

CLASSIFIEDS



Members may place free non-commercial classified ads with photo for three months. Ads must be fishing, boating or marine related.
 Member repeat ads: \$5 per ad, per issue.
 Non-member ads, commercial ads: \$10 per issue.
 Send ad info to editor@risaa.org

(continued from page 36)

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MERCURY IN FISH (from page 35)

Also, as mercury moves its way up the food chain — single-celled algae to small crustaceans to forage fish to predators — the more it accumulates. Cooking fish doesn't reduce the mercury level.

Mercury is absorbed into the blood, is distributed to all tissues, and penetrates all organs, according to Taylor. It bioaccumulates in muscle tissue.

While this information may seem alarming, Taylor — an avid fish consumer, whose favorite is black sea bass — said his message is by no means not to eat fish. He called it a “super food” and a “great way to promote health.” He said fish are an excellent source of omega-3 fatty acids that provide numerous health benefits, including lowering of blood cholesterol, reducing the incidence of heart disease and stroke, and improving cognitive development.

Taylor noted that what is needed is a better understanding of the mercury level in local fish so more informed decisions can be made. He recommends:

Improving the communication of and information in DOH fish and shellfish advisories.

Creating slot limits rather than minimum size limits. Smaller fish and bigger fish would be released. He said, for example, tautog keepers would fall in the 16- to 19-inch range. Taylor noted that such a system would benefit public health, as bigger, older fish have accumulated more mercury, and protect fisheries, as “big old fat fertile female fish” produce more spawn.

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