

### Health Advisories For Eating Fish And Crabs Caught In New Jersey Waters *Important Health Information*

Fishing provides enjoyable and relaxing recreation. Fish are an excellent source of protein, minerals and vitamins, and play a role in maintaining a healthy, well-balanced diet. Many people enjoy cooking and eating their own catch. However, since 1982, when research began to show elevated levels of potentially harmful contaminants in certain fish and crabs in some New Jersey waters, state officials adopted advisories to guide citizens on safe consumption practices.

Fish consumption advisories are developed through a scientific process that includes collecting samples of fish from waters throughout the state and analyzing them for various chemical contaminants, such as dioxin, polychlorinated biphenyls (PCBs), chlordane and mercury. The contaminant levels in the fish are then evaluated using federal guidelines developed for protecting human health. Chemical contaminants, such as dioxin, PCBs and chlordane are classified by the U.S. Environmental Protection Agency as probable cancer-causing substances in humans, while elevated levels of mercury can pose health risks to the human nervous system, particularly to developing fetuses.

The current list of fish consumption advisories consists of statewide, regional and waterbody-specific warnings for a variety of fish species. Considering the large volume of information available, the New Jersey Department of Environmental Protection (DEP) and the Department of Health and Senior Services prepared a Fish Advisory Guide to help you make informed choices about consuming fish and ways to reduce your exposure to harmful chemical contaminants.

The Fish Advisory Guide includes contaminant information, advisory charts, and preparation and cooking methods to reduce contaminant levels in the fish you catch. The booklet also features guidelines, advice and prohibitions for people at high risk for illness such as children, pregnant women and women of child-bearing age. The guide now includes Web sites for Pennsylvania, Delaware and New York for information on their consumption advisories for shared boundary waters. The fish consumption advisories and Fish Advisory Guide have been updated and expanded following a new round of sampling and analysis. Advisory information is available through the agencies and Web sites listed below.

To reduce exposure to harmful chemical contaminants when preparing and eating fish species taken from identified waters, it is very important to follow the information provided. The DEP encourages you to consult the Fish Advisory Guide and the following Web sites when deciding about eating fish and crabs caught during recreational fishing.

#### The Fish Advisory Guide is available by contacting the following:

New Jersey Department of Environmental Protection  
Public Access Center—(609) 777-DEP4 or [www.state.nj.us.dep](http://www.state.nj.us.dep)

Division of Science, Research and Technology  
(609) 984-6070 or [www.state.nj.us.dep/dsr/](http://www.state.nj.us.dep/dsr/)

Division of Fish and Wildlife  
(609) 748-2020 or [www.state.nj.us.dep/dfw/](http://www.state.nj.us.dep/dfw/)

New Jersey Department of Health and Senior Services  
[www.state.nj.us/health](http://www.state.nj.us/health)

Consumer and Environmental Health  
(609) 588-3123 or (609) 777-3373 or  
[www.state.nj.us/health/eoh/foodweb/fishguid.htm](http://www.state.nj.us/health/eoh/foodweb/fishguid.htm)



### *Zebra Mussels have already cost millions to boaters, industries, towns and cities in the Great Lakes and along the Mississippi.*

- **DRAIN** all water from bait buckets and live wells
- **REMOVE** all weeds from boats and trailers
- **CHECK** boats and motors for zebra mussels
- **DRY** boats and trailers completely between launches

### **DON'T HELP THEM SPREAD !**

- ❖ Zebra mussels look like small clams with a yellowish or brownish "D"-shaped shell, usually with alternating dark and light colored stripes.
- ❖ They can be up to 2 inches long, but most are under an inch. Zebra mussels usually grow in clusters containing numerous individuals and are generally found in shallow, nutrient rich water.
- ❖ Zebra mussels are the **ONLY** freshwater mollusk that can firmly attach itself to solid objects—rocks, dock pilings, boat hulls, water intake pipes, etc.

#### *How to Identify It*

- ❖ Note the date and precise location where the mussel or its shell was found.
- ❖ Take the mussel with you (several if possible) and store in rubbing alcohol. **DO NOT THROW IT BACK IN THE WATER**
- ❖ **IMMEDIATELY** call Dr. Michael Weinstein, New Jersey Sea Grant Headquarters, (732) 872-1300 extension 21

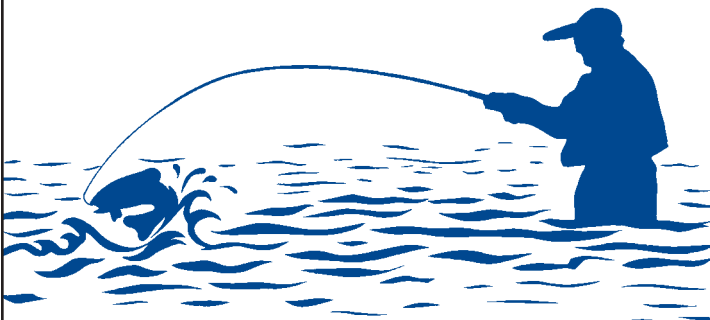
#### *What to Do*

Courtesy of University of Wisconsin Sea Grant Institute

**Bring  
a Friend!**

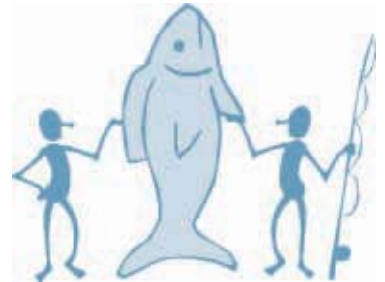
**New Jersey's  
FREE Fishing Days  
are  
Saturday & Sunday,  
June 11 & 12, 2005**

*On these two days  
residents and non-residents  
may fish the public waters  
of New Jersey without a  
license or trout stamp.  
All other regulations apply.*



*Grants available to help teachers  
get fishing education into  
their curriculum*

Health and physical education teachers can receive up to \$5,000 to establish a fishing and/or boating program in their schools. The grant is open to all K-12 health and physical education teachers who are members of the American Alliance for Health, Physical Education, Recreation and Dance. Deadline for application is March 2005.











For more information on the physical-education grants, visit the Future Fisherman Foundation at [www.futurefisherman.org/pegrant](http://www.futurefisherman.org/pegrant). To learn more about fishing opportunities for students, contact the New Jersey Division of Fish & Wildlife at (908) 637-4125 or visit [www.njfishandwildlife.com](http://www.njfishandwildlife.com).

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Adults: \$11.00  
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|  <b>Bass</b>                       |  <b>Bluegills</b> |
|  <b>Walleye</b>                    |  <b>Crappies</b>  |
|  <b>Striped Hybrid Bass</b>        |  <b>Trout</b>     |
|  <b>Blue &amp; Channel Catfish</b> |  <b>Perch</b>     |

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# Outdoor Skills Workshop for Women



New Jersey's "Becoming an Outdoors-Woman" (BOW) Program is part of a nationwide effort to help women overcome barriers to participation in outdoor recreation by providing opportunities to try new activities. Since it began at the University of Wisconsin in 1991, the program has exploded in popularity. BOW can be found in 44 states and eight Canadian Provinces across North America. New Jersey Division of Fish and Wildlife has been offering BOW workshops since 1995.

Although BOW workshops are designed for women, they offer anyone 18 years old and over opportunities to try new outdoor activities, improve existing skills, and meet other outdoor enthusiasts. The three-day BOW and one-day "Beyond BOW" workshops offer hands-on instruction in hunting, angling, and related outdoor pursuits in a relaxed, non-competitive atmosphere.

All of our instructors have many years of experience afield. They were chosen for their ability to share their knowledge and their belief in encouraging anyone who has an interest to get involved in the outdoors.

To find out more about the BOW program, log on to our Web site at [www.njfishandwildlife.com](http://www.njfishandwildlife.com) or mail in the coupon below. Those with an e-mail access can sign up to receive the BOW listserv (electronic mail service) announcements. The BOW listserv will send automatic updates about the BOW program and workshop availability. It's simple to subscribe. On the Division's Web site at [www.njfishandwildlife.com](http://www.njfishandwildlife.com) go to 'Education' on the left side of the homepage. Click on 'Becoming an Outdoors-Woman,' then click 'BOW E-mail list'. Fill out the electronic form and click submit. That's it! A confirmation message will ask you to return an authorization code. Then you'll be set to receive automatic updates about New Jersey Division of Fish and Wildlife's BOW Program.

*To be placed on the BOW contact list, complete this coupon and send to: New Jersey Fish & Wildlife, 26 Rt. 173W., Hampton, NJ 08827.*

## BOW Outdoor Skills Workshop

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ County \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 E-mail: \_\_\_\_\_

# Special Interest to Anglers DEP Publications

[www.njfishandwildlife.com](http://www.njfishandwildlife.com)

Item	Cost	Web site	Source
Accessible Fishing Sites For People With Disabilities	free	yes	*
Becoming An Outdoors Woman (BOW) brochure	free	no	*
Commercial (Fee based) Fishing Preserves in NJ	free	yes	*
Delaware River Boat Access	free	yes	*
Disabled Veterans Free Fishing License application	free	yes	*
Field Guide to Reptiles & Amphibians of NJ book	\$10	no	*
Field Guide to Reptiles & Amphibians of NJ CD	\$10	no	*
Field Guide to Reptiles & Amphibians of NJ –book/CD set	\$18	no	*
Fish Consumption Advisory PCB/Mercury	free	yes	*
Fishing Permits for Northern NJ Reservoirs	free	yes	*
Lake Inventories (includes summaries of 12 lakes)	\$3	no	*
Lake Survey Maps – specify waterbody	free	yes	*
Large Format Freshwater Fishing Digest	free	no	*
Licenses by Mail – Non-Resident & Resident		yes	*
List of Fishing Guides	free	yes	*
Manasquan River Fishing Access Areas	free	yes	*
Motor Vehicle Boat Regulations	free	no	*
Places to Fish (ponds, lakes, reservoirs, rivers and streams)	free	yes	*
Record NJ Fish	free	yes	*
Skillful Angler Awards Program—brochure w/ application	free	yes	*
State Parks & Forests Maps	free	no	***
USGS Topographic Maps	\$5	no	**
Visually Impaired—Free Fishing License application-	free	no	*
Warmwater & Coolwater Stocking Record	free	yes	*
Wild Places & Open Spaces Map	\$4	order form	*
Wildlife Management Area Maps—Specify name of WMA	free	yes	*
Wildlife Viewing Guide book	\$15	no	*

**Make checks payable to: NJ Division Of Fish And Wildlife**

\* NJ Div. Of Fish & Wildlife, PO Box 400, Trenton, NJ 08625  
 Tel. (609) 292-9450  
 \*\* NJ DEP, Maps & Publications, Bureau of Revenue,  
 PO Box 417, Trenton, NJ 08625 Tel. (609) 777-1038  
 \*\*\* DEP, Div. Parks & Forestry, PO Box 404, Trenton, NJ 08625  
 Tel. (800) 843-6420 Specify name of park.

**Please write item requested on the outside of envelope.**

## Tight Lines Form Strong Bonds

I'm no different from any other angler; I love to catch big fish and lots of them. Nothing gets me all fired up like catching bronzeback after bronzeback on a three-day Delaware River float trip; battling toothy northern pike on big flashy spoons as the rain hits the water; drifting live herring for browns, rainbows and lakers on a gorgeous summer day; or the thrill of pulling in monster channel cats on a big wad of chicken liver at midnight. Fishing at its best simply cannot be beaten.

Most agree that a good fishing story needs a big fish, but I recognize another common theme: my favorite fishing memories come from sharing the excitement of the sport with friends and family.

First, there's my best friend Ross with whom I've fished from the very beginning. I remember just like it was yesterday, going through my mother's kitchen cabinets looking for twist ties, you know the ones used to tie up garbage bags. She asked me what on earth was I planning to do with twist ties. I explained, "We need to fasten our fishing poles to the frame of our bikes so we can ride down to the river to go fishing." I can't remember how many fish we caught that day or how late we were for dinner, but I can say those bicycle trips to the river provided all the adventure we could handle. Those fishing trips were what we

lived for; they were just the beginning of countless good times.

In eighth grade, we began an adventure of paramount proportions; I bought my first boat. No longer were we bound to the shoreline. We were liberated from the confines of dry land. Poison ivy no more. We would fish from sunup to long after sundown. One thing we learned very quickly was irony. I remember the two of us casting the shoreline for smallies. I was using a silver blue fox lure and Ross was using a yellow rooster tail, trying to cast as close as we possibly could to any shoreline structures we could find, knowing fish would be lurking within. The closer we got to the bank, the better the cast, the more fish we caught. We laughed uncontrollably when we realized that for years while fishing from the river banks, we tried desperately to reach the middle of the open water. Now in a boat, we were trying to reach the shoreline! I guess it's all about perspective.

We caught a lot of fish that summer and learned many valuable lessons. In fact, there's a story we still share today and can summarize in one sentence: "It is never worth sinking your boat in an attempt to retrieve a treed \$1.97 Rooster Tail!" I'll leave the details to your imagination, but three things will paint the picture (1) we got to shore safely, (2) we were able to retrieve the boat

(and most of the gear), and (3) you have enough information to figure out whose cast into the tree got us into that debacle.

The bottom line is that today we are still the best of friends. As kids, we had a lot of things going for us. Not only did we grow up three doors away from one another, we also found a common bond. While other kids were obsessed with video games and television, our intrigue for the great outdoors, expressed primarily through fishing, bonded us as best buds. Amazingly enough, our careers further bond us; we are both proud employees of the New Jersey Division of Fish and Wildlife.

For me, fishing with someone special can turn a good fishing trip into a great one. It can turn a cloudy, no-catch day into a day to remember.

I recall the last day of the Forks of the Delaware Shad Tournament. I was fishing with my girlfriend of three years in my small boat. During previous years, I boated fish after fish in the same location, during the same time of year; but as you know, shad fishing can be feast or famine. This day, the fishing was slow, so I decided to pick up the anchor and try a new location. Knowing a thing or two about fishing, my girlfriend

*(continued on page 44)*

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## Volunteer Jack Stewart Remembered for Devotion to Fishing Education, Kids

The Division of Fish & Wildlife lost a good friend and a dedicated volunteer when John (Jack) F. Stewart, 78, passed away on July 18.

Stewart joined Fish & Wildlife as a volunteer in 1988, following his retirement two years earlier from a compressed gas company in New York City. He served primarily as a fishing education instructor at the Pequest Trout Hatchery and Natural Resource Center in Oxford, and rarely missed a class. Stewart also devoted time to teaching fishing to kids in the Newark Bay area, as part of Fish & Wildlife's Urban Fishing Program.

Born and raised in New York City, Stewart was introduced to hunting in his youth by mentors in his neighborhood, and regularly traveled with a group to Roscoe, N.Y., to hunt deer and small game. He acquired a love of freshwater fishing during visits to his grandparents' summer home in Milton, N.J., honing the angling skills he eventually would teach others.

Stewart was a fixture at Fish & Wildlife's display booth at sportsmen's shows, and was widely known for his unflinching sense of humor. He will be sorely missed by employees, volunteers and the public he enjoyed serving.

A decorated Marine Corps veteran of World War II, Stewart is survived by his wife, Ruth; his two daughters, Pat Menzo of Wayne and Roni Gasparro of California; five grandchildren; and five great-grandchildren.

— Miriam L. Dunne  
Pequest Education Program Supervisor



Jack Stewart helps kids with their fishing gear.

## Tight Lines Form Strong Bonds

(continued from page 43)

commented, "We are not going to catch any shad here." I knew she was right, but I had an ulterior motive. Like we fishermen often do, I made up an excuse about why we should catch more fish here as opposed to there. We sat in this new location, which was notably distant from any other anglers, for approximately 20 minutes. That was enough time to muster up the courage to reach into my tackle box and nervously pull out a rather small box containing a rather large diamond ring. Although not a single shad was caught that day, I was fortunate to land the catch of my life when she accepted my proposal.

Last fall, I was humbly honored to have my grandfather stand beside me as my best man during our wedding. Pop joked with me before the ceremony, saying that I should ask my wife to add the following line to her vows, "Shawn shall be allowed to fish as often as he wishes."

Pop and I go fishing as often as we can, but not unlike other New Jersey anglers, those trips are far fewer than either of us would like. The pressures and demands of this fast-paced world often leave little time for recreation. I have come to one conclusion: you just have to make the time. On any given outing we may land a trophy lunger or sit in the boat with slack lines; regardless of the outcome, we never complain. Even when the action is relentless, we talk about everything from

politics to religion between every cast. It is said that families should make an effort to talk each night at the dinner table. In addition, I highly recommend spending quality time with friends and family on the water.

Fishing is a funny thing. On the surface, there is competition to catch the most and the biggest fish, but deep down there is so much more. Taking friends and family adds another dimension to fishing. When I take them out on my boat, I hope that they catch the big one. I want their experience to be one not only for the photo album, but also the memory book. What mattered is that I was there to share the experience for Ross's first muskie, Pop's 21-inch smallmouth bass and my wife's 500th rock bass. Fishing together is quality time shared.

Rummaging through my garage last week, I came across my old bicycle. Two rusty twist ties, still clinging to the frame, took me back to my days as a boy in the fifth grade, riding alongside my best friend on a summer day, primed and ready for a fishing adventure. I think I'll give him a call. We haven't been out on the water since . . . well, it's been about three weeks. That's too long if you ask me.

—Shawn Crouse, Assistant Fisheries Biologist

### Operation Game Thief— Report Wildlife Violators

The Operation Game Thief (OGT) hotline provides a toll-free phone line to report violations of laws protecting wildlife. If you know of incidents involving wildlife including the dumping of hazardous, toxic or solid waste; illegal harvesting of small lobsters; poisoning of birds; and violations of deer, wild turkey and endangered species laws, call 1-800-222-0456. If the information you anonymously provide leads to the issuance of a summons, you may be eligible for a cash reward. The OGT program is sponsored jointly by the Division of Fish and Wildlife and the New Jersey Federation of Sportsmen's Clubs.



## Kids Can Let Their Creativity Go Wild in NJ Fish Art and Writing Contest

New Jersey students in grades four through eight are invited to enter the Division of Fish & Wildlife's 2005 Fish Art and Writing Contest to win special prizes, including a chance to go fishing at the Pequest Trout Hatchery & Natural Resource Education Center on opening day of trout season.

Contestants are asked to create an original drawing or painting of a fish that is native to New Jersey, depicting the species in its natural habitat. The artwork may be done in acrylic, watercolor, oil, pastel, crayon or ink, and its finished size should be approximately eight inches by 10 inches.

Entries must be accompanied by a brief, written report on the particular fish featured in the student's artwork. The report, which should be limited to 500 words and preferably typed, must include details on where in New Jersey the fish is found, its habits, habitat, any ecological information available and whether the species has commercial or recreational importance.

First-place and second-place winners will be chosen for each grade level four through eight. In addition to an invitation to fish at Pequest's Fishing Education Pond on opening day of trout season, April 9, winners will receive fishing equipment courtesy of Trout Unlimited plus an engraved plaque.

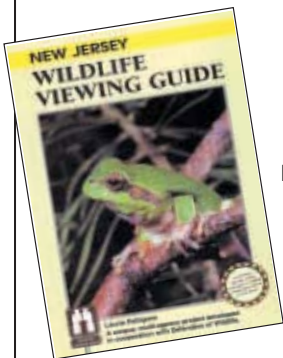
Entries must be postmarked by **Friday, March 11, 2005**, and must include the student's name, home address, home telephone number, grade and school name. Contestants should submit their entries to: Fish Art and Writing Contest, NJ Division of Fish & Wildlife, 605 Pequest Road, Oxford, NJ, 07863. All entries become the property of the Division of Fish & Wildlife and cannot be returned.

This art and writing contest is based on the Aquatic WILD activity "Fishy Who's Who," designed for grades five through eight. A full description of this educational activity can be found on Fish and Wildlife's Web site: [www.njfishandwildlife.com](http://www.njfishandwildlife.com). This activity can help teachers meet New Jersey Science Standards 5.12.4 and 5.74.1.

*(Note: This contest is not affiliated with Wildlife Forever's State Fish Art Contest.)*



**First place in her category: Sarah Fuller, then in grade 8 at Alpha Beta Academy, Bridgeton, NJ.**



## New Jersey Wildlife Viewing Guide

New Jersey Department of Environmental Protection's Division of Fish and Wildlife is proud to offer the New Jersey Wildlife Viewing Guide. The publication of the Guide is the culmination of a two-year project coordinated by the DEP's Endangered and Nongame Species Program to establish a network of viewing sites throughout the state.

The Guide beautifully illustrates the rich natural treasures that few people realize exist in the state. Experience the amazing diversity of New Jersey's wildlife and habitats at 87 of the state's best Wildlife Viewing Areas. The 165 page Guide is full of color photos and illustrations and provides directions to each site and information on site facilities, best viewing seasons and which animals and habitats can be seen.

Unique to the New Jersey Guide is the addition of Wildlife Diversity Tours. In four regions, expanded information is provided on five sites in each region that when experienced through a two to three day trip provide a deeper understanding and appreciation of the ecosystems and wildlife found in the region.

**Order yours today by using the order form.**

The creation of the Wildlife Viewing Guide and the development of a Watchable Wildlife Program for New Jersey was made possible in part through grants from the EPA, US Fish and Wildlife Service, National Park Service and Department of Defense. Major funding has been provided through proceeds from the sale of "Conserve Wildlife" license plates.

### WILDLIFE VIEWING GUIDE ORDER FORM

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New Jersey Department of Environmental Protection,  
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 Wildlife Viewing Guide  
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**Visit [www.njfishandwildlife.com](http://www.njfishandwildlife.com) for more information!**



# Restore Our Streams

*A Practical Workshop on Stream Restoration*

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(980) 735-0737 • Fax: (980) 735-0744  
or visit  
[www.njfishandwildlife.com/strmrest.htm](http://www.njfishandwildlife.com/strmrest.htm)

**Bass like this would put a smile on anyone's face.**

Photo courtesy of Tom Pagliaroli



## CLASSIFIEDS

### Fishing Guides

#### LAKE OKEECHOBEE

#### TROPHY BASS FISHING PACKAGES

April 1-January 14	January 15-March 31
1 day, 0 nights...\$115	1 day, 0 nights...\$130
2, 1/2 days, 1 night...\$125	2, 1/2 days, 1 night...\$140
3 days, 3 nights...\$345	3 days, 3 nights...\$390

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*Evan F. Nappen, Esquire is the author of*  
**Nappen II: New Jersey Gun, Knife & Weapon Law**

**New DVD!... Gun Control Out of Control**  
(Coming Fall 2004)

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