



# Angler's Notebook

by Jerry Bush



photo-Jerry Bush

Sunburn results from overexposure to ultraviolet rays. If you are on or near the water, you will need extra protection from the sun to combat direct rays and ultraviolet rays reflected from the water's surface. Wear protective gear including a shirt, hat and sunscreen. Invest in a lightweight, quick-drying fishing shirt made of specially-formulated materials that keep skin cool in high temperatures. Wear a hat with a wide brim to shade the face and neck. Apply a water-proof sunscreen with a minimum SPF-15 rating to exposed skin.

If you are targeting bass, concentrate on land jutting into a body of water, especially if large rocks or boulders make up the structure just below the surface. Large bass often choose to inhabit these areas due to the temperature-adjustable habitat that provides food and shelter for large bass and a place for females to nest. Bass hide on the shady side of boulders, waiting to ambush baitfish and crayfish. As the temperature changes, gamefish may explore deeper or shallower water without exerting a great deal of energy to reach these temperate areas. These areas also rarely contain overhead trees, reducing the likelihood of gamefish being attacked by birds of prey.

Some boaters, depending on their birth year, were grandfathered into the rights and privileges of operating

powered vessels within Pennsylvania waters and may not be required to participate in a state sanctioned boating course. However, a convenient and informative online training program is worth the time and effort of any Keystone State boater.

Many Walleyes move to the sides of boats. That is why large planer boards are often used by anglers to move lures to the sides of the boat, placing them in the face of Walleyes. Though it is a well known tactic, inland boating anglers do not often use large planer boards to target the fish within smaller impoundments. Since the use of big, bulky board systems is not practical for smaller lakes, another option is to use smaller, plastic devices known as in-line planer boards. Instead of being attached to planer board masts and separate lines, these plastic trolling boards attach directly to the same fishing line of the rod and reel, between the rod tip and the lure. They are not intended to move as far to the side as their larger cousins, but their distance limitation contributes to their qualification for use on smaller impoundments.

It's difficult to adequately and consistently troll lures through the strike zone, so line-counter reels are valuable assets. Lures will dive to different depths depending on several factors, including lure design, speed of travel and distance behind the boat.

## Fishin' from the Kitchen

### Stuffed Roasted Bass Fillets

VINTAGE RECIPE by Wayne Phillips

Years ago meals were often a combination of produce from the garden, items foraged from the land and freshly caught fish.

- Ingredients for four servings:*
- 2 16-ounce boneless, skinless bass fillets
  - 2 Tbsp. canola oil
  - 4 strips of smoked bacon, crumbled
  - 1 large yellow onion, diced
  - 1 clove garlic, finely minced
  - 1 package spinach, thawed and squeezed dry
  - 1 cup sliced mushrooms
  - 4 slices multi-grain bread, cubed
  - 1 bunch fresh dill, chopped
  - 1 lemon, juice and zest
  - Salt and black pepper to taste

#### Procedure

Sauté bacon, onion, garlic and mushrooms in oil until softened. Add the thawed spinach, cubed bread and lemon juice and zest. Mix in ½ cup chopped dill. Sauté until the mixture is almost dry. Season with salt and black pepper. Cut each bass into 4-ounce portions. Place ¼ of the stuffing on a piece of fish and top with a second piece of fish. Repeat with the remaining ingredients. Season with salt and black pepper. Using small

bamboo skewers, pin the fish together. Bake in a 350-degree F oven until fish is cooked through, about 20 to 30 minutes, depending on how thick the fillets are.

#### Serve

Serve with roasted potatoes and peas. Mix fresh dill and lemon juice into mayonnaise for a tasty sauce. Preparing individual servings is ideal as it is difficult to cleanly cut the baked fish. Using wild mushrooms makes for a more flavorful stuffing. Pork and fish work well together. When deciding on a stuffing for fish, include a pork product like bacon, ham or pork sausage. Onions, garlic or leeks also make fish tasty. Spinach, fennel or celery bring added flavor. Mushroom lovers can use any favorite mushroom in the dressing. Full-flavored artisanal breads are an ideal stuffing base.



photo-Wayne Phillips