



# Maine Guide Tips

## “Something to Consider”

Complimentary Information from the Maine Professional Guides Association

### All these Soft Plastic Lures were found in the Stomach of one Lake Trout



14 pound Lake Trout was caught by George Manley of Sidney, Maine  
in Maranacook Lake on June 20, 2009

According to biologists at Maine’s Department of Inland Fisheries & Wildlife, soft plastic baits can take up to 200 years to decompose, and if eaten by a fish will reduce appetite, growth and survival.