*Mackerel, Spanish	9	12	1990	Donald Kohler	Off Cape May
Marlin, blue	1,046	0	1986	Phil Infantolino	Hudson Canyon
Marlin, white	137	8	1980	Mike Marchell	Hudson Canyon
Perch, white	2	12	1998	Michael King	Little Beach Creek
*Pollock	46	7	1975	John Holton	Off Brielle
Porgy	5	14	1976	Victor Rone	Delaware Bay
Sailfish	43	4	2006	Dr. John Tallia	Linden Kohl Canyon
Seatrout, spotted	11	2	1974	Bert Harper	Holgate Surf
Shad, American	7	0	1967	Rodger West	Great Bay
Shad, hickory	2	13	2011	Robert Macejka	Mantoloking

Species	Lbs.	Oz.	Year	Angler	Where Caught
Shark, blue	366	0	1996	William Young, Jr.	Mud Hole
Shark, bull	Vacant (Minimum Weight 150 lbs.)				
Shark, dusky	530	0	1987	Brian Dunlevy	Off Great Egg Inlet
Shark, hammerhead	365	0	1985	Walter Thacara	Mud Hole
Shark, porbeagle	Vacant (Minimum Weight 100 lbs.)				
Shark, s-fin mako	856	0	1994	Christopher Palmer	Wilmington Canyon
Shark, thresher	683	0	2009	Bennett Fogelberg	Fingers
Shark, tiger	880	0	1988	Billy DeJohn	Off Cape May
Sheepshead	17	3	2003	Paul Lowe	Manahawkin Bay
Spadefish	11	6	1998	Cliff Low	Delaware Bay
Spearfish, longbill	42	0	1989	George Algard	Poor Man's Canyon
	42	0	1997	Joseph Natoli	Hudson Canyon
Spot	0	13	2003	Robert Belsky, Jr.	Little Sheepshead Creek
*Striped Bass	78	8	1982	Al McReynolds	Atlantic City
Swordfish	530	0	1964	Edmund Levitt	Wilmington Canyon
*Tautog	25	0	1998	Anthony Monica	Off Ocean City
Tilefish, golden	63	8	2009	Dennis Muhlenforth	Linden Kohl Canyon
Tilefish, gray	18	14	2013	Richard Englesbe	Off Tom's Canyon
Triggerfish, gray	5	12	2008	Ronald Pires	High Bar Harbor
Tuna, albacore	77	15	1984	Dr. S. Scannapiego	Spencer Canyon
Tuna, big-eye	364	14	1984	George Krenick	Hudson Canyon
Tuna, bluefin	1,030	6	1981	Royal Parsons	Off Pt. Pleasant
Tuna, skipjack	13	4	1999	Craig Eberbach	Wilmington Canyon
Tuna, yellowfin	290	0	1980	Wayne Brinkerhoff	Hudson Canyon
Tunny, little	24	15	1977	Mark Niemczyk	Off Sea Bright
Wahoo	123	12	1992	Robert Carr	28-Mile Wreck
Weakfish	18	8	1986	Karl Jones	Delaware Bay
Whiting (silver hake)	Vacant (Minimum Weight 2.5 lbs.)				

* Fish was previously certified by the IGFA as a world record.

For information concerning the New Jersey State Record Fish or Skillful Angler programs, visit the New Jersey Division of Fish and Wildlife's Web site at NJFishandWildlife.com.

Plugging for Stripers

By Jeffrey C. Normant, Principal Fisheries Biologist

Anticipation increased as I stepped off the beach access and made my way towards the water. The surf conditions were near-perfect; a slight, cool, northeast wind was quartering on shore giving a nice churn to the water. Sand eels and peanut bunker were in the wash. This is prime time to throw plugs to the hungry, migrating striped bass that were fattening up before heading south to winter.

Rummaging through plugs in my surf bag, I found what I wanted and attached it to the leader. Casting with one quick snap of the wrist, the plug landed perfectly between two incoming rollers. After a gaining the slack line to initiate contact with the floating plug, I began working the lure with a slight twitch and slow retrieve. Two cranks of the reel handle and the plug was hammered. It was *game on!* Five minutes later a nice, plump 31-inch bass was slid up the beach.

The Garden State's hundreds of miles of coastline and bay shores offer prime fishing for Jersey shore-bound anglers. Among the multitude of techniques for "surf fishing" along these waters, fishing plugs is an effective technique ranking near the top for catching striped bass as well as other predatory species.

Plugs come in a wide variety of sizes, profiles, colors and actions but the one thing they all have in common is the ability to imitate almost any forage found along New Jersey's tidal waters. A plug's swimming action conveys an appeal of vulnerability that draw in predators. Like most lures, plugs are cast and retrieved, creating lifelike movement to attract more active fish rather than soaking dead bait at one location and hoping that a target fish happens by.

With the large variety of plugs available and countless techniques for using them, it can be intimidating for novice anglers to master the art of "plugging." Like any specialty, understanding the basics builds

the foundation for success. With practice comes skill which leads to developing your personalized style. Below are some of those important basics and key points necessary for success when utilizing plugs to catch striped bass.

Types of Plugs

Although there seems to be an endless variety of plug makes and models from which to choose, most fall into several distinct categories:

Swimming Plugs

These plugs are constructed either of plastic or wood in a variety of profiles and sizes. Swimming plugs have a "lip" below the head which causes the plug to wobble or roll when retrieved. Thinner plastic plugs typically have a tighter wobble, or roll, than the thicker-bodied wood plugs with the metal lips. These are the most common plugs on the market and have proven to be quite effective in a wide range of conditions.

Darters

Darters are another type of swimming plug that has a downward angled flat slope on the top front of the plug rather than a lip to create action. This design imparts more of a gliding action that will erratically dart to the side when twitched. A great plug for fast currents or rough water, it is also very effective in calmer conditions.

Needlefish

These plugs resemble a pencil with hooks. Little or no action occurs while reeling and they typically sink slowly to the bottom when retrieved. These plugs are

very effective when sand eels are present and can be worked under any condition. They cast very well.

Twitch Baits

These lures usually have the profile of a baitfish with no lip. They can either sink or suspend in the water column. The lure is twitched by the angler when being retrieved to create an erratic action. They are most effective in calmer conditions and are often used in the back bays.

Popping Plugs

The fronts of these lures have a concaved or flat front that when worked stay along the top. They retrieve with a popping action, creating a surface disturbance. Pencil poppers, which have a long thinner profile, are shaped somewhat like a baseball bat. This lure is worked with a rhythmic shaking action that allows the lure to remain on top, thrashing on the surface. This plug is quite effective when adult bunker or mullet are present.

Plug Pointers

Teasers

Many anglers using plugs don't attach a teaser ahead of the plugs. Teasers can be nothing more than a simple saltwater fly made of bucktail or a soft plastic bait threaded on the hook. Teasers are attached with a separate leader, typically two to three feet ahead of the plug. While the teasers will hamper distance when casting, more often than not, striped bass and other gamefish will hit the teaser rather than the larger plug behind it. Using a teaser is very effective when small bait fish are present, however, there have been numerous times when large baits such as bunker and herring are in the wash and the teaser will still out-fish the plug.

Attaching a teaser is easy when using a shock leader attached to the main line. When using a barrel swivel to attach your plug's shock leader, just tie another leader about six to eight inches in length from the same barrel swivel, then attach the teaser. I prefer to use 30-pound leader material for the teaser as this allows enough strength for larger fish and yet remains supple enough for the teaser to work enticingly during the retrieve. I have had great success with this method but there are some drawbacks as the teaser sometimes will wrap around the barrel swivel. Nonetheless, this is the strongest way to attach the teaser.

Another popular method is to tie a large dropper loop up high near the top of the leader. Next, secure



Jeff Normant/NJDFW

Steve George



◀ Swimming Plug (Bomber Long A)

▼ Darter (Super Strike ZigZag)



▲ **Needlefish Plug**
(Choozy Lures Needlefish)

the teaser to the dropper directly or with a perfection knot tied on a short length of leader material with the teaser tied to the tag end of the short leader.

S-I-o-w Down!

One of the biggest mistakes seen with anglers using plugs for striped bass is retrieving the plug too fast. Reel in just fast enough to keep contact with your lure. Occasionally allowing the lure to lie still for a few moments while keeping contact is even better. With plugs that sink such as needlefish, the retrieve should be just fast enough that the lure is running near—or periodically ticking—the bottom. Slowing down your retrieve brings out the true fish-catching abilities of the plug as it causes a seductive roll-wobble that imitates a weak or disoriented prey. Popping plugs are probably the only exception to the rule as reeling at a faster pace or imparting a thrashing action simulates a fleeing or frantic baitfish, drawing exciting top water strikes.

Color

Plugs are manufactured in a wide variety of colors and color combinations, including patterns that imitate live bait. Choosing which color plug to fish can be frustrating, even to the seasoned anglers. Color should be viewed as an enhancement to the plug, like the seasoning of a well-made dish. The fish-catching ability of a plug mostly lies in its built-in action; the color provides extra eye-catching appeal. For those starting out, keep it simple by selecting

proven, natural colors like white-pearl, yellows and other realistic combinations. For night fishing, black and purple work well. There really is no right or wrong color. It's a matter of personal preference gained through experience.

Structure

Learning to find and to fish underwater structure is probably one of the most important aspects in catching fish. Structure is a loose term referring to any natural or man-made physical feature that predatory gamefish, such as striped bass, use to gain an advantage when foraging on prey. Structure causes a physical or illusionary disruption in the "normal" pattern of water flow that makes it easier for predatory gamefish to capture prey.


Classic beaches contain a variety of structure as the tides, waves and winds constantly shift sand creating prominent features like sandbars, points, coves, depressions and cuts that run along the beach. Man-made structure such as rock groins, piling and areas of dark shadow lines created from a permanent light source enhance fishing areas by adding to existing natural features. It is advantageous to observe the layout of the area you intend to fish, identify the structure that is present and fish your plug around these fish-holding features. A good way to observe natural structure is to scout the area that you plan to fish at low tide when these natural features are more obvious.

Another key point to increase your fishing success:

during your retrieve with any lure, be sure to follow through *all the way to the beach*. One of the best structures is the drop-off at the edge of the shore break.

Consistent Success

To have more consistent fishing success, make note of what lure and technique has worked well along with the conditions present during each outing. Fish are creatures of habit and will relate to a particular area when a specific set of conditions are present during a particular time of year. I highly recommend keeping a detailed log to document successes or failures during each fishing trip and the conditions that were present at the time. Your log will prove to be an invaluable reference when planning future trips to the beach.

While technology has made fishing reports and information more accessible, even instantaneous, with the use of cell phones and online fishing sites, these technological "short cuts" are no substitute for experience gained first hand. Planning to fish based on yesterday's Internet fishing report will often result in a fishless outing as conditions will have changed from the previous day. Instead, put in the time, make the effort, keep a fishing log, try different lures, read the structure and you may be among the 10 percent of anglers catching 90 percent of the fish. *Tight lines.* 

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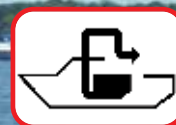
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Then get involved!

- Stay informed on issues affecting NJ sportsmen and sportswomen
- Make an impact on outdoor issues
- Meet others who share similar sporting interests
- Have fun and participate in Federation-sponsored activities: jamborees, clay target shoots, tournaments, dinners, conventions, and more!

Membership

___ \$35 Includes monthly newspaper and \$1 million excess liability insurance covering your sporting activities throughout the U.S. and Canada

___ \$20 Monthly newspaper only

Name _____

County _____

Phone _____

Address _____

City _____

State _____ Zip _____

E-mail _____

Do you have homeowner's / renter's insurance? (circle one) Y / N

Insurance Company _____

Policy # _____

Send with your check or money order to:

NJSFSC
PO Box 10173
Trenton, NJ 08650



Join online at
www.njsfsc.org

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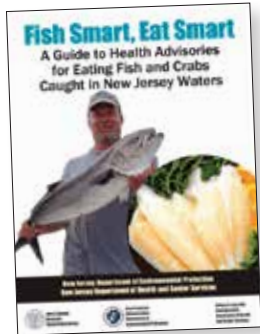
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Eating Fish And Crabs Caught In New Jersey Waters



Fishing provides enjoyable and relaxing recreation. Fish are an excellent source of protein and other nutrients and play a role in maintaining a healthy, well-balanced diet. Many anglers enjoy cooking and eating their own catch. However, elevated levels of potentially harmful chemical contaminants such as dioxin, polychlorinated

biphenyls (PCBs), pesticides and mercury have been found in certain fish and crabs in some New Jersey waters. Fish consumption advisories have been adopted to guide citizens on safe consumption practices.

To reduce exposure to harmful chemical contaminants when preparing and eating the fish species taken from the identified waters, it is essential to follow the guidelines provided. The DEP encourages you to consult the Fish Smart-Eat Smart Fish Advisory Guide or www.FishSmartEatSmartNJ.org when making decisions about eating recreationally caught fish and crabs.

The current list of fish consumption advisories consists of statewide, regional and water body-specific warnings for a variety of fish species and fish consumers. The New Jersey Department of Environmental Protection (DEP) and the Department of Health and Senior Services have prepared new "how to" electronic pamphlets on cleaning and cooking your catch to reduce your exposure to these harmful chemicals. These e-pamphlets are downloadable in multiple languages.

For a complete list of state and federal marine fish consumption advisories visit: www.FishSmartEatSmartNJ.org.

The fish consumption advisories and Fish Smart-Eat Smart website are updated periodically and are available online or from the Office of Science at (609) 984-6070 and through the Division of Health and Senior Services at (609) 826-4935.

Check online for fish consumption advisories on the local water body in which you fish! Go to www.FishSmartEatSmartNJ.org



▶ NOW AVAILABLE in Multiple Languages!

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WARNING: Wildlife Hazard

Please properly dispose of all fishing line. Plastic debris can endanger aquatic life and snare propellers.



Could this be your line?