Luis, you gotta keep it down, you'll scare away the fish.

But, Jazzy...

We gotta catch fish for dinner, Luis. Just go away!

I still bet I catch more than you, Reggie.

Alright, Gina! Loser carries the bucket.

You're on!

Luis, you don't need to go away, just...

It's fine. I'll go play over here.

Alone.

Nailed it!

Luis!

Keep it down!

Guys, he didn't need to leave, you know. It's ok if you don't catch any. We've got plenty for dinner.

Auntie Shel said any you guys catch is extra. Other folks are bringing their own fish.
Got one!

That bucket's gonna be real heavy, Gina.

Ha!

Hush up, Gina. Jazzy's just helping you win. How can she even tell which fish is...

She's right...

Thanks, Jazzy!

What the...

Maybe I'll let you eat some of what I catch...

Nope!

It's a catfish, Reggie. The sign says kids shouldn't eat it, so it doesn't count.

Throw it back. Sorry, bud.

Ha!

Whoa, an A-10 warthog.

How can you tell, Reggie?

Easy, twin engines, straight wings...

Exactly.

You can spot jets, I can spot fish.

Y'all keep catching. I'll tell you the ones we can keep.
ALRIGHT, Y'ALL GET TO IT!

NOPE!
THROW IT BACK, REGGIE!

OH C'MON!
GINA HAD ONE JUST LIKE THIS THAT COUNTED!

NO, THAT WAS A SPECKLED TROUT.
TOTALLY DIFFERENT.

GOT HIM!
THAT'S A SHAD! YEP!

LARGEMOUTH BASS! NOPE.

BOO HEE!

SPOT, YEP!
CATFISH, NOPE!

YEP!

NOPE! THROW IT BACK!

HOW 'BOUT THIS ONE, JAZ?!

HOLD IT UP, LEMME SEE...

...
IT'S SURE QUIET WITHOUT LUIS.

OOOOOH... THIS IS GONNA BE LOUD...

WHAT THE...

WHOA! F35 RAPTORS!
AAHHHH!

OH MAN! IT'S PAST 4!
Y'ALL, WE GOTTA GO!
IT'S A TIE!

OH C'MON!

JAZZY!.. LUIS?!
MONSTER!!

CONTEST OVER!
WHAT'S THE FINAL COUNT?
IT'S A TIE!
REGGIE, HELP ME OUT.
WE ALL KNOW I HAD WAY MORE.

JAZZY...
MONSTER...

I SAW IT! A...
MONSTER!...
WHAT?! IN THE...
IT'S OK, LUIS. IT WAS JUST THOSE JETS FLYING BY AGAIN.

WE ONLY COUNTED WHAT WE KEEP REG. THAT WAS THE GAME.
C'MON JAZ, YOU KNOW, I KNOW, WE ALL KNOW...

...IT WAS A TIE.
GINA, CAN WE JUST AGREE THAT...

...THAT IT WAS A TIE, REGGIE?

TAKE THAT, MONSTER!

PLUNK

WE'RE HOME!

LITO! I SAW A MONSTER!

OH, OK, COME TELL ME ABOUT IT.

HEY, AUNTIE, THEY CATCH ANY?

HEY, HONEY.

C'MON, GUYS. YOU KNOW THOSE RULES ARE DUMB.

THOSE RULES KEEP US SAFE REGGIE.

I'M NO EXPERT, BUT I KNOW IT'S GOT SOMETHING TO DO WITH THE CHEMICALS IN THE RIVER.

THE FISH ON THAT SIGN HAVE MORE OF THE CHEMICALS IN THEM THAN THE OTHER FISH.

YES MA'AM. SIX! I'M IMPRESSED!

OK, SO, LITO...
FIRST, I THREW A ROCK AND HIT A SIGN....

THEN, I WENT AWAY TO PLAY ALONE, AND IT TURNED INTO A FISH.

GREAT!

I'LL GO START THE GRILL...

CAN YOU CLEAN, SKIN, AND FILLET THOSE FISH?

UH HUH...

IF WE EAT THOSE FISH, THEN WE EAT MORE OF THE CHEMICALS...

...AND THEN WE MIGHT GET SICK.

WELL, NOW YOU KNOW SO YOU CAN HELP KEEP OUR FAMILY SAFE.

WHATEVER.

I'VE NEVER NOTICED THOSE SIGNS BEFORE TODAY.

AND THEN, WHEN I WAS A FISH, THE MONSTER CAME AND ROARED AT ME!

LIKE, "ROAAWRR!"

HA HA HA!

SO YOU SAW THE MONSTER WHEN YOU WERE A FISH?
I'm serious! I saw it!

Yes, yes. I believe you.

That monster is part of the river now.

Really?!

So then the river's bad, right?!

That's what I saw, Lito!

It looked like a pipe, with spikes! And it sounded like a roaring fighter jet!

Ha ha!

Yes, it's all of those!

No, it's not bad.

But you could say it's mad!

For years, people poured a lot of trouble into the river.

So then... what can we do about it?

Well, we can push back against the people who caused the trouble, and we have to be smart about how we live with the river.

All kinds of trouble from lots of places: factories, jets, pipes. Even after what's been done to it, the river still gives us so much...

Fish, crabs, and shrimp. But all that bad stuff ends up in those critters as well...

We can still eat some of the fish we catch...

We just need to be careful with how we cook and how much we eat of even the safer fish.
YOU'RE A SMART BOY,
AND YOU'VE GOT
A SMART BIG SISTER.
LISTEN TO HER.
I Do.

OOF!
LUIS!

AND, YOU'VE ALWAYS
GOTTA MAKE SURE SHE
KNOWS YOU LOVE HER...

LUIS,
GO WASH
YOUR HANDS.

I LOVE
YOU, JAZZY!

I LOVE
YOU, LUIS.

WASH YOUR
HANDS, YOU
GOOF!

PERFECT TIMING!
LARRY'S JUST
'BOUT TO BRING IN
THE FISH FROM
THE GRILL.
JAZZY, CAN I SIT WITH YOU?

OF COURSE YOU CAN, LUIS!

TELL ME ABOUT THAT MONSTER...

COME PICK YOUR SEAT, LUIS.

DO YOU EAT FISH FROM THE CAPE FEAR RIVER?
TURN THE PAGE TO HEAR GRANDPA LITO'S AND AUNTIE SHEL'S SIMPLE STEPS TO STAYING SAFE WHILE EATING THE FISH WE ALL LOVE.
STOP & CHECK

STOP

Kids under 15 and people who are or may become pregnant should not eat wild-caught catfish or largemouth bass from anywhere in North Carolina.

Largemouth Bass ❌

Catfish ❌

Check

Everyone should check advisories for all fish from the Cape Fear River.

Striped Mullet ❌

Blue Gill ❌

Blue Crab ❌

Red Drum ❌

Enjoy

Enjoy safer fish once you have checked local advisories, and follow per week portion and meal recommendations.

Spot 😌

Shrimp 😌

Speckled Trout 😌

Shad 😌

COOK SAFER FISH

Fillet fish to remove chemicals stored in the skin, head, and organs.

And instead of frying, bake, broil, or grill to limit exposure to chemicals stored in fat.

1. Make a single cut where the head ends & the meat begins, all the way through.

2. Insert knife about 1 inch & run along side of dorsal fin all the way to the tail.

3. Separate fillet from the carcass with several straight & shallow cuts. Don’t use too much pressure or you’ll get bones in your fillet. Repeat on the other side.

4. To remove the skin, hold down the tail end of the fillet, & run the knife between the skin & meat towards where the head was.

How to Check Advisories

For fish from the Cape Fear River

Visit bit.ly/eatsafefish

Call (919) 707-5900

Search online for “fish advisories NC”

¿Habla español?

SOME FISH FROM THE CAPE FEAR RIVER MAY CONTAIN CONTAMINANTS THAT CAN HARM HEALTH. CHECK ADVISORIES BEFORE EATING: VISIT BIT.LY/EATSAFEFISH OR CALL 919-707-5900