

# SOUNDSIDE LEARNING

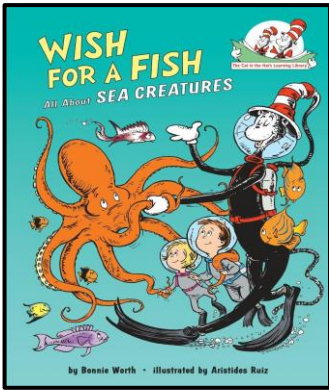
## THIS WEEK ON CORE SOUND



### COMING UP AT CORE SOUND...

- **May 14:** *Community Night—Supper @ 6 PM & Opening of Wayne Davis’s “The Landing” exhibit @ 7 PM*
- **May 23-26:** *King Mackerel & the Blues are Running, Joslyn Hall @ CCC*
- [Click Here to SIGN UP for Summer Camps](#)

### Material For You and Your Child



### Wish for a Fish

By Bonnie Worth

Laugh and learn with fun facts about narwals, dolphins, sharks, giant squid, manatees, and more—all told in Dr. Seuss’s beloved rhyming style and starring The Cat in the Hat!

Perfect for story time and for young readers, *Wish for a Fish* includes an index, glossary, and suggestions for further learning.

Pages: 48  
Grades: K-4<sup>th</sup>

## Sheepshead are Baaaack

Have you ever heard of, caught, or eaten a sheepshead? With its peculiar appearance and great taste, the sheepshead fish is a great catch.

Fredda Willis of Harkers Island remembers once when she was eight years old fishing off her papa’s dock. Her mom provided a few shrimp for bait, and across the road she went expecting to catch a crab or two. Boy was Fredda surprised when something jerked her line and didn’t let go without a fight! When she reeled in the large fish to the dock, Fredda recalls shouting with excitement and confusion! She wondered what in the world she had caught.

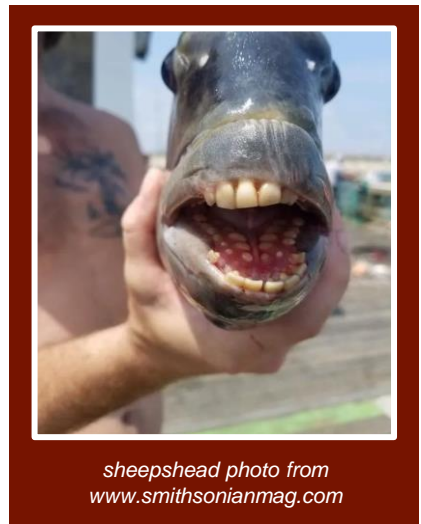
Once Fredda unhooked the fish she ran it across the road to her mom. Her mom didn’t know what it was and wasn’t enthusiastic about wasting her time or ingredients cooking it for supper. A neighbor, however, saved the day when he said, “Fredda, you’ve caught a sheepshead! That’s some good eatin’ baked with potatoes and onions!” Although that was the only time she’s eaten baked sheepshead, Fredda admits that night’s supper was delicious!

Sporting a distinctive set of teeth resembling those of sheep, this fish earns its name from its uncanny resemblance to the fluffy farm animal. However, its appearance is just one part of its intrigue. The sheepshead is known for its delicious, tender flesh.

Found in the brackish waters of our estuaries, sheepshead are known for their adaptability to various habitats, from shallow marshes to deeper channels. They are often spotted near oyster beds, rocky structures, and docks where they feed on crustaceans, mollusks, and small fish. This diverse diet contributes to their robust flavor and firm texture.

Fishermen consider catching sheepshead both a challenge and a reward. Using sand fiddlers as bait adds an extra dimension to the pursuit. Sand fiddlers are prized for their irresistible appeal to sheepshead. Their delicate aroma and lively movements entice these finicky fish, increasing the likelihood of a successful catch. With their sharp senses and cautious behavior, sheepshead can be elusive targets, requiring patience and skill to reel in. Once hooked, however, the fight is on, as sheepshead are known for their strong, spirited resistance.

Beyond their sporting appeal, sheepshead play a vital role in our ecosystem. As opportunistic feeders, they help maintain ecological balance by controlling populations of shellfish and other prey species. Their presence serves as an indicator of estuarine health, reflecting the overall well-being of coastal environments.



sheepshead photo from [www.smithsonianmag.com](http://www.smithsonianmag.com)

## Do You Know, Pompano?

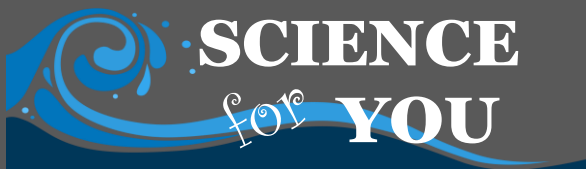
Pompano fish are another great catch along our shores. Catching a pompano requires skill, patience, and a bit of local know-how. Our sandy beaches and ample feeding grounds provide an ideal habitat for these silver beauties.

During our warmer months, pompanos are more abundant. To reel in these elusive fish, a fisherman must employ a variety of techniques. One popular method is surf fishing, where lines are cast from the shoreline into the breaking waves. Pompanos are known to cruise the shallows in search of sand fleas, shrimp, and other crustaceans, making them accessible targets for surf fishing.

Another technique is using sand fleas or shrimp as bait. Pompanos have a keen sense of smell and are drawn to the scent of these natural baits. A simple bottom rig allows the bait to drift with the current and entice nearby fish. Timing is also crucial when targeting pompanos. These fish are most active during the rising and falling tides, when they venture closer to shore in search of food.

Pompanos can be finicky at times, requiring fishermen to adapt their tactics accordingly. Patience and persistence are key when pursuing these fish along our shores.

Many who I spoke with described pompanos as "the world's most edible fish." I learned that this fish has a buttery flavor with delicate flakes. They are enjoyed grilled, baked, and pan-fried.



### **Floating Fish**

*a lesson in solubility & density*

- 1) Draw the outline of a fish on the bottom of a glass plate with a dry-erase marker. Retrace your drawing to make sure all the lines are connected. Let dry for a minute or two.
- 2) Fill a measuring cup with tap water. Place the pour spout just inside the corner of the dish and add water very slowly until it just covers the bottom. Be careful not to pour water directly onto your drawing or make splashes near it. The water will move toward your drawing, eventually surrounding it. Observe what happens. (If the water splashes or it doesn't work on your first try, empty the dish, erase the drawing with a paper towel, dry off the dish, and try again.)
- 3) Tilt the dish slightly from side to side. What happens?

