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**W**elcome to the 17th Annual Capt. Marty's Fishing Guide. Our goal is to provide a tackle-box sized reference guide for all things fishing on North Carolina's Outer Banks. In these pages you can find our on-air program schedule for our 23-year-old radio show, "The Other Side of Fishing". You'll also find marina contact information, recipes, tide charts, how-to information and more. If you like what you see, tell your friends about our new online version available at [OBXToday.com](http://OBXToday.com).

Of course, we couldn't provide this free guide to you without the help of our sponsors. Many have been with us since the first issue. Please support them with your business when you can. You will find them to be a wealth of local knowledge and friendly service.

This year, our theme is "Starting Out" and caters to newcomers and entry level anglers. I still remember when I started out as a complete newcomer many years ago. There is no better place in the world to learn the art of fishing than right here. So go wet a line. It's cheaper and easier than you think!

Good Fishing,  
Marty Brill







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If you miss Captain Marty's Fishing Reports, you can always go to [OBXToday.com](http://OBXToday.com) to catch the podcasts!

### **OTHER SIDE OF FISHING**

*Monday-Friday*

7:20 a.m. on Beach 104

7:20 a.m. on Big 94.5

*The Extended Version - Saturday*

6:30 - 8:30 a.m.

On Beach 104 and Big 94.5

### **FISHING REPORT**

*Monday-Friday*

6:50 and 8:20 a.m. on Beach 104

7:40 and 8:40 a.m. on Big 94.5





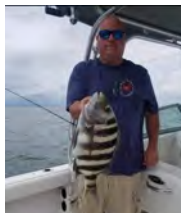
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# FISHING

## AS A CAREER MOVE

### BECOMING AN OFFSHORE MATE

by Marty Brill







Lots of folks, visiting the Outer Banks and strolling the docks, will look at the professional fishermen on board these beautiful boats and think,

***" I sure wish I had a job where you could GET PAID to go fishing!"***

Let me just tell you that looks can be deceiving. Especially when you are looking at one of the most accredited charterboat fleets in the world. They also have the best and most competitive groups of captains, the most experienced and best paid mates, the best all around fishing and the top clientele of any fleet, anywhere. It's a tough nut to crack, but keep in mind, lots of people before you from all areas of the world and from all walks of life have made the sacrifice it took to be a part of this fleet. The following are some basic tips you might find helpful. The fleet is a melting pot of complete rookies and experienced deckhands. **Where do you fit in?**

**1** Here is a short list of requirements to be a charter mate in the order of importance. **\*Dependability \*Personality \*Age \*Appearance \*Common sense \*Intelligence \* Fishing ability.** Did you notice "fishing ability" is at the end of the list? Most captains would rather teach a dependable person to fish than teach a good fisherman to be dependable.

**2** **Be prepared to starve.** You are trying to get your feet in the door of the most accomplished fleet in the world. You could and should plan on spending a lot of time walking the docks and talking to crews. This could go on for months. **And** it doesn't pay very well.

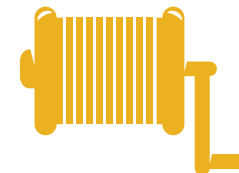
**3** Try to spend as much time as possible on the waterfront. Offer to **assist** deckhands with evening clean-up. **Volunteer** to help out at the boat yard or to run errands for them if they are too busy fishing every day.

**4** See if you can ride along and exchange some free labor for some offshore experience. **This won't happen until you've paid some dues** and gotten to know some mates. Keep in mind that most of these crewmen had to go through the same thing when they started out. If you are fortunate enough to be invited on a ride-along, by all means, stay out of the way and don't ask too many questions.

**5** Start looking for opportunities early. **Most mates are hired in the fall** for spring fishing. Look for winter work on a commercial boat or around the boatyards. Our season is long and captains need someone to work from the beginning of April until at least Thanksgiving.

**6** **Be on the dock every morning** when the fleet sails, even if you don't have a job. Captains will notice that you are up early and there even when you didn't have to be. And if some other mate doesn't show up, you are very likely to be hired for the day.

I hope this will give you some idea of how to approach a career in offshore fishing. **I speak from experience.** I lived out of my van in the parking lot of Hatteras Harbor Marina during my first summer on the Outer Banks. I did anything I could to survive. I painted boats, cleaned fish, worked in the fish house and freelanced on any boat that needed a fill-in mate. But I have no regrets. The sacrifice is part of paying your dues. Just be forewarned that it takes time. I was privileged enough to make a career as a mate and captain on the Outer Banks. It was a career move that proved that you really can GET PAID just to go fishing!





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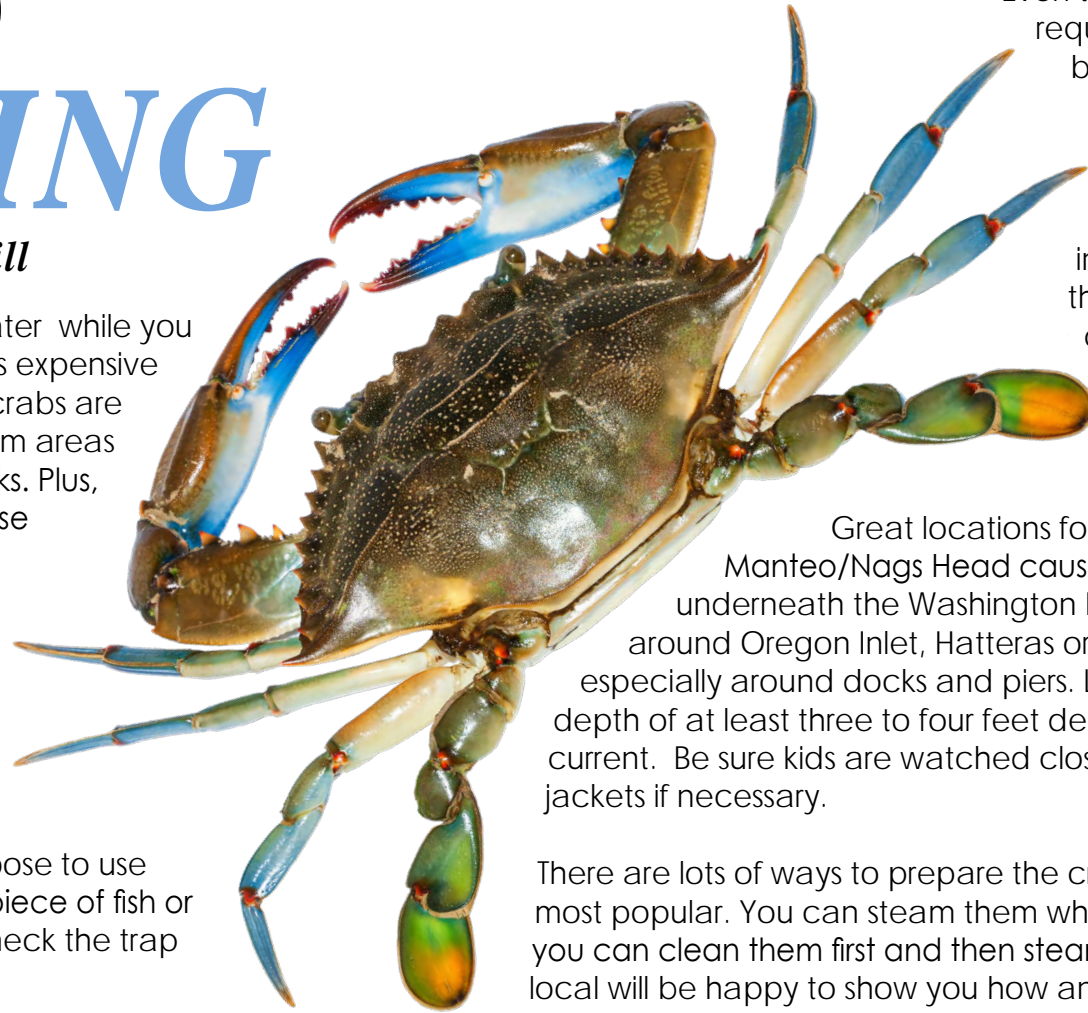
# LET'S GO CRABBING

*by Marty Brill*

There are plenty of ways to enjoy the water while you are on the Outer Banks but nothing is less expensive or more fun than going crabbing. Blue crabs are plentiful and are easily caught in the calm areas around docks, bridges, canals and creeks. Plus, crabbing does not require a fishing license and is especially easy and fun for kids.

There are two ways to legally catch a crab. Folding or portable crab pots are legal as long as you are attending them. Large commercial grade crab pots require a license and special markings and conditions and are not recommended for beginners. If you choose to use portable traps, just bait them up with a piece of fish or chicken neck and sit back and wait. Check the trap about every 20 minutes.

The more popular method of catching crabs, especially for kids, is to use a crab line and a dip net. A crab line is simply a piece of cotton cord with a small weight attached and a piece of chicken neck or fish for bait. For this method you will need to purchase just one dip net. Dip nets, crab bait and crab lines are available at all local tackle shops for very low costs. Position your crabbers along the dock, bulkhead or shoreline and have them slowly retrieve the line every five or ten minutes. If the crab is hanging on, hold it just below the surface and have the net person gently scoop underneath the crab.

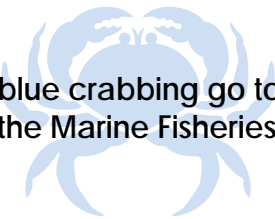


Even though a license is not required, there are some laws to be followed. The limit on crabs is 50 per person and if you happen to be on a boat, the vessel limit is 100 crabs. Crabs also must be five inches in length from tip to tip. Keep the crab cool on ice in a cooler chest. Try to avoid keeping them too long in a bucket of water as they may die if the temperature gets too hot.

Great locations for crabbing include the Manteo/Nags Head causeway especially in the area underneath the Washington Baum Bridge. Anywhere around Oregon Inlet, Hatteras or Ocracoke Inlet is good too, especially around docks and piers. Look for places with a water depth of at least three to four feet deep and without too much current. Be sure kids are watched closely and are wearing life jackets if necessary.

There are lots of ways to prepare the crabs but steaming them is the most popular. You can steam them whole and then clean them or you can clean them first and then steam, bake or even grill them. Any local will be happy to show you how and I promise the kids will love the entire adventure of going crabbing.

For more information on blue crabbing go to [www.deq.nc.gov](http://www.deq.nc.gov) and click on the Marine Fisheries Division.







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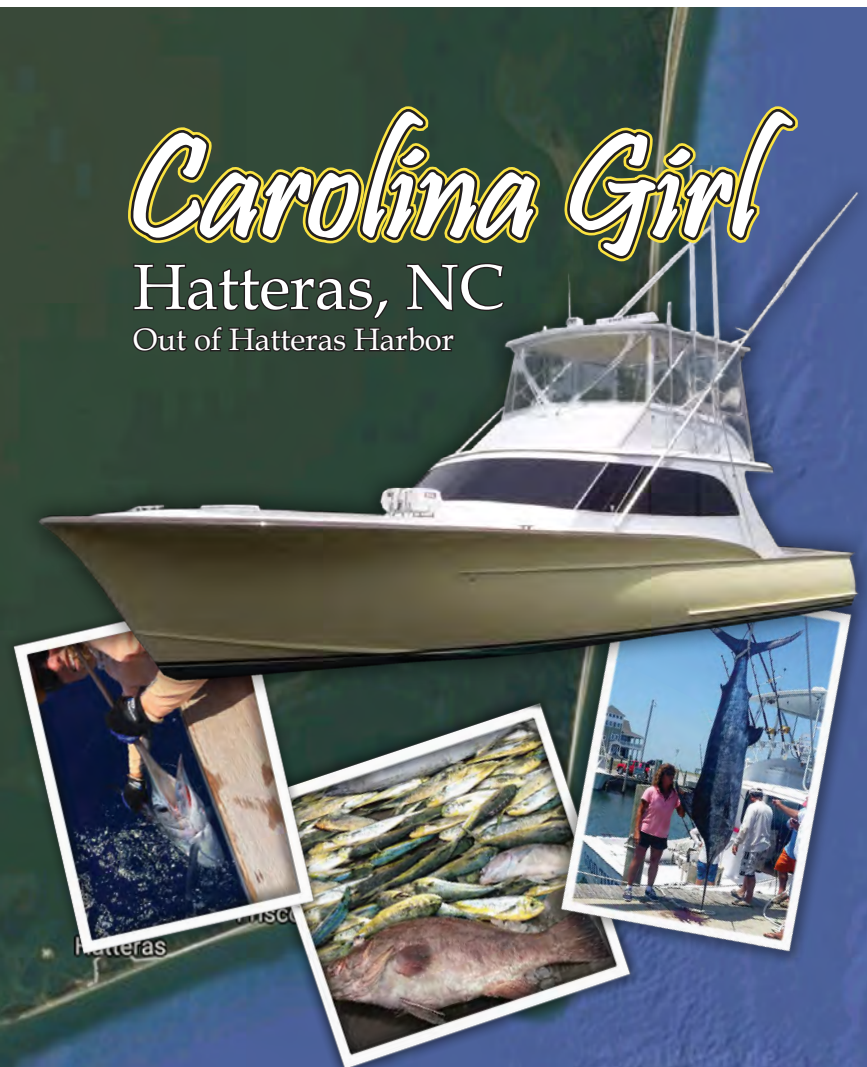
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# **KNOW YOUR KNOTS** *by Capt. Tony Lombardi*

When anglers talk about their fishing gear, secret locations and special techniques, they seem to ignore one of the most important parts of their system, the fishing knot. Most anglers are very complacent about knots. They typically will just tie them and forget them. Usually, they are tied once and unless they change a jig head or add a line, these are good for the day, a week or longer.

But little do most anglers realize that the knot is the weakest part of their fishing gear and should be re-tied periodically. And if they are not tied correctly, they could cost the angler not only their catch but the gear and rigging.

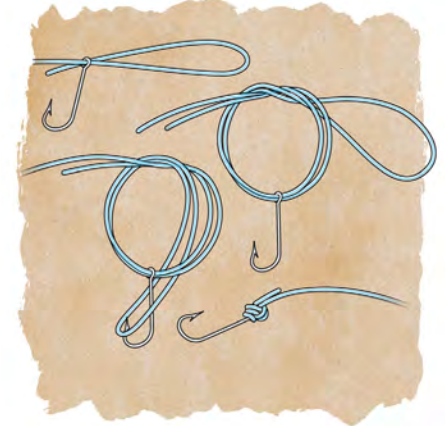
There are dozens of different fishing knots used by anglers. But there are only several that are actually needed. They fall into three categories: line to line, line to tackle or gear "tight", and line to tackle or gear "loose".

Let's talk about the first type: line to line. Knots that work best for tying line to lines are 1) double uni-knots, 2) simplified blood knot and 3) Albright knot. These are all very easy to tie and will perform well in most circumstances. The first two are used on lines of equal diameter; while the Albright knot can be used on equal or unequal diameter lines.

The second type of knots is the line to tackle "tight". Knots that hold the line to the tackle are a single uni-knot, Palamor knot, improved clinch knot, and snelling knot. Each of these knots are suitable for securing the tackle to the end of the leader.

The third type of knot is the line to tackle "loose". This category contains a doppler loop knot, double surgeon's knot and spider hitch. These knots allow anglers to create loops or a loose connection that will give the hook or lure more action.

There are many more knots to choose from such as Bimini Twist and FG knots. Braid, monofilament and fluorocarbon respond a little differently to these knots. So each one has a place on your list. This is only a sample list of the most popular and frequently used knots so it's important to learn which one works best.

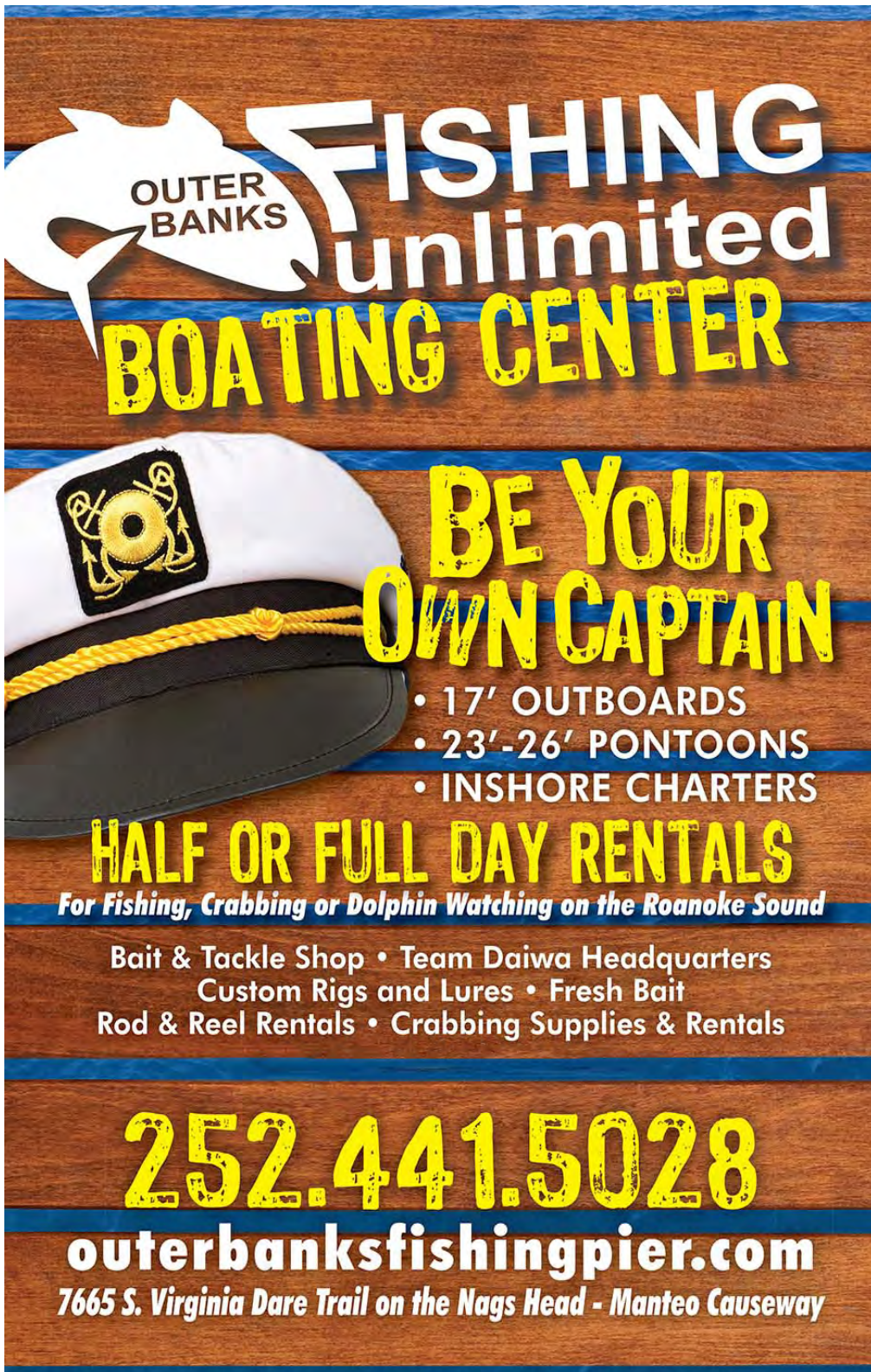


Want to learn more about knots? There are dozens of YouTube videos with great "how-to" videos to give a hands-on demonstration.

Remember knots are the weakest link in your gear set up so it is imperative that you re-tie your knots at least daily. And while you are inspecting your knots, it could also be a great time to check the condition of your other components and connections.

**EDITORS NOTE:** Learn more about Outer Banks fishing from Capt. Tony Lombardi's website [www.walkingangler.com](http://www.walkingangler.com).





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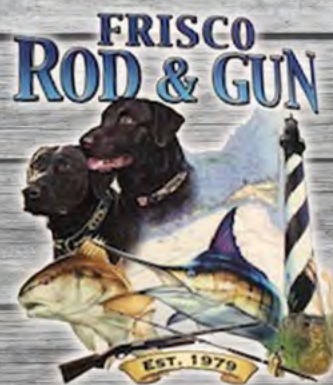


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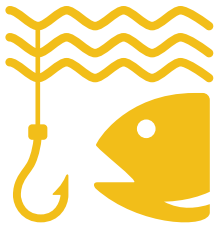
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# THE VISITING *ANGLER*

*by Capt. Tony Lombardi*

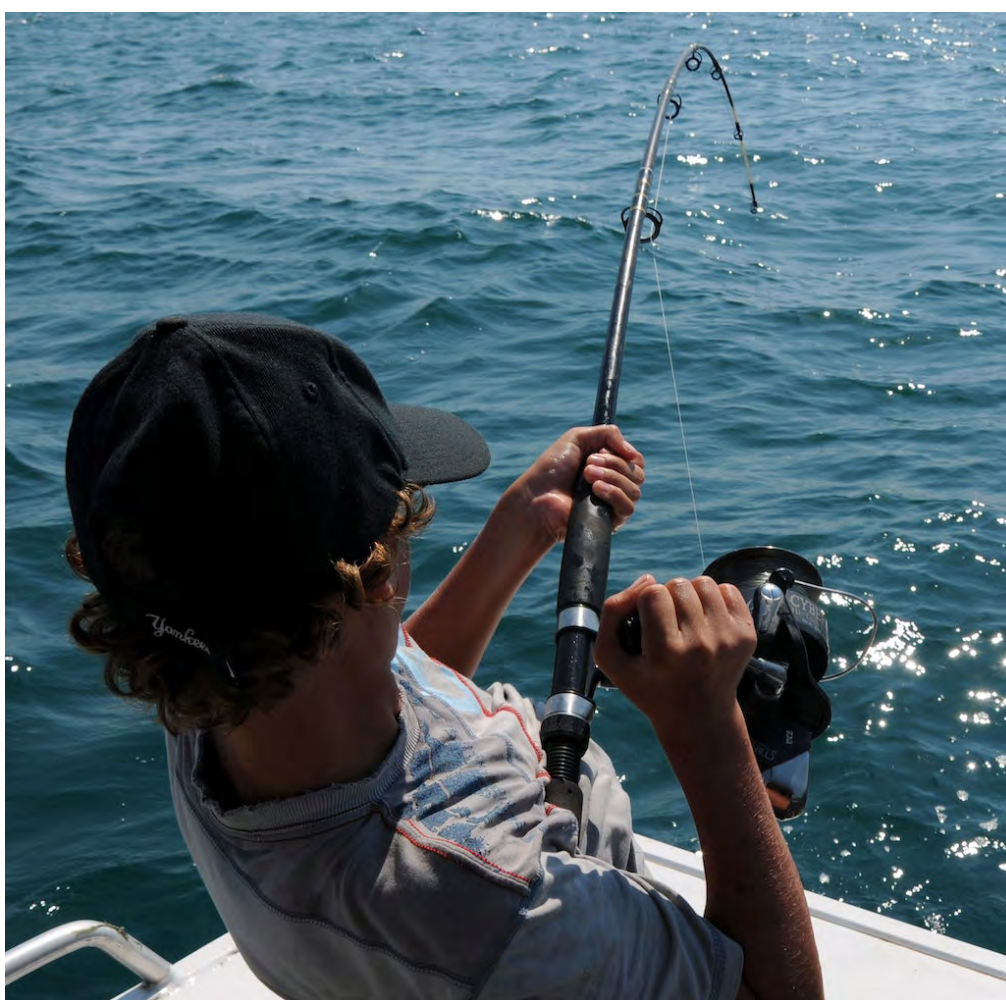




This time of year, visitors are arriving in the hundreds for vacation on the Outer Banks with questions such as where to go. Most are looking for their next adventure. For probably years, fishing has been on their bucket list to try but they never really took time to explore it.

Now more than ever, visitors are taking that opportunity to experience this wave that is exploding all over the Outer Banks.

Fishing has been just outstanding over the past several months and with so much excitement, many new anglers are jumping into this new hobby.



Starting fresh in fishing can be frustrating for any new angler. Where to go and what to use and more. They will find retail outlets that can just “set them up”. But they need a place that can actually get them started. And most of all ensuring that this first experience is rewarding.



A local tackle shop should be your first stop. They can help identify the best rod and reel for your use and provide you with the proper technique, but more importantly, the freshest bait. Plus, they offer tips on special places, times, conditions and the regulations they must follow.

As any novice would do, they may be tempted to fill their basket with many items because they might look good or someone back home told them it works up north so it must work here. A local tackle shop can help provide the angler just what they need.

As a new angler, you might be surprised that many of our local species are similar to those found in your home local waters. But gear, baits and subtle techniques are specific to this area. What worked at home or last year, may not work here and now. So it's so important to get the correct advice and start out strong for a positive experience.

Once a new angler gets comfortable with the gear and techniques, they can move on to more advanced levels of fishing. Over time and with little patience, you will become more confident and with confidence will come success.



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**[Outerbanksanglersclub.com](http://Outerbanksanglersclub.com)**

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# Oregon Inlet, NC - Tides May - October 2023

For the difference in tides, subtract the following time					
	High	Low		High	Low
Kitty Hawk (Ocean)	-37	-42	Hatteras (Ocean)	-49	-58
Cape Hatteras	-41	-58	Ocracoke Inlet	-25	-34

## Oregon Inlet, NC - Tides: May 2023

Date		High				Low			
		AM	ft	PM	ft	AM	ft	PM	ft
1	Mon	5:35	0.8	6:27	0.9			12:12	0.1
2	Tue	6:17	0.8	7:00	1.0	12:34	0.2	12:45	0.1
3	Wed	6:55	0.8	7:34	1.1	1:24	0.2	1:17	0.1
4	Thu	7:32	0.8	8:09	1.2	2:13	0.2	1:49	0.1
5	Fri	8:09	0.8	8:47	1.2	3:01	0.2	2:23	0.1
6	Sat	8:50	0.8	9:29	1.3	3:50	0.2	3:01	0.1
7	Sun	9:34	0.8	10:14	1.3	4:43	0.2	3:45	0.1
8	Mon	10:23	0.8	11:02	1.3	5:37	0.2	4:36	0.2
9	Tue	11:18	0.8	11:53	1.3	6:33	0.2	5:36	0.2
10	Wed			12:22	0.8	7:30	0.2	6:41	0.3
11	Thu	12:47	1.3	1:42	0.8	8:25	0.2	7:50	0.3
12	Fri	1:46	1.2	3:06	0.9	9:20	0.2	9:01	0.3
13	Sat	2:50	1.2	4:15	1.0	10:14	0.1	10:14	0.4
14	Sun	3:56	1.1	5:12	1.1	11:05	0.1	11:25	0.4
15	Mon	4:59	1.1	6:03	1.2	11:54	0.1		
16	Tue	5:58	1.1	6:49	1.3	12:31	0.3	12:39	0.1
17	Wed	6:51	1.0	7:33	1.3	1:32	0.3	1:22	0.1
18	Thu	7:41	1.0	8:15	1.3	2:28	0.3	2:03	0.2
19	Fri	8:28	0.9	8:56	1.3	3:21	0.2	2:41	0.2
20	Sat	9:13	0.9	9:36	1.3	4:11	0.2	3:18	0.2
21	Sun	9:58	0.8	10:17	1.3	5:01	0.2	3:56	0.3
22	Mon	10:42	0.7	10:58	1.2	5:49	0.3	4:35	0.3
23	Tue	11:29	0.7	11:38	1.1	6:36	0.3	5:18	0.3
24	Wed			12:21	0.7	7:21	0.3	6:04	0.3
25	Thu	12:19	1.1	1:22	0.7	8:04	0.3	6:54	0.4
26	Fri	1:00	1.0	2:26	0.7	8:44	0.3	7:46	0.4
27	Sat	1:45	1.0	3:23	0.7	9:21	0.2	8:42	0.4
28	Sun	2:34	0.9	4:13	0.8	9:58	0.2	9:41	0.4
29	Mon	3:27	0.9	4:57	0.9	10:34	0.2	10:43	0.3
30	Tue	4:23	0.8	5:38	1.0	11:10	0.2	11:45	0.3
31	Wed	5:16	0.8	6:18	1.1	11:47	0.1		



## Oregon Inlet, NC - Tides: June 2023

Date		High				Low			
		AM	ft	PM	ft	AM	ft	PM	ft
1	Thu	6:05	0.8	6:59	1.2	12:46	0.3	12:26	0.1
2	Fri	6:52	0.8	7:42	1.3	1:44	0.3	1:06	0.1
3	Sat	7:39	0.8	8:26	1.3	2:40	0.2	1:50	0.1
4	Sun	8:27	0.8	9:12	1.4	3:36	0.2	2:39	0.1
5	Mon	9:18	0.8	10:00	1.4	4:33	0.2	3:33	0.1
6	Tue	10:13	0.8	10:50	1.4	5:28	0.2	4:32	0.2
7	Wed	11:15	0.8	11:41	1.4	6:23	0.2	5:36	0.2
8	Thu			12:24	0.9	7:16	0.2	6:41	0.3
9	Fri	12:34	1.3	1:38	0.9	8:07	0.2	7:46	0.3
10	Sat	1:31	1.2	2:49	1.0	8:57	0.1	8:54	0.4
11	Sun	2:31	1.2	3:52	1.1	9:47	0.1	10:03	0.4
12	Mon	3:36	1.1	4:49	1.1	10:37	0.1	11:13	0.4
13	Tue	4:40	1.0	5:40	1.2	11:25	0.2		
14	Wed	5:40	1.0	6:28	1.3	12:20	0.4	12:12	0.2
15	Thu	6:34	0.9	7:13	1.3	1:21	0.4	12:57	0.2
16	Fri	7:24	0.9	7:55	1.3	2:17	0.3	1:40	0.2
17	Sat	8:11	0.9	8:37	1.3	3:08	0.3	2:19	0.2
18	Sun	8:54	0.8	9:18	1.3	3:56	0.3	2:57	0.2
19	Mon	9:36	0.8	9:57	1.2	4:42	0.3	3:34	0.3
20	Tue	10:17	0.8	10:35	1.2	5:27	0.3	4:12	0.3
21	Wed	10:58	0.7	11:11	1.1	6:10	0.3	4:51	0.3
22	Thu	11:38	0.7	11:45	1.1	6:50	0.3	5:32	0.3
23	Fri			12:21	0.7	7:26	0.3	6:16	0.3
24	Sat	12:21	1.0	1:07	0.7	8:00	0.3	7:04	0.3
25	Sun	12:59	1.0	1:57	0.8	8:31	0.2	7:55	0.3
26	Mon	1:42	0.9	2:52	0.8	9:02	0.2	8:51	0.4
27	Tue	2:30	0.9	3:48	0.9	9:37	0.2	9:52	0.4
28	Wed	3:24	0.8	4:44	1.0	10:15	0.2	10:57	0.4
29	Thu	4:23	0.8	5:37	1.1	10:59	0.2		
30	Fri	5:22	0.8	6:28	1.2	12:06	0.3	11:46A	0.1

## Oregon Inlet, NC - Tides: July 2023

Date		High				Low			
		AM	ft	PM	ft	AM	ft	PM	ft
1	Sat	6:20	0.8	7:18	1.3	1:14	0.3	12:36	0.1
2	Sun	7:15	0.9	8:07	1.4	2:18	0.3	1:30	0.1
3	Mon	8:10	0.9	8:56	1.4	3:17	0.3	2:26	0.1
4	Tue	9:06	0.9	9:45	1.4	4:14	0.2	3:25	0.1
5	Wed	10:04	1.0	10:35	1.4	5:08	0.2	4:27	0.2
6	Thu	11:06	1.0	11:26	1.4	6:00	0.2	5:31	0.2
7	Fri			12:10	1.0	6:51	0.2	6:34	0.3
8	Sat	12:19	1.3	1:17	1.1	7:40	0.2	7:37	0.3
9	Sun	1:14	1.2	2:21	1.1	8:29	0.2	8:42	0.4
10	Mon	2:14	1.1	3:23	1.1	9:18	0.2	9:49	0.4
11	Tue	3:19	1.1	4:21	1.2	10:08	0.2	10:57	0.4
12	Wed	4:24	1.0	5:15	1.2	10:59	0.2		
13	Thu	5:24	0.9	6:05	1.2	12:03	0.4	11:49A	0.2
14	Fri	6:19	0.9	6:52	1.3	1:04	0.4	12:37	0.3
15	Sat	7:08	0.9	7:37	1.3	1:59	0.4	1:22	0.2
16	Sun	7:53	0.9	8:19	1.3	2:48	0.4	2:04	0.2
17	Mon	8:35	0.9	8:59	1.2	3:33	0.3	2:42	0.3
18	Tue	9:14	0.8	9:37	1.2	4:16	0.3	3:18	0.3
19	Wed	9:51	0.8	10:11	1.2	4:56	0.3	3:53	0.3
20	Thu	10:25	0.8	10:43	1.1	5:35	0.3	4:29	0.3
21	Fri	10:59	0.8	11:14	1.1	6:11	0.3	5:07	0.3
22	Sat	11:35	0.8	11:47	1.0	6:44	0.3	5:47	0.3
23	Sun			12:16	0.9	7:13	0.3	6:31	0.3
24	Mon	12:23	1.0	1:02	0.9	7:41	0.3	7:19	0.4
25	Tue	1:04	1.0	1:55	1.0	8:12	0.3	8:13	0.4
26	Wed	1:51	0.9	2:54	1.0	8:48	0.3	9:12	0.4
27	Thu	2:45	0.9	3:58	1.1	9:32	0.3	10:19	0.4
28	Fri	3:46	0.9	5:02	1.2	10:24	0.2	11:33	0.4
29	Sat	4:53	0.9	6:01	1.3	11:20	0.2		
30	Sun	5:58	0.9	6:56	1.4	12:48	0.4	12:18	0.2
31	Mon	7:00	1.0	7:48	1.5	1:54	0.4	1:18	0.1



## Oregon Inlet, NC - Tides: August 2023

Date		High				Low			
		AM	ft	PM	ft	AM	ft	PM	ft
1	Tue	7:58	1.1	8:38	1.5	2:52	0.3	2:18	0.2
2	Wed	8:54	1.1	9:27	1.5	3:46	0.3	3:19	0.2
3	Thu	9:50	1.2	10:17	1.4	4:38	0.3	4:20	0.2
4	Fri	10:48	1.2	11:08	1.4	5:29	0.3	5:21	0.3
5	Sat	11:46	1.2			6:19	0.3	6:23	0.3
6	Sun	12:00	1.3	12:46	1.2	7:08	0.3	7:24	0.4
7	Mon	12:56	1.2	1:47	1.2	7:58	0.3	8:26	0.4
8	Tue	1:57	1.1	2:48	1.2	8:48	0.3	9:30	0.5
9	Wed	3:04	1.1	3:49	1.2	9:40	0.4	10:35	0.5
10	Thu	4:09	1.0	4:47	1.2	10:33	0.4	11:40	0.5
11	Fri	5:09	1.0	5:41	1.2	11:27	0.4		
12	Sat	6:02	1.0	6:31	1.3	12:40	0.5	12:18	0.4
13	Sun	6:50	1.0	7:17	1.3	1:32	0.5	1:05	0.3
14	Mon	7:33	1.0	7:59	1.3	2:18	0.5	1:48	0.3
15	Tue	8:13	1.0	8:38	1.2	3:00	0.4	2:26	0.3
16	Wed	8:49	1.0	9:13	1.2	3:39	0.4	3:02	0.3
17	Thu	9:22	1.0	9:45	1.2	4:17	0.4	3:36	0.3
18	Fri	9:52	1.0	10:14	1.2	4:52	0.4	4:11	0.3
19	Sat	10:23	1.0	10:43	1.1	5:25	0.4	4:47	0.4
20	Sun	10:58	1.0	11:16	1.1	5:55	0.4	5:25	0.4
21	Mon	11:39	1.1	11:52	1.0	6:23	0.4	6:07	0.4
22	Tue			12:25	1.1	6:52	0.4	6:54	0.4
23	Wed	12:34	1.0	1:17	1.2	7:26	0.4	7:47	0.5
24	Thu	1:22	1.0	2:17	1.2	8:09	0.4	8:47	0.5
25	Fri	2:18	1.0	3:23	1.3	9:02	0.4	9:57	0.5
26	Sat	3:24	1.0	4:33	1.3	10:02	0.4	11:13	0.5
27	Sun	4:38	1.0	5:37	1.4	11:05	0.3		
28	Mon	5:49	1.1	6:35	1.5	12:25	0.5	12:09	0.3
29	Tue	6:51	1.2	7:28	1.5	1:27	0.5	1:11	0.3
30	Wed	7:47	1.3	8:18	1.5	2:22	0.4	2:12	0.3
31	Thu	8:40	1.3	9:08	1.5	3:13	0.4	3:12	0.3

## Oregon Inlet, NC - Tides: September 2023

Date		High				Low			
		AM	ft	PM	ft	AM	ft	PM	ft
1	Fri	9:32	1.4	9:57	1.5	4:03	0.4	4:11	0.3
2	Sat	10:24	1.4	10:48	1.4	4:53	0.4	5:10	0.4
3	Sun	11:16	1.4	11:41	1.3	5:42	0.4	6:09	0.4
4	Mon			12:11	1.4	6:32	0.4	7:08	0.5
5	Tue	12:37	1.2	1:08	1.4	7:23	0.5	8:07	0.5
6	Wed	1:39	1.1	2:09	1.3	8:15	0.5	9:07	0.6
7	Thu	2:46	1.1	3:13	1.3	9:09	0.5	10:09	0.6
8	Fri	3:51	1.1	4:16	1.3	10:05	0.5	11:10	0.6
9	Sat	4:50	1.1	5:13	1.3	11:01	0.5		
10	Sun	5:41	1.1	6:05	1.3	12:06	0.6	11:55A	0.5
11	Mon	6:28	1.1	6:51	1.3	12:56	0.6	12:43	0.4
12	Tue	7:09	1.1	7:33	1.3	1:39	0.5	1:27	0.4
13	Wed	7:47	1.1	8:11	1.2	2:18	0.5	2:06	0.4
14	Thu	8:20	1.2	8:46	1.2	2:55	0.5	2:43	0.4
15	Fri	8:51	1.2	9:16	1.2	3:29	0.5	3:19	0.4
16	Sat	9:20	1.2	9:45	1.2	4:01	0.5	3:55	0.4
17	Sun	9:52	1.2	10:14	1.1	4:32	0.5	4:31	0.4
18	Mon	10:28	1.2	10:48	1.1	5:01	0.5	5:11	0.4
19	Tue	11:10	1.3	11:27	1.1	5:31	0.5	5:54	0.5
20	Wed	11:57	1.3			6:06	0.5	6:41	0.5
21	Thu	12:11	1.1	12:50	1.3	6:50	0.5	7:36	0.5
22	Fri	1:02	1.1	1:49	1.3	7:43	0.5	8:39	0.6
23	Sat	2:03	1.1	2:56	1.4	8:44	0.5	9:48	0.6
24	Sun	3:17	1.1	4:07	1.4	9:50	0.5	10:59	0.6
25	Mon	4:38	1.2	5:14	1.4	10:58	0.4		
26	Tue	5:45	1.3	6:13	1.5	12:03	0.5	12:05	0.4
27	Wed	6:43	1.4	7:07	1.5	1:00	0.5	1:08	0.4
28	Thu	7:34	1.5	7:58	1.5	1:51	0.4	2:08	0.4
29	Fri	8:23	1.5	8:48	1.4	2:40	0.4	3:06	0.4
30	Sat	9:11	1.6	9:37	1.4	3:27	0.4	4:02	0.4



# Oregon Inlet, NC - Tides: October 2023

Date		High				Low			
		AM	ft	PM	ft	AM	ft	PM	ft
1	Sun	9:58	1.6	10:27	1.3	4:15	0.5	4:58	0.4
2	Mon	10:46	1.5	11:19	1.2	5:04	0.5	5:53	0.4
3	Tue	11:36	1.5			5:54	0.5	6:49	0.5
4	Wed	12:15	1.2	12:29	1.4	6:45	0.6	7:44	0.5
5	Thu	1:15	1.1	1:27	1.3	7:38	0.6	8:40	0.6
6	Fri	2:21	1.1	2:31	1.3	8:33	0.6	9:36	0.6
7	Sat	3:25	1.1	3:37	1.2	9:30	0.6	10:31	0.6
8	Sun	4:23	1.1	4:38	1.2	10:27	0.6	11:23	0.6
9	Mon	5:14	1.1	5:32	1.2	11:23	0.5		
10	Tue	6:00	1.1	6:19	1.2	12:10	0.6	12:14	0.5
11	Wed	6:40	1.2	7:02	1.2	12:52	0.5	1:00	0.5
12	Thu	7:16	1.2	7:41	1.2	1:29	0.5	1:42	0.4
13	Fri	7:49	1.2	8:15	1.1	2:04	0.5	2:22	0.4
14	Sat	8:19	1.3	8:45	1.1	2:36	0.5	3:01	0.4
15	Sun	8:50	1.3	9:15	1.1	3:08	0.5	3:39	0.4
16	Mon	9:25	1.3	9:47	1.1	3:39	0.5	4:20	0.4
17	Tue	10:05	1.3	10:24	1.0	4:12	0.5	5:03	0.4
18	Wed	10:49	1.4	11:06	1.0	4:50	0.5	5:50	0.4
19	Thu	11:37	1.4	11:55	1.0	5:34	0.5	6:41	0.5
20	Fri			12:29	1.4	6:28	0.5	7:37	0.5
21	Sat	12:51	1.0	1:28	1.3	7:29	0.5	8:38	0.5
22	Sun	2:00	1.1	2:32	1.3	8:35	0.5	9:41	0.5
23	Mon	3:22	1.1	3:43	1.3	9:45	0.5	10:42	0.5
24	Tue	4:37	1.2	4:51	1.3	10:55	0.5	11:40	0.4
25	Wed	5:38	1.3	5:53	1.3			12:04	0.4
26	Thu	6:31	1.4	6:49	1.3	12:33	0.4	1:07	0.4
27	Fri	7:19	1.5	7:41	1.3	1:22	0.4	2:05	0.4
28	Sat	8:05	1.5	8:31	1.3	2:09	0.4	3:00	0.3
29	Sun	8:50	1.5	9:19	1.2	2:55	0.4	3:53	0.3
30	Mon	9:34	1.5	10:08	1.1	3:41	0.4	4:45	0.3
31	Tue	10:19	1.5	10:57	1.1	4:27	0.4	5:37	0.4



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# SHRIMP & GRITS

by Sharon Peele Kennedy

1 lb shrimp  
3 tbsp olive oil  
2 tbs butter  
1-2 clove garlic, minced  
Salt and pepper  
Lemon  
Cooked grits (cooled and cut into squares)

Lay tomato slices on a bake sheet, drizzle with olive oil, season. Broil slices until a little browned, set aside. Season and sauté shrimp, letting caramelize, remove, set aside, add in garlic cook a few seconds. Deglaze pan with lemon juice, cook a few minutes. Add butter to thicken. Serve over kicked up grits and parmesan chips.

## SHARON PEELE KENNEDY

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### What's For Supper with Sharon Peele Kennedy

every weekday on Beach 104 at 4:50 PM and BIG 94.5 WCMS at 4:48 PM. Find great seafood recipes to try with your local catch, and be sure to check out her Facebook page: <https://www.facebook.com/WhatsForSupperWithSharonPeeleKennedy> where you can see past recipes and order her new cookbook.







## FISH CAKES

by Sharon Peele Kennedy

4 cups cooked fish  
1-2 cups cooked rice  
1 egg, beaten  
1 small onion, diced  
Salt and pepper

Make sure there are no bones in the fish. Mix fish, rice, onion, egg, season. Make into small cakes. Sauté in hot olive oil in a good skillet, until golden brown on both sides.

About 3-5 minutes per side. Serve with cole slaw.

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## ON THE OUTER BANKS

Are you thinking about going fishing while you visit the Outer Banks? Maybe it wasn't in your original travel plans, but it's hard not to notice all of the fishing opportunities when you are surrounded by water.

On the Outer Banks, there are fishing opportunities that can cost as little as ten dollars or as much as three thousand dollars. You can enjoy the solitude of fishing alone on a quiet beach or you and a group of friends can visit the Gulf Stream on a million-dollar sportfishing yacht!

Let's start with the less expensive end of Outer Banks fishing. There are countless places where you can fish the surf or sound from public beaches or piers. Surf fishing is one of the most popular fishing pastimes on our local beaches. All it takes is a saltwater fishing license, a lightweight surf combo rod and reel and some fresh bait. If you didn't bring a rod and reel, you can pick up a good combo for under \$50.00 at any local tackle shop. And when you shop at a local shop, you will get valuable local knowledge and tips you won't find in the big box stores.

You could also visit one of our local piers which offer daily, weekly and annual passes. No fishing license is necessary as their blanket license covers all anglers. Most piers offer rod and reel rentals at reasonable prices. This way you can try it out and if you like it, you can purchase a surf and pier combo of your own.

You may also want to consider a trip on a charter boat as the Outer Banks is known as home to the nicest, most modern charter fleet in the world. These professionally guided boats offer an opportunity to go to sea with some of the world's best skippers and crews.



One choice would be the guided back-country skiffs that ply our inshore and backcountry waters. These trips focus on rockfish, drum, trout and flounder. These trips are similar to the boats that fish the flats in the Florida Keys and are ideally suited for one to three anglers. Prices vary from \$350.00 to \$500.00 for a half-day trip.

Another great choice is the inshore and near-shore boats that work along the coast. These boats are six-passenger vessels and are available for half or full-day of fishing. Most have marine toilets, sun



protection and some have enclosed cabins. The boats also provide professional mates. They fish mostly in the nearshore waters of the Atlantic Ocean and around the inlets. Species they catch include cobia, amberjack, king mackerel, tile fish, seabass and ribbon fish. Prices depend on whether you choose a half-day

or full-day but usually range from \$550.00 for a half-day to \$1200.00 for an all-day trip for six people.

Finally, there are the offshore or Gulf Stream trips. These are available only for an all-day trip due to the distance they must go offshore, usually averaging about 35 to 50 miles to the continental shelf and the true stream. Most of these boats are licensed to carry six passengers and carry a professional mate. They are famous for world-class fishing. Species include mahi, all varieties of tuna including fish that may weigh several hundred pounds, wahoo and marlin. The trips average about \$2300.00 to \$3000.00 for a party of six. On a good day of fishing, it would not be uncommon to have 500 pounds of fish or more so be sure to plan for extra expenses like fish cleaning and gratuity.

Whichever way you choose to wet a line, you can not find a better fishing destination than the Outer Banks. For more information, see the marina and pier contact information located in this guide or walk the docks and talk to the skippers yourself. You will be glad you did!





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## CLOSING THOUGHTS *THE WORKING WATERMAN CHARTER*

*By Marty Brill*

If you have children who you want to introduce to fishing or if you want them to experience a trip onboard a charterboat but were a little intimidated by a long day of offshore fishing, I have a recommendation for you.

Check with any of our local marinas and ask them about a Working Watermen Charter. These trips are operated by real commercial fisherman who will take your family out to experience what it is like to be a professional waterman. The trip will be aboard a real commercial fishing vessel and it is designed to be very hands on. "Kids absolutely love pulling a crab pot over the side or picking shrimp out of a trawl net", says Capt. Marc Mitchum of the vessel Jodie Kae. "We don't let them get bored and we teach them all about gear, science and even how to prepare their catch".

Capt. Marc says, "There are a lot of reasons to book a Waterman Trip. It's a much shorter trip, usually two to four hours. It's also a good price point. You get to keep any seafood you harvest and we can even teach you how to cook your harvest."

The Waterman Trip is a good topic with which to end this year's guide. I hope we have shown you how easy it is to get started fishing on the Outer Banks. For more information on Capt. Marc and the Jodie Kae, please go to OBX Crabbing on Facebook.

Capt. Marty Brill

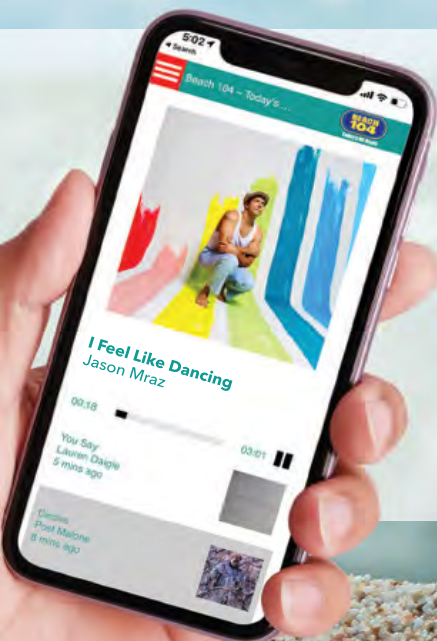


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