

A young woman with long brown hair, wearing a white baseball cap and a grey and blue striped hoodie, is sitting on a white boat. She is holding a fishing rod in her right hand and a large, dark fish with yellow spots in her left hand. The fish is hanging vertically. In the background, there are green trees and a clear blue sky. A wooden sign with the text "THE GREAT OUTDOORS! ➡" is hanging from the top of the boat.

THE GREAT OUTDOORS! ➡

# Fishing

JOHN PERRITANO

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## KEY ICONS TO LOOK FOR



**Words to Understand:** These words with their easy-to-understand definitions will increase the reader's understanding of the text, while building vocabulary skills.



**Sidebars:** This boxed material within the main text allows readers to build knowledge, gain insights, explore possibilities, and broaden their perspectives by weaving together additional information to provide realistic and holistic perspectives.



**Research Projects:** Readers are pointed toward areas of further inquiry connected to each chapter. Suggestions are provided for projects that encourage deeper research and analysis.



**Text-Dependent Questions:** These questions send the reader back to the text for more careful attention to the evidence presented here.



**Series Glossary of Key Terms:** This back-of-the-book glossary contains terminology used throughout this series. Words found here increase the reader's ability to read and comprehend higher-level books and articles in this field.



**Educational Videos:** Readers can view videos by scanning our QR codes, providing them with additional educational content to supplement the text. Examples include news coverage, moments in history, speeches, iconic sports moments and much more!





# Fish On!



he brook trout sat behind the rock as the rushing water of a Connecticut river flowed wildly past its torpedo-shaped body. The fisherman, wearing a khaki fishing vest, hat, and waders faced the creature head-on.

He stood in the river on a slippery underwater rock. Grasping a fly rod firmly with his right hand, the angler tried to entice the fish to bite a fuzzy artificial bait tied to the end of the line. This particular lure was a series of threads and knots bound together to look like a small brown moth.

One cast . . . two casts . . . three and then four. Most were perfect. The feathery “fly” hit the water with a soft splash and performed an aquatic two-step as it danced in front of the trout. The fly jigged. It shimmied. It jerked. The fish ignored it. The fisherman made cast after frustrating cast. The fish did not bite.



## WHY AN ANGLER?

You might hear a fisherman referred to as an angler. The name comes from the hooks fishermen use. Fishing hooks are curved, or angled. However, if you fish with just a net, you're just a fisherman.



The idea in fly fishing is to make the fish believe the fly is real. The fisherman was failing miserably in this attempt. The stubborn fish stayed near the rock, refusing to pay attention. The trout sometimes jumped into the air scooping up a mouthful of real bugs. Most of the time, however, the creature just drifted.

The sun finally began to set. The wind picked up, sending a chill down the river. The fisherman was hungry. He called it quits, happy that even though he hadn't caught a fish, it was a day well spent.



## WHAT'S THAT WORD?

Fishing has a language all its own. Different methods have different terms. Here are a few general terms every fisherman should know and that will come up later in this book.

- **Bait:** the lure, artificial or natural, that attracts fish
- **Baitfish:** small fish that larger fish like to eat
- **Barb:** the sharp point on the fish hook that holds the fish
- **Catch and Release:** catching a fish and releasing it back into the water
- **Chum:** fish bones, guts and bloods used as bait
- **Reel:** device that holds the fishing line
- **Sinker:** a weight that allows the fishing line to sink
- **Tackle box:** the box that holds lures, line, hooks, and other fishing necessities

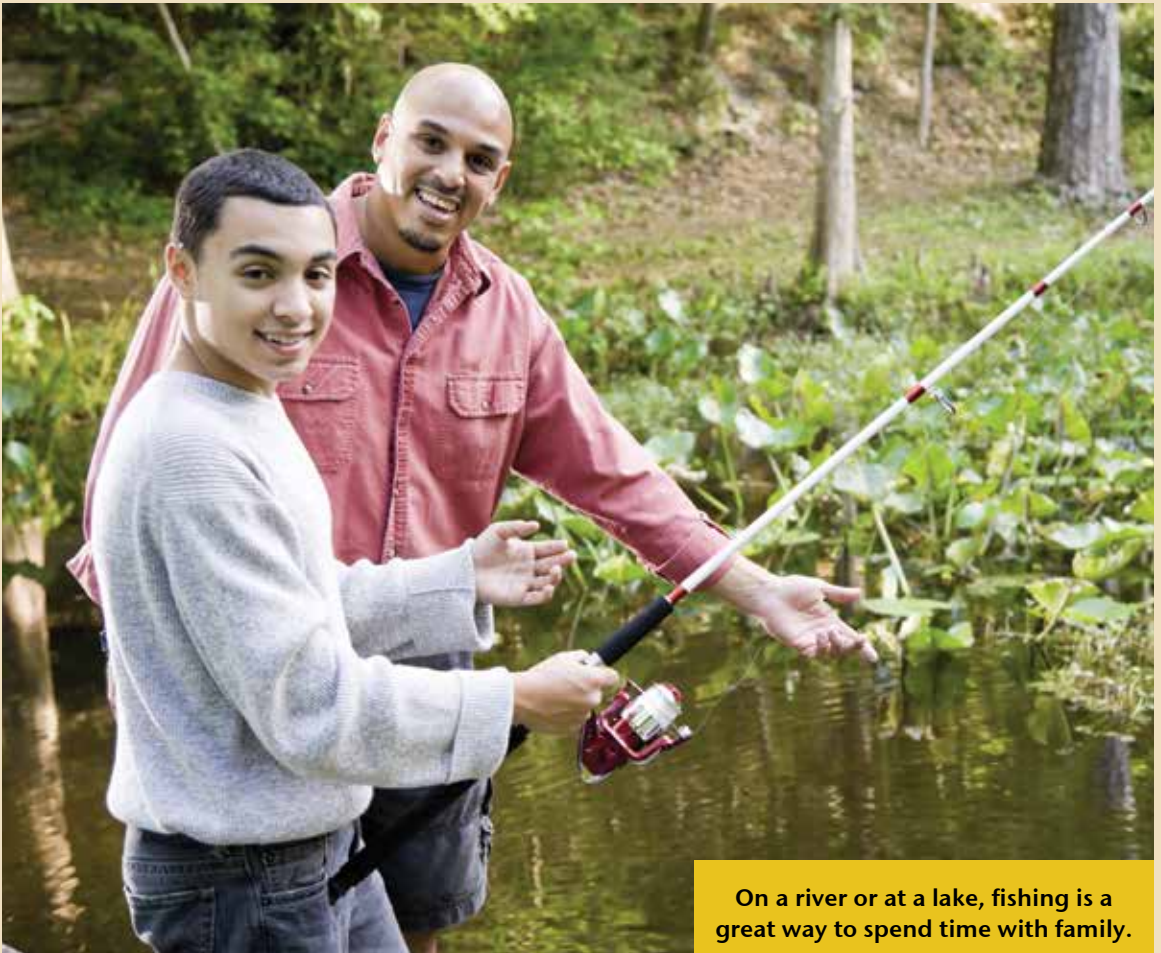


They never saw each other again, the brook trout and fisherman. As he slunk away, the fishing writer Izaak Walton came to mind: “As no man is born an artist, so no man is born an angler.”

## Fish On!



Whether you use fly or reel, worm or cricket, fishing is more than a sport—it is a way of life and one of the most popular pastimes around. Yet, not everyone fishes the same way. Some people fish from a boat, others from the banks of a lake. A brave few fish in canoes or kayaks.



On a river or at a lake, fishing is a great way to spend time with family.

Some, like the fisherman above, use up an enormous amount of energy and time making cast after cast. Others sit on a dock, drop a line in the water, and take a nap or read a book. Some fishing methods are adventurous. A few are even dangerous.

## Short History of Fishing




People have been fishing for centuries. They fished first for food using sharpened branches to spear their prey. They then carved hooks made from wood, bone, and stone. The hooks were shaved to a sharp point and tied to lines of woven plant fibers.

The ancient Egyptians fished the Nile River using rods and nets. The ancient Chinese used cooked rice as bait.



This painting shows an ancient Egyptian using a net to haul in fish.



A detailed still life photograph of fly fishing equipment. In the foreground, a cork fishing rod with a black reel and a fly attached to the line lies horizontally. To its left is a wooden landing net with a black mesh. Behind the rod is a clear plastic fly box filled with various colorful artificial flies. To the right of the fly box is another fishing reel with a green and black face. In the background, a large, light-brown wicker basket sits on the wooden dock. A tan, wide-brimmed hat with a chin strap is leaning against the basket. The entire scene is set on a wooden pier or dock, with a calm lake and a forested shoreline in the background. The water reflects the surrounding trees and sky.

Fly fishing gear includes reels, flies, a landing net, and a basket for fish.

As the centuries passed, the tools of fishing, especially rods, lines, and hooks evolved. People fished less for food and more for sport. The earliest written work devoted to recreational fishing was published in 1496. Yet, it wasn't until Englishman Izaak Walton wrote *The Complete Angler* in 1653 that sport fishing really took off.

Today, fishing has gone way beyond sharpened sticks and bone hooks. Rods are so light, it is as if you're casting with a feather. You can buy lures with cameras, and an underwater sonar device that can track fish in any direction as they swim.

Turn the page and drop your bait. See if you can catch a big one!





# Freshwater Fishing



he river where that Connecticut fisherman spent hours casting was a freshwater fishery, one of the prime trout fishing areas in New England. Such freshwater fisheries are the most popular places to fish. Freshwater contains little or no salt. About 40 percent of all fish live in freshwater **ecosystems**, including trout, walleye, salmon, and catfish, among others.



## WORDS TO UNDERSTAND

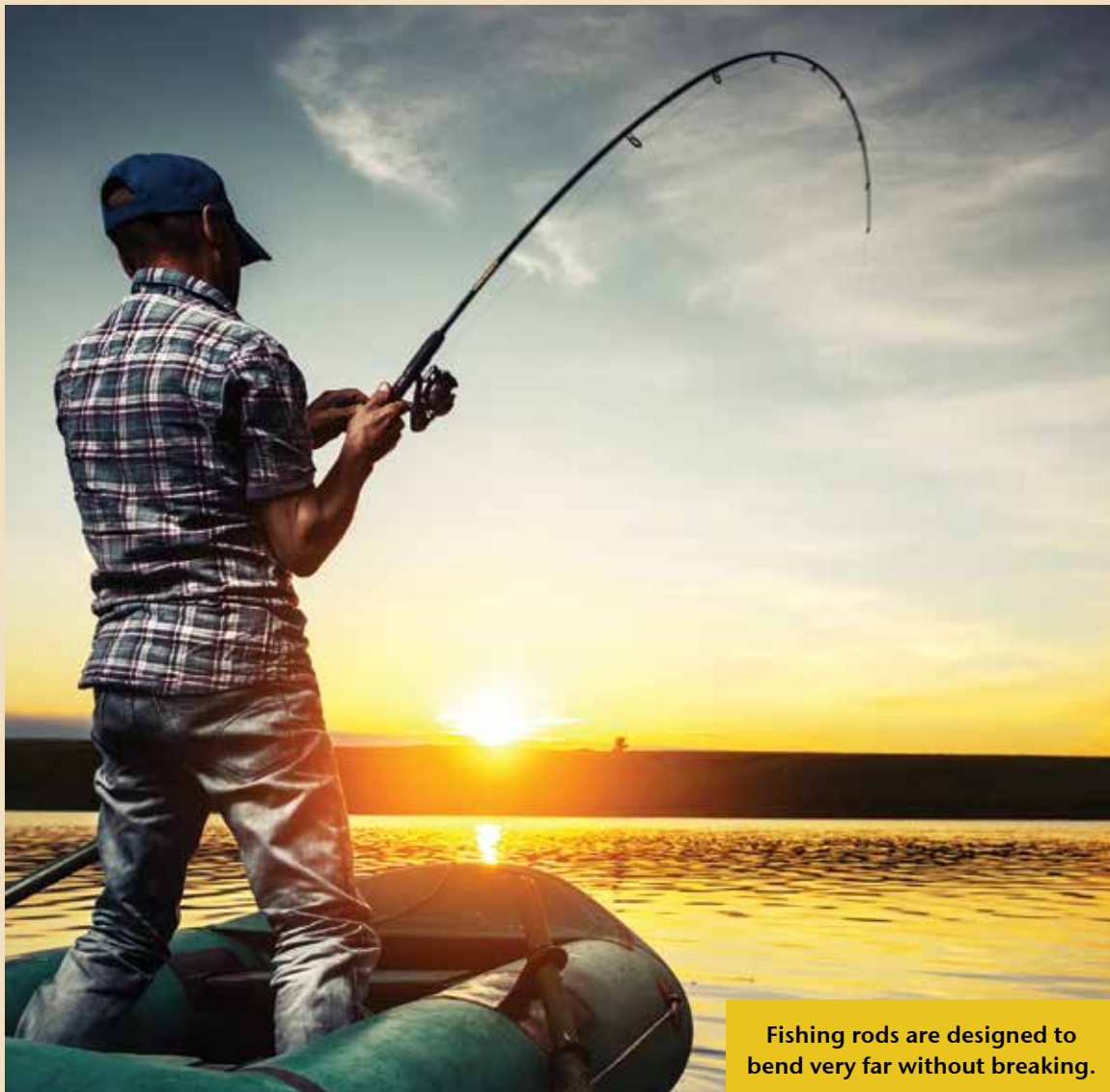
**ecosystems** an environment shared by many organisms

**eddies** small whirls of flowing water

**lethargic** having low energy, very tired

**predators** animals that eat other animals to survive

**troll** fish by dragging a baited line from the back of a boat



Fishing rods are designed to bend very far without breaking.

Freshwater fishing takes place not only on rivers, but in streams, lakes, reservoirs, and ponds. People fish these areas from shore, boat, the top of a bridge, or dock. Each location presents its own challenges, and each fish behaves differently, depending on their habitat.

Freshwater offers plenty of places for fish to hide and feed. Docks, logs, rocks, and shaded areas protect fish from natural **predators**—including humans.



## Different Habitats



ot all freshwater fishing is created equal. Fishing rivers and streams is much different from fishing ponds and lakes. For one thing, rivers and streams are always on the move. Fish behave differently when water is moving. They often hide along river banks where rushing water has created an undercut. Fish will slink behind overhanging trees, stay near bushes, or retreat to **eddies** where water swirls around rocks and logs.

When a river or stream curves, the rushing water carries food for the fish to eat. The water slows as it bumps up against rocks or fallen trees. When that happens, the water splits, creating a “pocket” for fish to hide. Not only do these areas provide shelter, but it is also an aquatic supermarket where the rushing river deposits food (dead bugs, insect larvae, fish eggs, and other treats).

Unlike lakes and ponds, rivers often have areas under the water where the riverbed drops off. As the water passes over these geologic formations, it slows and sinks, depositing food in deep water away from the rushing current.

Water near a dam or waterfall is also a good place to look for fish. The rushing water carves a hole in the stream bottom where fish will meet to feed. Some fish, such as salmon, swim upstream but dams and waterfalls block their journey. Salmon fishermen understandably love these areas.

## Changing Seasons



ish also behave differently depending on the seasons, as anyone who has fished Lake George in upstate New York can tell you. Lake George is a jewel of a lake. The water is so clean that people drink directly from it. Lake George is also brimming with many fish species, including perch, lake trout, largemouth bass, smallmouth bass, and others.



## FISHING BASICS

Regardless of whether a person has been fishing for years or is just starting out, the basics of fishing are still the same. Each fisherman has to:

**prepare their reel and line.** The reel holds the line. The line is threaded through the eyelets of the rod.



Tying a hook to line

**attach a hook.** Hooks come in all shapes and sizes and are knotted to the end of the line. Picking the right hook is essential. The bigger the fish, the bigger the hook. Know what you're fishing for and be smart about your hooks. When you get a nibble a fisherman has to "set" the hook to make sure it's firmly planted in the fish's mouth.



Reel attached to rod

**attach the bait.** This is where fishing gets complicated. Some fishermen use live bait, such as worms and minnows (small fish). Other fishermen use artificial bait, or lures. Lures look, sound and even smell like live bait. Picking the right bait, real or not, is complicated. Different fish are attracted to different types of bait.



Worms: classic bait



Casting for fish

### cast and retrieve.

Casting is an art. Fly fishermen, for example, use many techniques to put make their bait look as natural as possible. Once the fly is on the water, a fishermen will "strip" or pull in the line hoping to attract a fish. Bass fishermen will often bait their hooks with minnows and **troll** for fish by motoring slowly down the lake. Take care in reeling the fish in. You don't want to lose it.