FLORIDA COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF FLORIDA
FOR SEA GRANT COLLEGE OF THE STATE UNIVERSITY SYSTEM OF FLORIDA

SEA GRANT

MARINE ADVISORY PROGRAM
REPLY TO:
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(305) 626-6900 Ext. 211

MARINE NEWS OF THE SOUTHEAST

A FISHY HISTORY LESSON

To The Editor:

I enjoyed the Nov. 6 article by environmental writer Juanita Greene on the continuing controversy over Spanish mackerel between recreational and commercial fishermen. The more things change, the more they remain the same.

In the Report to the Commission, U.S. Commission of Fish and Fisheries, Hugh M. Smith wrote of the Spanish mackerel, "At one time this fish was common in (Biscayne) Bay, which was a familiar resort, but it is now scarce, and is said to have become so since the extensive seine fishery by Gloucester vessels began along the keys about five years ago." The report was published in 1896.

Donald P. de Sylva, Professor
Division of Biology and Living Resources
University of Miami

SOURCE: Hot Lines, January 1985, Southeastern Fisheries Association, Inc.

ATLANTIC BLUEFIN TUNA QUOTA TAKEN

The fishery for Atlantic bluefin tuna will be closed at one minute after midnight, (0001 hours) May 14, 1985, to vessels permitted in the incidental longline category fishing south of 36°00' N. latitude, announced Richard H. Schaefer, Acting Director, Northeast Region, National Marine Fisheries Service.

According to Schaefer, the 115 short ton (st) quota available for the incidental longline category south of 36°00' N. latitude will have been taken by May 14, 1985. The closure for this area will remain in effect for the remainder of 1985.

Vessels permitted in the incidental longline category fishing north of 36°00' N. latitude may continue to fish for and retain Atlantic bluefin tuna until the total annual quota of 145 st is achieved.

The Fisheries Service is an agency of the Commerce Department's National Oceanic and Atmospheric Administration.

For further information concerning the regulations contact:

Donald W. Geagan
National Marine Fisheries Service
9450 Koger Boulevard
St. Petersburg, FL 33702
(813) 893-3723

SOURCE: National Marine Fisheries Service/News, May 10, 1985

SALTONSTALL-KENNEDY PROJECTS UNDERWAY OR COMPLETED

Under the Saltonstall-Kennedy (S-K) grant program, NMFS funds research and development projects to promote the stability and growth of recreational and commercial fishing industries. Ongoing projects of interest to sportsmen include: research to increase angler use of presently underutilized sport-caught species; a feasibility analysis for operating an experimental fish hatchery in south Florida as a marine fisheries education and tourist center; and development of artificial reef siting plans for the northern Gulf of Mexico. Several projects have been completed. One study, which involved a comparative evaluation of Jananese-designed and American scran material artificial reefs, determined that the Jananese-designed prefabricated reef units supported 5-9 times more abundant benthic communities and had 2-6 times greater fish densities. The project report provides numerous recommendations for expanded use of designed and prefabricated artificial reefs. Another completed project documented opportunities for developing a recreational spadefish fishery off South Carolina and produced an excellent brochure describing the biology of spadefish and methods of catching, cleaning and cooking spadefish. Copies of the '85 S-K solicitation, which is expected to be issued the first part of April, can be obtained from NMFS/SERO, 9450 Koger Blvd., St. Petersburg, FL 33702, (813) 893-3830.

SOURCE: NMFS Newsbreaker, March 25, 1985

EATING FISH CUTS RISK OF HEART DEATH IN HALF

Simply eating eight ounces of fish a week slashes your risk of dying from a heart attack by 50 percent, an astounding new study shows. And the more fish you eat, the more you reduce your chance of getting heart disease, America's number one killer, says a top American Heart Association (AHA) expert.

A 20-year study of 852 Dutchmen by scientists at the University of Leiden in the Netherlands found that men who ate eight ounces of fish per week had half the risk of dying of heart disease when compared with men who ate no fish at all.

"This is a terribly important study and is surprising for several reasons," said Dr. William Castelli, who's the director of the famed Framingham (Mass.) Heart Study, which has monitored more than 10,000 people since it began 36 years ago.

"We have known for some time that people who ate fish seemed to be protected against heart disease. But we didn't realize the reduction was so steep. A 50 percent reduction is really substantial."

"It had been believed that in order to have any effect on heart disease you would have to eat vast amounts of fish - half a pound or more a day. Yet this study showed that a relatively small amount of fish consumption produced a marked difference in coronary disease mortality."

"If you increased your fish intake from almost nothing to about eight ounces a week, you would cut your risk of death from heart attack in half."

"We would fully expect the stroke rate to fall as well. Fish can save your life."

Dr. Castelli, vice chairman of the AHA's Epidemiology Council said one of the most surprising findings of the study was that fish-eaters lowered their risk of heart disease even when their total cholesterol levels were the same as non-fish-eaters.

He and other researchers believe that fish provides the body with a certain substance, called eicosapentaenoic acid, which apparently raises the level of "good" cholesterol in the body and lowers the "bad" cholesterol. This fatty acid also thins the blood and helps prevent formation of clots, which can cause heart attacks and strokes.

And Dr. Castelli said evidence from other studies indicates that the more fish you eat, the less chance you have of getting heart disease.

Studies of Japanese fishermen and Greenland Eskimo, who eat fish daily, showed they were remarkably free of clogged arteries and other symptoms of heart disease.

"We believe that eating more than eight ounces of fish a week is even better for you," Dr. Castelli said, adding that he did not know exactly how much better, statistically.

And, although the Dutch study dealt only with men, Dr. Castelli said, the results of the study should apply to women as well.

Dr. Daan Kromhout, a professor of nutritional epidemiology at the University of Leiden, who worked on the Dutch study, said results showed it didn't even matter what kinds of fish were eaten.

You get the same benefits from all types of fish including shellfish, Dr. Castelli said, adding "If you find all you like is lobster, then eat lobster. Or if you just like white fish, then just eat white fish. Prepare it any way you want, except don't cook it in tons of butter. If you prefer fried fish, fry it in vegetable oil."

Dr. William B. Kannel, professor of medicine at Boston University, agreed that the Dutch study found eating fish can lower your chances of dying from coronary artery disease by 50 percent. He added: "That's a very substantial amount."

SOURCE: National Enquirer

FLORIDA CHEF WINS

Chef Keith Keogh, representing the State of Florida, outdueled Chef Chuck Mamoudis of Virginia to capture the 1st Annual Seafood Super Bowl. The event was held at the national headquarters of the AMERICAN CULINARY FEDERATION in St. Augustine and was sponsored by the Federation, the Bureau of Marketing and Extension Services of DNR, the Gulf and South Atlantic Fisheries Development Foundation and Southeastern Fisheries Association. The news media throughout the country picked up on this seafood event, and millions of dollars of favorable publicity will result over the next year for this effort. Charles Thomas, Chief of the Marketing Bureau, and his staff performed an outstanding job in handling the program and are to be complimented by the entire industry for a job well done. Special plaudits should also go to

Assistant Chief Bill Camery, Barbara Blandford and all other members of the staff who worked on this program. This is the kind of event which will take the industry to a new plateau as it relates to quality control and marketing.

SOURCE: Hot Lines, Southeastern Fisheries Association, Inc., March, 1985

COASTAL PLANTS WORKSHOP

The Palm Beach Soil and Water Conservation District, Soil Conservation Service, and the Palm Beach County Parks and Recreation Department are holding a workshop on the identification, propagation and uses of coastal plants for dune stabilization. The purpose of this workshop is to distribute the new Soil Conservation Service color booklet titled "Plants for Coastal Dunes of the Gulf and South Atlantic Coasts and Puerto Rice." And to encourage landowners along the beachfront and professionals within the county to better understand the value and uses of coastal plants in controlling beach erosion and to explain techniques for their establishment.

The workshop will take place on Thursday, June 6, 1985 at the Jupiter Inlet County Park. The workshop will begin at 10:00 A.M. and last approximately 2 hours. Mr. John Vance, State Biologist for the Soil Conservation Service, will conduct the workshop, along with the Palm Beach Soil and Water Conservation District staff and SCS personnel.

COAST GUARD BOARDING POLICY

The Coast Guard's Law Enforcement Role

An important Coast Guard mission is maritime law enforcement on the high seas and on waters subject to Federal laws. The Coast Guard enforces laws dealing with: the 200 mile fishery conservation zone, drug smuggling, illegal immigration, safety, and water pollution.

To enforce these laws on the water, the Coast Guard is empowered to board and inspect vessels. Many of the laws can only be successfully enforced by boarding a vessel while it is underway. About 70,000 boardings are conducted annually. Nearly half of all boardings in 1983 found some kind of noncompliance with regulations.

One example of how random boardings can be a key to successful law enforcement is found in our Government's efforts to stem the flow of illegal drugs into the country. Often as a result of routine boardings, the Coast Guard discovers illegal drugs and drug traffickers at sea are caught by surprise. In 1983 the Coast Guard seized over two million pounds of marijuana, 30,000 pounds of hashish and 46 pounds of cocaine. In April of 1984, almost one ton of cocaine was seized during one boarding alone.

"Suspicionless" Boardings

Boardings are not necessarily based on suspicion that a violation already exists aboard the vessel. Their purpose is to prevent and suppress violations. This authority has been consistently upheld by the courts. All Coast Guard officers and petty officers are Federal law enforcement officers and they may board any United States vessel anywhere.

Why The Coast Guard Carries Weapons

The Coast Guard boarding team is armed. Although most mariners that are boarded are engaged in legitimate recreational or commercial pursuits, even a seemingly innocent pleasure boat boarding sometimes turns into a dangerous confrontation.

Drugs and criminals have been found in almost every type of vessel - from very sleek yachts to small freighters, and in fishing vessels of almost every description. The Coast Guard, as one of the five armed services, trains its personnel to understand the risks of their mission and to protect themselves.

What To Expect During A Boarding

The Coast Guard follows a standard procedure before boarding. The boarding team contacts the vessel and provides an explanation of what is about to happen. Coast Guard personnel will always properly identify themselves, will always be in uniform, coveralls, or survival suit displaying Coast Guard insignia, and will always be in a marked Coast Guard or Navy vessel flying the Coast Guard ensign.

Once aboard the vessel, examination is usually limited to determining the vessel's status and checking for compliance with Federal civil law. If during inspection, a reasonable suspicion develops that the vessel has been engaged in criminal activity, the boarding officer may investigate further. If the vessel is subject to a customs inspection, the boarding officer may conduct a thorough search of the entire vessel.

Coast Guard boarding officers are trained to be courteous to the public. If there is full cooperation, the boarding will be over quickly, and with minimum disruption. Uncooperativeness or hostility can lead to suspicion of illegal activity and the check can become detailed and time-consuming for everyone.

Night Boardings

Coast Guard vessels may have their running lights out at night while searching for criminals. Running lights, if off, will be turned on prior to boarding, and a light will usually be directed at the Coast Guard ensign flying from the mast so that the Coast Guard vessel is easily recognized. If possible, the red racing stripe on the bow will also be illuminated. Even if the boarding is being done by a boat from a Navy vessel, that boat or the Navy vessel will fly the Coast Guard ensign.

How You Can Help

Many law-abiding citizens are uncomfortable in the presence of an armed boarding party, but the Coast Guard is depending on the public to be patient and cooperative during boardings and to bear in mind that the Coast Guard is like any other armed police force. The Coast Guard also asks the public to report any suspicious activity on other boats.

Complaints

The Coast Guard strives, when conducting a boarding, for a proper balance between the intrusions into the activities of law-abiding individuals and the Coast Guard mission os enforcing the law.

Occasionally, the Coast Guard will receive a complaint that a boarding was conducted improperly. These complaints involve a very small fraction of the boardings that take

place annually. Nevertheless, any complaints of boardings contrary to Coast Guard policy will be investigated. Complaints normally should be directed to the local Coast Guard commander or they may be made to the Special Assistant for Consumer Affairs (G-BC), U.S. Coast Guard Headquarters, Washington, D.C. 20593 (202-472-2384).

SOURCE: U.S. Dept. of Commerce, NOAA, April 10, 1985

U. S. "IMITATION CRAB" SITUATION

The New York Center of the Japan Trade Promotion Council (JETRO) and the Market Research and Planning Division of the Canadian Marine and Fisheries Ministry have compiled a report on the condition of imitation crab in the United States. The following outlines their report:

Import Trends: Imitation crab was first imported into the United States in 1976; the imports reached 16,000,000 pounds in 1982 and 29,000,000 pounds in 1983.

Until 1983, U.S. production of surimi was carried out by locally-based firms in California. As market value of surimi was high, interest in surimi production increased.

Domestic production: At present two Japanese-financed companies produce imitation crab. One is small-scale while the other maintains annual production goals of 800 to 2,000 tons. Both companies receive raw materials from Japan.

Consumption Trends: Imitation crab consumed by the United States is purchased without recognition that it is a surimi product. Kinds of products: Products are produced in the shape of crab legs and crab sticks.

Sales Points: Products boast low cholesterol, real crab meat content and high nutritional value.

Future of Imitation Crab: As imitation crab enters the United States market, the demand for real crab will decrease. However, as imitation products will not replace genuine crab, the two will coexist at different price levels. Imitation products are certain to stimulate fresh crab producers who will increase quality. (Suisan Keizai Shimbun, November 16, 1984, summary).

SOURCE: U.S. Dept. of Commerce, NOAA, April 1, 1985

DATES SET FOR SEA FARE SOUTHEAST

Sea Fare Expositions, Inc., announces a new international seafood trade show, Sea Fare Southeast, which will be held in Orlando, Florida, Nov. 21-22, 1985.

The Buena Vista Palace will be the site of the exhibit. Sea Fare Southeast features a hands-on accredited seafood seminar program developed by the editorial staff of SEAFOOD LEADER magazine, which co-sponsors the show with the Gulf and South Atlantic fisheries Development Foundation.

The Southeastern United States is one of the fastest growing markets in the country. More than 150 leading international domestic seafood producers, suppliers and distributors are expected to exhibit at Sea Fare Southeast. Visitors will include seafood buyers from all levels of the food distribution chain.

Sea Fare Expositions also produces Sea Fare, the successful annual international exposition in Los Angeles. For more information, contact Sea Fare Expositions at 4016 Ashworth Avenue, Seattle, WA 98103, (206) 547-6030. Telex: 298558 SFE UR.

ARTIFICIAL REEF MEETING

There will be an Artificial Reef meeting at the Science Museum Planetarium on Friday, June 7th at 6:30 PM, the address is 4811 N. Dreher Trail, West Palm Beach, FL 33405.

Speakers will include: Dr. Hayward Mathews
St. Petersburg Junior College

Grant Donaldson
Stuart

Steve Summerville
Artificial Reef Program Coordinator - Broward County

The program will include slide illustrated lectures and will concentrate on appropriate site selections for artificial reefs in Palm Beach County.

Anyone who is interested in artificial reefs or fishing in Palm Beach County should attend this meeting.

WATER TEMPERATURE RANGES FOR SALT WATER FISH

The table lists water temperatures applicable to many of the more popular salt water game fish species. Under the Lower heading are temperatures which a particular species tends to avoid, although it might swim through water colder than that indicated. Similarly, under Upper are temperatures which the fish normally shun. In the Range column are listed temperature limits which are most favorable for angling.

Both Fahrenheit (F) and Celsius (C) readings are given since water temperatures obtained from governmental satellites normally are given in the latter only.

Note that ocean surface water temperatures may vary considerably from those at greater depths and such variations should be taken into account when actually fishing. Thus a tilefish, feeding in 500 feet of water ranging around 55°F, may be found when the surface is well above that temperature.

SPECIES	LOWER	UPPER	RANGE
Albacore	59°F 15°C	67°F 19°C	62°-65°F 16°-18°C
Amberjack	60°F 16°C	72°F 22°C	63°-67°F 17°-19°C
Barracuda, Atlantic	65°F 18°C	90°F 32°C	75°-85°F 24°-29°C
Barracuda, Pacific	54°F 12°C	71°F 22°C	64°-67°F 18°-19°C
Bass, Black Sea	48°F 9°C	85°F 29°C	60°-70°F 16°-21°C

SPECIES	LOWER	UPPER	RANGE
Bass, Kelp	62°F 16°C	73°F 23°C	65°-68°F 18°-20°C
Bass, Striped	40°F 5°C	80°F 27°C	45°-65°F 7°-18°C
Bass, White Sea	58°F 14°C	75°F 23°C	65°-69°F 18°-21°C
Bluefish	50°F 10°C	84°F 29°C	62°-70°F 18°-21°C
Bonefish	68°F 20°C	90°F 32°C	72°-82°F 22°-27°C
Bonito, Atlantic	57°F 14°C	72°F 22°C	63°-67°F 16°-19°C
Bonito, Pacific	59°F 15°C	74°F 23°C	64°-68°F 18°-20°C
Cobia	55°F 12°C	82°F 27°C	66°-72°F 19°-22°C
Cod	32°F 0°C	59°F 15°C	44°-49°F 6°- 8°C
Croaker	41°F 5°C	85°F 29°C	60°-70°F 16°-21°C
Dolphin	69°F 21°C	80°F 27°C	73°-77°F 23°-25°C
Drum, Black	55°F 12°C	90°F 32°C	68°-74°F 20°-23°C
Drum, Red (Channel Bass)	59°F 15°C	85°F 29°C	69°-73°F 21°-23°C
Flounder, Summer (Fluke)	69°F 21°C	80°F 27°C	73°-77°F 23°-25°C
Flounder, Winter	35°F 2°C	60°F 16°C	48°-52°F 9°-11°C
Haddock	36°F 2°C	52°F 11°C	45°-50°F 7°- 9°C
Jack Crevalle	65°F 18°C	85°F 29°C	70°-78°F 21°-25°C
Mackerel, Atlantic	45°F 7°C	70°F 21°C	60°-65°F 18°-20°C
Mackerel, King	70°F 21°C	88°F 31°C	74°-79°F 23°-26°C
Mackerel, Pacific	47°F 9°C	70°F 21°C	56°-62°F 13°-16°C
Mackerel, Spanish	68°F 20°C	85°F 29°C	72°-80°F 22°-27°C

SPECIES	LOWER	UPPER	RANGE
Marlin, Black	70°F 21°C	87°F 30°C	75°-89°F 24°-26°C
Marlin, Blue	69°F 21°C	88°F 31°C	75°-80°F 24°-27°C
Marlin, Striped	61°F 16°C	78°F 25°C	68°-72°F 20°-22°C
Marlin, White	62°F 16°C	84°F 29°C	66°-76°F 19°-24°C
Permit	67°F 19°C	85°F 29°C	70°-78°F 21°-25°C
Pollock	33°F 1°C	60°F 15°C	44°-50°F 6°-10°C
Pompano	68°F 20°C	85°F 29°C	75°-80°F 21°-25°C
Sailfish	70°F 21°C	88°F 31°C	76°-81°F 24°-27°C
Scup (Porgy)	42°F 6°C	73°F 23°C	57°-64°F 14°-18°C
Seatrout (Spotted Weakfish)	62°F 16°C	90°F 32°C	70°-75°F 21°-23°C
Shark, Blue	55°F 12°C	73°F 23°C	60°-68°F 15°-20°C
Shark, Mako	60°F 15°C	78°F 25°C	65°-72°F 18°-22°C
Sheepshead	60°F 15°C	78°F 25°C	65°-72°F 18°-22°C
Snapper, Red	50°F 10°C	64°F 18°C	55°-60°F 13°-16°C
Snook	62°F 16°C	90°F 32°C	75°-85°F 23°-30°C
Spot	60°F 15°C	95°F 35°C	70°-80°F 21°-27°C
Swordfish	50°F 10°C	78°F 25°C	64°-68°F 18°-20°C
Tarpon	72°F 22°C	90°F 32°C	75°-85°F 24°-30°C
Tautog (Blackfish)	60°F 16°C	76°F 24°C	68°-72°F 20°-22°C
Tilefish	48°F 9°C	59°F 15°C	50°-57°F 10°-14°C
Tuna, Bigeye	55°F 13°C	68°F 20°C	60°-65°F 15°-18°C
Tuna, Blackfin	70°F 21°C	82°F 27°C	72°-79°F 22°-26°C

SPECIES	LOWER	UPPER	RANGE
Tuna, Bluefin	50°F 10°C	82°F 27°C	61°-67°F 16°-19°C
Tuna, Skipjack	55°F 13°C	75°F 23°C	60°-70°F 15°-21°C
Tuna, Yellowfin	60°F 15°C	80°F 27°C	73°-77°F 23°-25°C
Wahoo	68°F 20°C	85°F 29°C	72°-80°F 22°-27°C
Weakfish	55°F 13°C	78°F 25°C	68°-71°F 20°-22°C
Yellowtail, Pacific	60°F 15°C	72°F 22°C	64°-68°F 18°-20°C

SOURCE: Salt Water Sportsman, 1984

Frank J. Lawlor
Extension Agent
Sea Grant Extension Program