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## SEA GRANT PROGRAM



### LAGNIAPPE

#### ANIMALS RIGHTS VIEW ON FISHING

Commercial and sports fishermen sometimes see themselves as the only groups involved in determining the future of fisheries. They have one thing in common, though. Both groups want to catch fish. Animal rights groups, however, are showing some signs of getting involved in fisheries. These groups have been active in the past in hunting and agriculture issues. One of the more active animal rights groups is the "People for the Ethical Treatment of Animals" or PETA as they are also known. The article below was taken word-for-word from an article written by Christine Jones in PETA News, in the Summer of 1993. I think that you will find it interesting.

#### *You can PETA Fish*

#### *Looking at Sea Animals in a Different Light*

*Beautiful and enigmatic, animals of the sea suffer unspeakable horrors. For nothing more than a fleeting taste or for fun, "sportsmen" and fishing industry workers routinely throw, stand on, rip out the throats of, impale, and allow to suffocate billions of live crabs, shrimps, lobsters, sharks, and fishes. Fishes, with their fins and scales instead of wings and fur, seem mysterious and almost otherworldly. But they, like cute puppies and sweet cows, are sensitive to changes in their surroundings, experience pain and distress, and can even show altruism.*

*"Sport" fishing: Carla Bennett, whose wisdom graces the "Ask Carla" column in every issue of PETA News, admits, "I used to feel so proud when my dad took me fishing." She adds, "But I hated to put the hooks through the wiggling minnows and worms we used for bait. And every time one of*

us hooked a fish, I had to stuff back feelings of sadness and reassure myself that 'fishes can't feel anything.' Now I know better.

Fishes use their lips and tongues as humans might use their hands - for gathering food, building nests, and hiding their young, - and thus have rich innervation in their mouths. Being hooked causes tremendous pain. Imagine grasping for an apple in a tree only to have your hand impaled, and then to be jerked off the ground by the hook through your flesh. Your whole weight hangs on that one part of your body as you are yanked into an atmosphere in which you cannot breathe.

Because fishes can't react to pain the way mammals do - by crying out or grimacing - many people believe they don't feel pain, yet they have fully developed brains and nervous systems. The practice of "playing" caught fishes, giving out a lot of line to wear down their resistance, can prolong their agony for hours. To add to the suffering, many of the 58 million "sport" fishers in the U. S. routinely let fishes die a slow, torturous death of suffocation.

Fishes who are hooked and thrown back into the water can end up with a broken jaw (which can lead to starvation), internal injuries, a loss of protective body slime essential to their survival, and fatal exhaustion. Writing about a gadget made for fishing enthusiasts who prefer to toss their catches back, The Washington Times Outdoors columnist Gene Mueller notes that a fish unhooked with this device is spared "being pinned to a boat deck or a harmful, rough boat carpet that can remove the fish's protective slime while needlenose pliers are poked around [the fish's] throat in hopes of dislodging a lure or bait hook."

"I've seen a grown man rip the throat out of a live fish in front of a child, as if it were a normal thing to do," says David Cantor of PETA's Research & Investigations Department, recalling his last fishing trip when he was 14. After tossing back a fish he had hooked, he watched with horror as the fish floated away belly up, gasping, he vowed never to catch another fish.

### Lobster Liberation

You've seen them in supermarkets and restaurants across the country, lobsters kept alive, claws bound up, in small tanks, or, in some cases, on ice. In their watery homes they would travel through the night, surveying their territory, but in tanks they are often so crowded that they must clamber on top of one another. Lobsters' entire bodies are covered with chemoreceptors, so they are very sensitive to their environment. Their ideal body temperature is 38-42 degrees Fahrenheit; when kept on ice, they sometimes "drop" a claw to conserve heat.

*If you can liberate a lobster from a local supermarket or restaurant (without paying, if possible), contact PETA's Literature Department for information on how to ship him or her alive and well.*

### *Shrimps are Animals, Too*

*Like many vegetarians, I stopped eating cows and pigs, and later chickens, because someone pointed out that there's no difference between eating a cow and eating a deer or other appealing animals. The idea that maybe fishes were no different from birds or cows nagged at me in a vague, far-off way, but I continued to eat tuna, shrimp, scallops, and "whatever" else sounded good. One day at a fancy restaurant, I ordered a fish stew. It came in a covered bowl, on top of which sat the corpse of a shrimp with eyes, legs, shell and antennae intact. I ate the stew anyway, but the chunks of meat seemed to ball up in the back of my throat. No longer just another mystery food, now they were the torn-up flesh of once-living beings. That day I decided that fishes and crustaceans are animals, too, and I stopped eating them.*

### *What YOU Can Do*

- *Have compassion for all animals, including ones who comes in "strange" packages. Don't eat sea animals or anyone else with a face.*
- *Don't buy "pet" foods containing fish products; write or call PETA for information on a healthful, humane diet for dogs and cats.*
- *Never go fishing or crabbing, or engage in any activity harmful to sea animals; instead, choose water sports that don't harm others, like swimming, canoeing, kayaking, scuba diving, or windsurfing.*
- *When on the water, never dump trash. Collect any trash you see.*
- *Get local fishing tournaments stopped by suggesting alternatives to sponsors, or protest on site.*
- *Use the cards in this newsletter to send a message to the managers of local "seafood" restaurants that you'd like to see vegetarian food on the menu.*

The opinions in the above article are not those of myself or the LSU Agricultural Center. I printed it to make you, the reader, aware of some views of other groups that may have an influence on the future of fisheries.

Source: Louisiana Chapter and Northeastern Division American Fisheries Societies Newsletters.

## NUTRITION LABELING FOR SEAFOOD

Under the new federal Nutrition Labeling and Education Act, many foods packaged for retail sale, including seafood, will soon have to meet strict labeling guidelines. A sample label is shown on the right. Under this law, the food processor, not the retailer is responsible for proper labeling. It is important to note that these labeling requirements only apply to food packaged for retail sale. Foods packaged in bulk for wholesale or foods packaged for sales to restaurants are exempt. Also exempt are foods produced by small businesses with total sales of less than \$500,000 per year. Listed below are some of the seafood products which are exempt and not exempt from labeling requirements.

Sample of the New Food Label

Nutrition Facts		
Serving Size 1/2 cup (114g)		
Servings per Container 4		
Calories 260 Calories from fat 120		
Amount per serving	% Daily Value*	
Total Fat 13g	20%	
Saturated Fat 5g	25%	
Cholesterol 30mg	10%	
Sodium 660mg	28%	
Total Carbohydrate 31g	11%	
Sugars 5g		
Dietary Fiber 0g	0%	
Protein 5g		
Vitamin A 4% Vitamin C 2% Calcium 12% Iron 4%		
*Percents (%) of a Daily Value are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs:		
Nutrient	2,000 Calories	2,500 Calories
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400 mg	2,400mg
Total Carbohydrate	300 g	275g
Fiber	25g	30g
Calories per gram:		
Fat	9	Carbohydrate 4 Protein 4

### EXEMPT

- \* Raw unfrozen seafood sold from ice or refrigerated case.
- \* Cooked unfrozen shrimp, crabs, lobsters or crawfish from ice or refrigerated case.
- \* Live fish or shellfish
- \* Pasteurized crabmeat (not shelf stable)
- \* Bulk shipments intended for repacking or reprocessing.
- \* Products prepared or sold in delicatessens.

### NOT EXEMPT

- \* Frozen seafood packaged for retail sale
- \* Prepackaged smoked, cured or pickled seafood
- \* Prepackaged surimi-based products
- \* Frozen, raw or cooked seafood in retail sized containers, tray packs or cello-wrap.
- \* Canned, shelf-stable seafood.

The effective date of this act is May 8, 1994. If you need a listing of laboratories which do nutrient analyses call or write my office in Marrero.

### ANOTHER STATE ADOPTS LIMITED ENTRY

On August 5, the Massachusetts Marine Fisheries Commission placed their commercial ocean quahog and surf clam fisheries under limited entry management. The new regulations limit surf clam licenses to people who had a permit before February 4, 1993 and quahog licenses are limited to people who had permits as of June 3, 1993. Also each permit holder has to prove that he actually was a fisherman or was building a

boat before the cut-off dates.

Controlling fishing effort by the use of limiting licenses or creating individual fishermen's quotas is occurring in more fisheries throughout the United States. The purpose of the efforts is usually to preserve the profitability of the fishery or to help prevent overfishing. Source: Commercial Fisheries News September, 1993.

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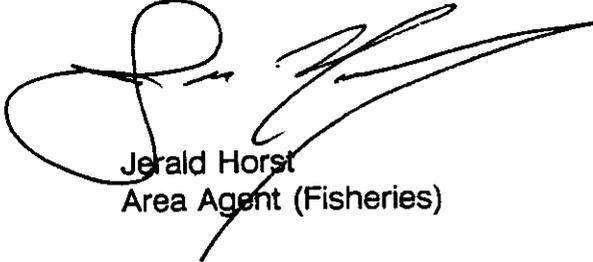
## THE GUMBO POT

### Shrimp Creole

1 lb peeled shrimp	3 small cloves garlic, chopped
1/4 c. flour	1 1/4 tsp. salt
1/3 c. cooking oil	1/2 tsp. thyme
1 c. hot water	1/8 tsp. cayenne pepper
1 (8-ounce) can tomato sauce	1 bay leaf
1/2 c. chopped green onions	1 lemon slice
1/2 c. chopped parsley	2 c. cooked rice
1/4 c. chopped bell pepper	

If shrimp are large, cut in half. Make a roux with flour and oil. Add water gradually and cook until thick and smooth, stirring constantly. Add remaining ingredients except rice. Cover and simmer 20 minutes. Serve over rice. Serves 4 to 6.

Sincerely,



Jerald Horst  
Area Agent (Fisheries)

**LOUISIANA COOPERATIVE EXTENSION SERVICE  
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U.S. DEPARTMENT OF AGRICULTURE  
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