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Editorials / Opinion	Before popping the next tasty tuna roll, you might (or might not) want to check out a couple of new programs airing this week: the Discovery Channel's " The Deadliest Catch " and PBS' " Farming the Seas. "
Columnists	Both shows expose the underbelly of the seafood industry, from the potentially deadly hunt for Alaskan king crab to the supposedly irreparable damage commercial fishing is doing to the world's oceans. These programs could definitely make you think twice about where your seafood comes from and the price, both human and environmental, of getting it to the table.
Sports	We Northwesterners love our king crab, and for those succulently juicy legs we should thank the guys — some of them locals — featured in "The Deadliest Catch," a fast-paced 10-part series documenting this year's Alaskan crab season.
Entertainment	The show gives us a front-row seat to the end of an era, what veteran crab fishermen are calling "The Last Rodeo." Part of what makes the Alaskan crab hunt so dangerous is the time crunch — crews traditionally have had just four to 12 days to navigate some of the world's most treacherous waters and find the crustacean Mother Lode.
Movies	After this year, Alaskan authorities will eliminate the traditional time element, implementing a slowed-down, and supposedly safer, quota system.
Restaurants	The show's first episode wastes no time bringing on the excitement of the hunt, throwing us into this year's boat launch as though pitching us right in to the frigid waters of the Bering Sea. It takes awhile to orient ourselves on the six boats featured, and to figure out exactly how the catch works and what's at stake — there's not much of an informational introduction here.
Books	But the drama makes up for it. We follow the veterans and the bullied newbies, or "greenhorns," as they toil through the first night, baiting hundreds of cages, or "pots," while the captains search for what they hope will be lucrative waters.
Music / Nightlife	Luck is with some of the crews, who are able to haul in pots filled with 70, 80 and 90
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Television

Seafood shows net some deep blue facts

By **Natalie Singer**
Seattle Times Eastside bureau

Put down that sushi!

Before popping the next tasty tuna roll, you might (or might not) want to check out a couple of new programs airing this week: the Discovery Channel's "**The Deadliest Catch**" and PBS' "**Farming the Seas.**"

Both shows expose the underbelly of the seafood industry, from the potentially deadly hunt for Alaskan king crab to the supposedly irreparable damage commercial fishing is doing to the world's oceans. These programs could definitely make you think twice about where your seafood comes from and the price, both human and environmental, of getting it to the table.

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But the drama makes up for it. We follow the veterans and the bullied newbies, or "greenhorns," as they toil through the first night, baiting hundreds of cages, or "pots," while the captains search for what they hope will be lucrative waters.

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On TV

"The Deadliest Catch": A 10-part weekly series, premiering today at 9 p.m. on the Discovery Channel.

"Farming the Seas": Premieres April 16 at 11 p.m. on KCTS.

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crabs each. Others come close to disaster.

It's not for the faint at heart — lots of dead, bloody fish bait and sloshing waves to make your stomach turn. Not to mention the fishermen themselves — but hey, after 24 sleepless hours sweating and grunting on a filthy, freezing deck, you wouldn't look great either.

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The good thing for crab eaters is that, at least in the first episode, the actual crabs didn't appear in an unappetizing light. In fact, even alive, they look pretty tasty clawing to those cages awaiting their fate.

"Farming the Seas" is a little more serious, and might make you feel more guilty about what's on your plate.

The program covers a lot of ground, giving viewers a tour of the fastest-growing sector of the world food economy — aquaculture.

Not surprisingly, a growing number of fish and shellfish are now coming to us from farms — about a quarter of the world's seafood, to be exact.

It turns out that this method of seafood production has some dire consequences for both the health of the wild ecosystems and of ourselves.

The issues surrounding farmed and wild seafood are complex and controversial: contamination of oceans, reliance on fish feed, toxins in the food supply.

The program consults dozens of biologists, fishery experts, fishermen, government officials and academics. The consensus seems to be that most commercial farms (or "floating hotels," as British Columbia fisherman Arthur Dick bluntly puts it) now pose a threat, and that many wild seafood populations are approaching extinction because of our consumption practices.

Tuna, one of the most in-demand fish in the U.S., is also one of the most threatened, according to the documentary. "If any bony fish is going to go down, that is the one," predicts Daniel Pauly, director of the Fisheries Centre at the University of British Columbia.

After hitting viewers with the doom and gloom, "Farming the Seas" does end on a hopeful note. By following some of the tips provided, and armed with new knowledge, the experts tell us we can make decisions that are good for our bodies and the oceans and still enjoy seafood.

Bring on the sushi.

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