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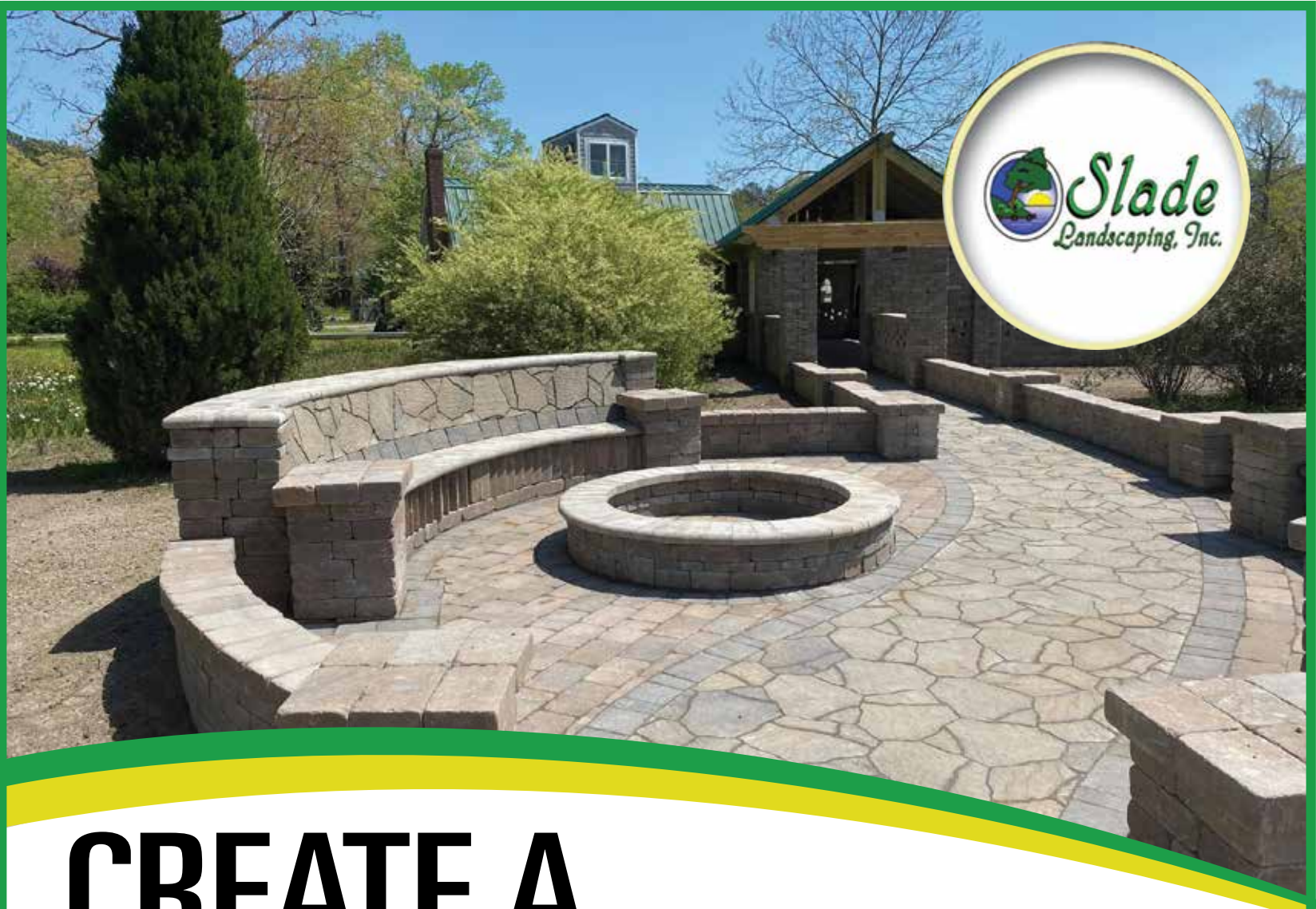
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Publisher

Ashley Vasant

Editorial

Steve Barnes
Holly Morgan

Contributors

Richard Andrews
Clark Curtis
Mary Mehlich
Vail Stewart Rumley

Marketing & Sales

David Singleton
Kristen Smith

Distribution

Kim Riggs

Art Direction

Ryan Webb

Contact information

Washington the Magazine
P.O. Box 1788
Washington, NC 27889

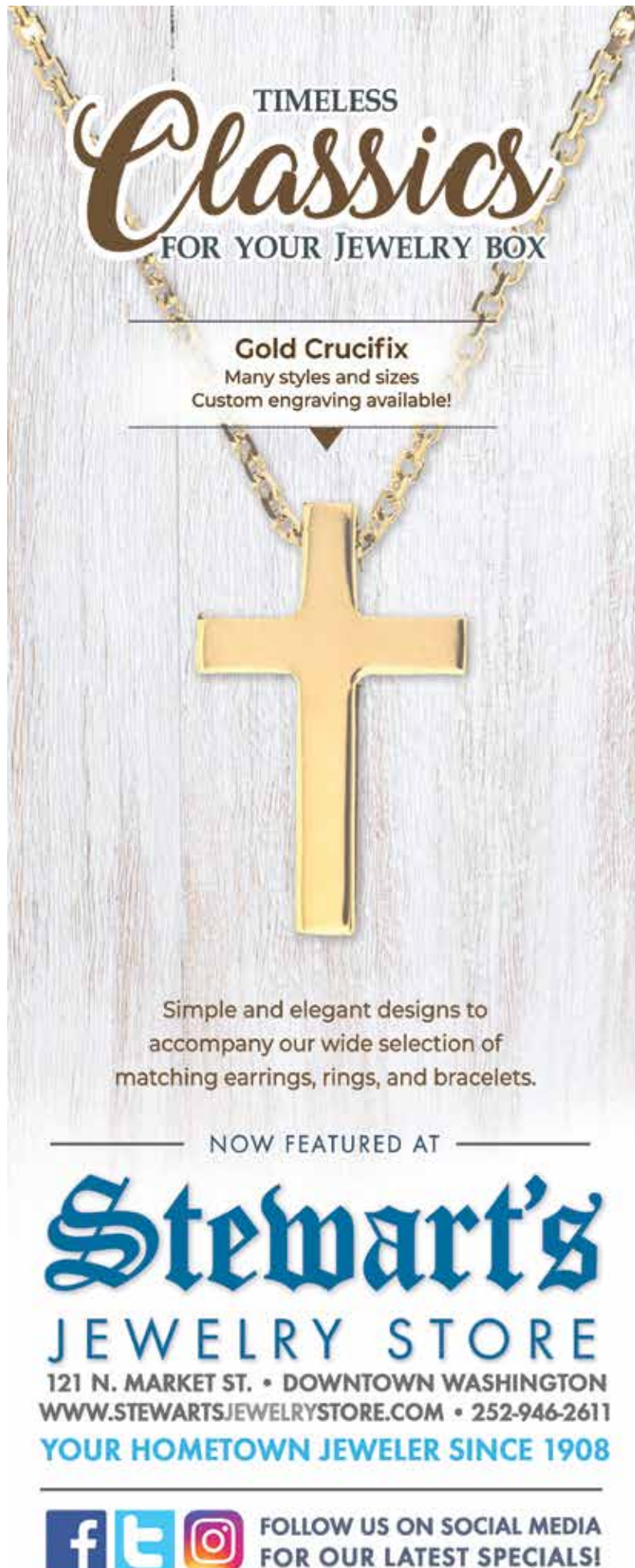
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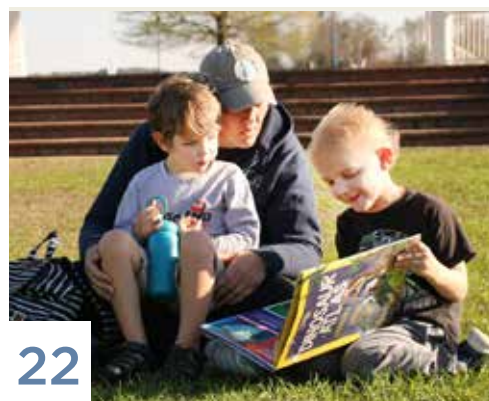


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ARC WITH A SPARK

PHOTOS BY WAYNE PITTMAN

The third annual Arc with a Spark event was held on Saturday, March 4, 2023 at the Washington Civic Center. The event is a fundraiser for a six to eight week summer camp for children and adults with Intellectual-Developmental Disabilities. More than 200 guests were invited including elected officials, adults and young people with intellectual-developmental disabilities and their families, statewide ARC leaders and members of the Washington community.



Kimberly Gibbs and Ashley Allino, board members of the Arc of Beaufort County



Rulaine and John Nash. John is the Executive Director of The Arc of NC in Raleigh



Madison Paige Blackburn, Miss Independence 2022 with JL McGowan



Tracy Warren, President of the Arc of Beaufort County with Linda Lawson



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Lisa and Bobby Clark



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Lisa and Allen Hill. Lisa is an Arc of Beaufort County board member

CHAMBER ANNUAL BANQUET

PHOTOS BY HOLLY MORGAN

The Washington-Beaufort County Chamber of Commerce held its 119th annual awards banquet on Jan. 26 at the Washington Civic Center where they announced the winners of the Meritorious Award (Henry Capogna), Entrepreneur of the Year (Tom Ryan of Pamlico Books), Community Leader of the Year (Agape Health Services) and Business of the Year (First Bank in Washington).



Penny Coltrain and Henry Capogna



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Client Service Associate
barbara.lee@truist.com
252-508-7169

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Current owner of King Chicken, Zack Mixon stands in front of the restaurant that has been a Washington institution for six decades.

King Chicken continues reign six decades later

STORY AND PHOTOS BY HOLLY MORGAN

Six decades King Chicken has reigned in the hearts of Washington residents as the best place to order fried chicken and sides.

What does it take to have a legacy that spans generations? Good food and good people.

In 2018, Zack Mixon took ownership of the restaurant from Granville Lilley whose

family started King Chicken in 1958. Granville owned the eatery for 30 years just as his father Stancil Lilley did before him. The Lilleys, of Washington, placed the restaurant into the care of Mixon who grew up on the southside of the river near Aurora.

Mixon said it takes time for a restaurant to become an institution such as King Chicken.

"[It] takes decades to create an institution.

We've been fortunate to have lasted through over six decades of changes in Washington. That's precisely what's made us a staple, we haven't changed much and still offer the same old-fashioned favorites that people have enjoyed since they came in as kids."

The recipes have remained consistent since the restaurant's opening. One of the most well-loved items are the collards. The same recipe



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has been passed down by the Lilleys to their employees over the last 40 years, Mixon explained. He added that many of the vegetables served are from local suppliers making it easier to prepare homemade, fresh sides.

What separates King Chicken from similar restaurants is its history. According to Mixon, it was one of the first restaurants in the area and one of the first buildings on Carolina Avenue. Bill's Hot Dogs is the only other restaurant in the area that can claim a longer life span.

Before it was King Chicken, the building where it resides was once a laundromat in the front, but a Texaco service station in the back. Stencil Lilley opened a hugely popular hamburger and hot dog stand that became the restaurant we know today.

Mixon said he was a little hesitant at first to buy the restaurant given its long history and devoted following of customers; however, he thought a lot of the family and the hard work they put into it. He ultimately "wanted to carry it along with my family." Another reason why Mixon bought King Chicken was because he grew up eating at the restaurant.

The restaurant serves a myriad of regular and some new customers every day. Its large dining space is a social spot for club meetings and special events. Today, they have 35 employees and Mixon said everyone at King Chicken feels like family.



Mixon said remaining true to the well-loved recipes and having good people are what have sustained King Chicken through the decades.



In 1958, King Chicken started as a gas station and laundry mat. Hamburgers and hot dogs were sold before the addition of chicken. The restaurant resides in the same building on Carolina Avenue.



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Checkerboard Kings

Regular men become kings every day with one game

STORY AND PHOTO BY HOLLY MORGAN

A well worn checkerboard has turned regular men into kings every day for at least 50 years.

Every day men from Washington and surrounding areas - even other states - travel to King Chicken to play checkers with equally experienced opponents.

The checkerboard is protected by metal and a plastic covering that has to be routinely replaced, because the surface becomes cloudy and the scratches accumulate making it difficult to see the red and black squares.

The board sits atop a black frame that has a verse reference to Psalms 14 on one side and a phrase that can be heard over and over again by the men who play - "can you see what I'm doing to you son!" It's a reminder to pay attention to your opponents moves

and think about what their next move will be.

James Boston and Joseph Keyes, both Washington natives, learned how to play as young men from the gentlemen whose names are recognized on gold plates on a display outside of King Chicken's side entrance.

"We get out here and we talk junk and we have fun," Keyes said. He and Boston play checkers most days.

Boston explained that playing checkers is a way to take a moment, slow down and enjoy the day. "It's something to relax your mind," he said.

Boston hopes younger generations of Washington natives will keep the game going into the future.

"You don't see too many come out here, but they want to learn," Boston said.





Joseph Keyes (left) carefully chooses his next move against opponent James Boston. Right: A board listing the men who made the checkerboard a legendary staple is displayed at King Chicken.



THE PERFECT PICNIC SPOT

STORY AND PHOTOS BY **HOLLY MORGAN**



Whether you're taking a picnic basket filled with fried chicken, or a backpack filled with books, Mac Bear Hodges Festival Park by the waterfront in Washington is a great spot to enjoy the outdoors.

Local restaurants like King Chicken, Bill's Hot Dogs and Dairy Palace don't have places where patrons can eat inside. When deciding where to eat, look no further than outside the restaurant door. Washington has several parks and playgrounds where you and your family could have a picturesque picnic by the Pamlico River.

Mac "Bear" Hodges Festival Park (119

Water Street) and Havens Gardens (1001 Park Drive) are two spots where you can take your to-go order and enjoy your meal and views of the river.

Mac "Bear" Hodges Festival Park has picnic tables, a playground, one small gazebo and one large gazebo for events. There is a third gazebo that is part of the waterfront walkway. The lawn is spacious enough for family picnics, throwing a football, playing with your dog or

even reading a book in the warm sun.

On a few summer evenings last year, locals brought their to-go dinners to Festival Park and listened to live concerts.

Depending on school schedules, holidays and/or the weather, a lot of families will "grab lunch and sit out by the waterfront and see the water and boats. If you walk down to the boardwalk area you can see all of the turtles," Kristi Roberson, City of Washington



Parks and Recreation Director said, “Washington has a lot to offer for everybody.”

Many family reunions and birthday parties are held at Havens Gardens. It too has picnic shelters and playground equipment. At Havens Gardens the playground equipment is inclusive; therefore, children or adults with disabilities can join in on the fun. Other fun things to do at Havens Gardens are fishing off the pier, playing volleyball or tag football on the open lawns.

For young children wanting to play after the picnic, Bug House Park (121 North Charlotte Street) has newly installed playground equipment designed for children two to five years of age.

Other walkable parks in Washington are BeeBee Memorial Park (1101 North Bridge Street), the PS Jones Memorial Park (at the corner of West 11th and North Bridge Streets), the Seventh Street playground and park featuring a basketball court and a small park at the corner of Pierce and Third Streets. Veterans Park is located at 404 East 3rd Street. It does not have playground equipment.

“You have a wide variety of play facilities, park facilities, shelter facilities where families can grab a snack after school or grab lunch when school gets out early where you can find a shade tree, a picnic shelter and a lot of wide open space where you can run and play or utilize the playground equipment,” Roberson said.



The playground at Havens Gardens has specially designed equipment so that friends of all abilities can play together.



The City of Washington recently replaced the playground equipment at Bug House Park so the the smallest of residents can have fun. The playground at Havens Gardens has specially designed equipment so that friends of all abilities can play together. Most citywide parks are within walking distance to residents' homes.



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Cindy Edwards, the lead nurse for Beaufort County Schools employed at Washington High School, has been a school nurse for 15 years and has 35 total years of nursing experience. Mrs. Edwards was a vital staff member in the district when the Covid Pandemic hit Beaufort County Schools in March of 2020.

For Cindy, the students are the best part of her job. “Building lasting relationships can impact them for the rest of their life. I am honored to be a part of that.”

A hardy sense of humor is a must if you dream of becoming a school nurse. “The students will keep you on your toes daily however that is the beautiful part about what a school nurse does. Learning and growing together every day,” said Edwards.

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Cutline

Pop culture, history make neighboring New Bern a popular destination

STORY AND PHOTOS BY **DAVID D. SINGLETON**

It's a warm February day. An occasional chill in the breeze that caroms off the rivers' confluence is a scarce reminder of the season at hand. And while most trees have held steadfast, the eager Cherry has forgotten his time in place and burst its buttons in an awful bloom. It's a fine day for exploration, if only to neighboring New Bern, that dark pocket of Northern European and mysteriously sullen charm squared proudly where the middling Trent yields to the mighty Neuse. The Craven County seat is a popular destination for bored cosmopolitans and

impressionable Yanks- as well as the occasional "Down-Easter." Regardless from where the travelers hail, there aren't many who don't stop for a satisfying dose of pop culture and history.

Colonial North Carolina's most ardent attempt at a legitimate state capital and celebrated home to Pepsi Cola has, over the centuries, slowly morphed into a shadow of former self, but in a good way. While retirees and transplants fill the newer construction across the river, the downtown, spared annihilation by Union forces after a strategic capitulation by local officials, retains the

lion's share of its antebellum air. Swiss and Germanic architectural elements that stand in contrast to say, Edenton's more genteel Anglican approach, and are reminders of how the state's early port cities were once proud beacons of their own unique heritage-remote enough for each, from Elizabeth City to Washington to Wilmington, to forge its own unique identity.

By the gay 90's, New Bern's identity was well formed and well funded. Like Washington to the north, the town had built its reputation and fortune on the lumber



The Craven County Courthouse, built in 1884, adds a Italianate/Victorian charm to the downtown New Bern area. Below, a customer orders up a fountain Pepsi at 'The Birthplace' of Pepsi-Cola.



industry, and it's peninsular location that was once a home to the Yeopim, was well-suited for the shipping trade. The winds of change that blew in from the post-war North, powered by the steam of an industrial revolution and the resulting appetite for raw materials, made more than a few gentlemen out of piney backwoods lumberjacks; men of comportment from the wilds.

Caleb Bradham was one such success story. Hardly a woodsman, Bradham was a drug store pharmacist who dabbled in the dark art of carbonization. Whether he had knowledge of Atlanta's John Pemberton's inventive soda fountain sensation Coca-Cola a few years earlier is anyone's guess. Regardless, Bradham's 1895 introduction of a dash of citric acid to 'Brad's Drink' (Pepsi's

original and awfully dull brand name) provided enough distinctive properties to avoid copyright issues and begin a brand that would eventually be known the world over.

The 'Birthplace of Pepsi Cola', on the corner of Pollok and Middle St. in the heart of historic New Bern is a good place to begin your downtown tour. Situated on the original site of Bradham's pharmacy, the old drugstore has been lovingly restored by the Minges family, the current day local bottler with deep ties to the region and the brand.

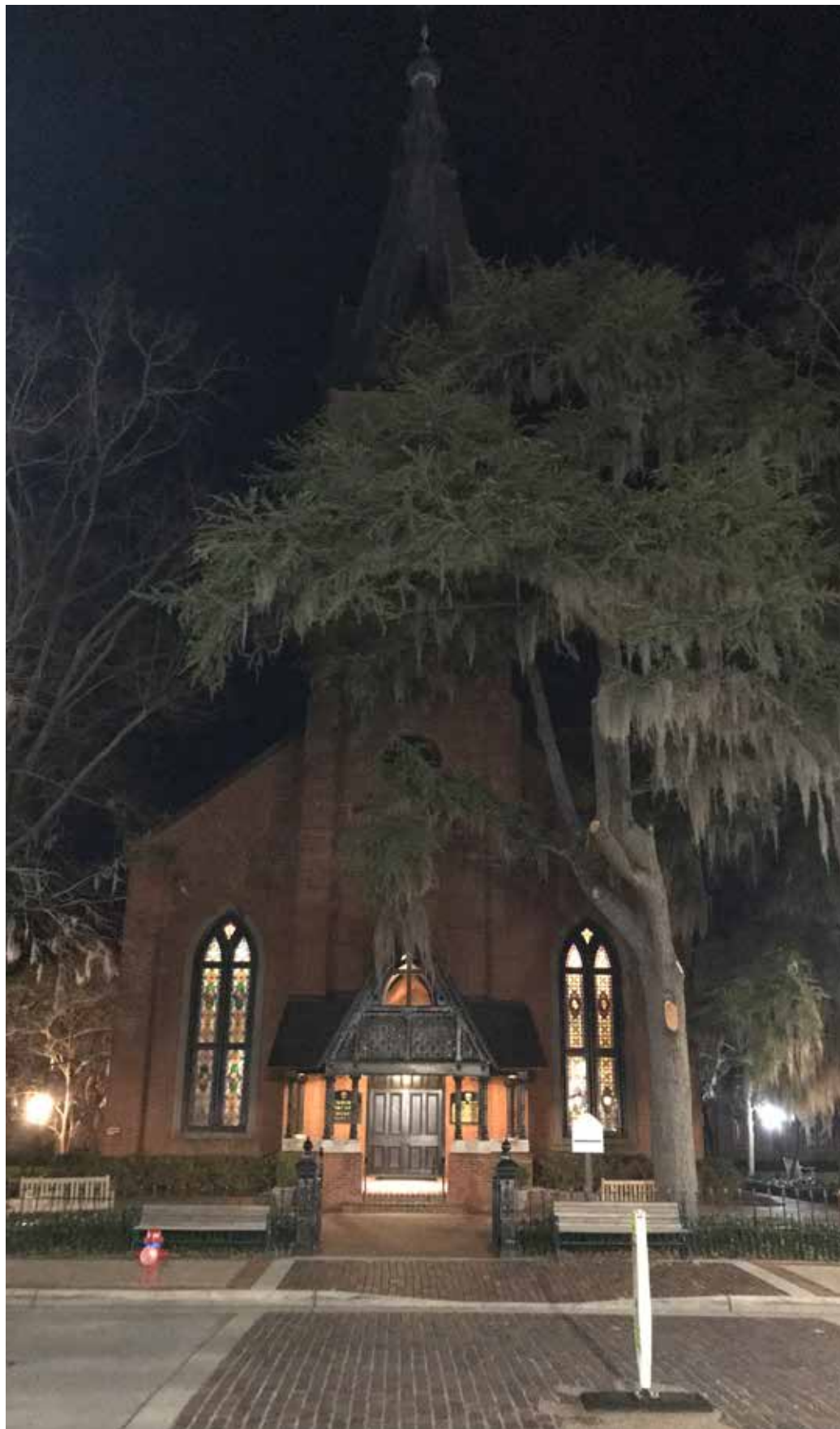
Here you'll find a complex array of memorabilia, from old advertising signs to nostalgic t-shirts, toys and household bric-a-brac. Order a soda from their fountain situated behind the tall Victorian bar. Pause for a moment at a tiny marble two-top and

drink in the atmosphere. It's a relaxing vibe, nibbling on house popcorn and watching a steady stream of tourists wander in curiously. Most patrons never take the time to fully consider that era long gone, just below down in Bradham's basement, where the not-so-mad scientist plied his trade, fiddling with cola and mint, bubbles and sulfur, fame and fortune tantalizingly close at hand.

The guides here are friendly and knowledgeable, but as enlightening as this place is, there's more that is left to the imagination just under the fizzy façade. For example, Bradham was an astute mixologist, but perhaps not the best businessman. A few years after his invention, he was caught short in the sugar market, and was forced to sell his patent to New York businessman Charles Guth, who used his marketing savvy to challenge Coca-Cola's predatory pricing and a early version of the cola wars began.

It's getting late in the afternoon, and the winter sun is fading fast. So I take to the streets to see what I can find. There's a surprising amount of local retail here, from pet shops to toy stores, barber shops and outfitters. As I watch as my shadow precede me up to the doorway of the Blue Magnolia, an antiques and fine arts shop on Middle street, I find it difficult to not compare New Bern with our dear old Washington. After all, the two do have shared characteristics and a similar feel, with a heavy focus on the arts and history; and though New Bern is bigger by census, the two downtown areas, both in terms of scope and in their charm, have more in common than not. I have to remind myself that this is not a competition.

After sampling the wares of eccentric art and well-conditioned antiques, I make my way down to the suitably labeled Union Point Park. From this vantage point, the waters converge purposefully, the Trent feeding into the Neuse and making a certain run southeast, before bouncing off the southern banks of the lower Neuse and elbowing north – eventually settling with our own historic waterway east of Hobucken to form the ageless Pamlico Sound.



Framed by ancient Live Oaks, the Christ Episcopal Church lights Pollock Street.

Nearby is Persimmon's, a recommended destination for dinner, with a menu that is as likely to feature foie gras as collard greens. Seafood of course is the big draw here, and my selection of red snapper, seared on a bed of greens was a satisfying choice. I asked the waiter for a good locale for the after dinner scene and he suggested 'Tonic', a Middle Street Speakeasy-style joint with artisan cocktails and live entertainment. From there it's off for a night cap to Bear Market (this town has a real appreciation for all things ursine) a local's dive bar that was more my speed. I ordered a bourbon and Pepsi just to show my enthusiasm, but I'm not sure the harried bartender picked up on it...

The morning wind is howling over the Neuse as I wake up and make my way to The Country Biscuit for their signature Trout Breakfast plate. Get it double fried, with grits and coffee for a delicious start to your Saturday. Then it's a quick trip down south for a short hike through the tall pines of the Neuse River State Recreation Area. The cliffs rise high over the river here and it makes for a scenic backdrop, filled with swaying trees and white caps; and on this day, not a single craft on the horizon.

Taking the back way home, zig-zagging my way alongside Upper Broad Creek, not quite to Aurora before winding through Blount's Creek and up, to the high reaches of the Pamlico and over the parkway that fields a familiar view of the wild swamplands that flank the Pamlico River headwaters, I have to keep reminding myself that there's not a rivalry between New Bern and Washington, or at least there shouldn't be. In the grander scheme of things, eastern North Carolina is 'The Real Thing.'



Birds of different feathers flock together at Union Point Park in downtown New Bern.



(L) The Mountain Dew DC-3 model airplane on display rests under glass at 'The Birthplace of Pepsi Cola' (R) Remington-style cowboy statuary is back-lit by a vintage neon Pepsi-Cola sign at Franklin's Antiques.



The Neuse River Bridge dovetails back onto dry land just east of downtown. The span opened in 1999 and weighs nearly 50 million tons.



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Wine pairing with southern comfort foods

BY MARY MEHLICH

As we all know, there is nothing more satisfying than a meal of delicious comfort food. In this article, we are going to explore what wines will pair with Southern comfort foods. As I have said before it is truly about what you like and should not be made complicated. However, this is a guideline to help you make the choices that work best with the foods you are serving. With that in mind, as you get more familiar with the many varietals, you will feel more confident and can experiment with “breaking the rules”.

Let's start with fried chicken, a staple of Southern comfort. There is nothing better than Champagne or a dry sparkling wine or a Lambrusco with fried chicken. This is called a contrast pairing. The acidity in the sparkling cuts through the fat and complements the flavor of the meat as does the Lambrusco. Also, a buttery Chardonnay will pair nicely.

Cornbread also pairs well with oaky Chardonnay, and as we know all good Southern meals have cornbread!

If you are making BBQ chicken, BBQ pulled pork or pork ribs, you will want to pair it with a richer red such as red Zinfandel, Cabernet Franc or best of all Malbec. Sweet wines clash with the flavors of the BBQ sauce so are not advised as a pairing.

Shrimp and grits with the richness of cheese grits, you might try a wine with some substance that isn't too tannic (dry) so that it will not overwhelm the delicacy of the shrimp. Pinot Noir is best for this. Preferably one from Willamette Valley or France.

Fried green tomatoes pair perfectly with New Zealand style Sauvignon Blanc. The crisp acidity and citrus flavors of the wine are perfect with the tangy green tomatoes.

If you are a lover of macaroni and cheese baked up nice and bubbly, try an off-dry Riesling such as Dr. Loosen. The salty cheese balances with the subtle sweetness and the acidity



refreshes your palate. If you prefer red wine then Beaujolais as a lighter red choice or a Spanish Grenache is perfect. Think wine and cheese plate.

Let's not forget collard greens. You can't have a true Southern meal without some collard greens!! Southern collard greens contain deep, smoky flavors that are traditionally made with pork. The wine that pairs best is Sauvignon

Blanc.

Last, but not least, sweet potato pie. This is the quintessential favorite Southern dessert. When made with a pecan-crunch streusel or a crunchy crumb topping served with a big scoop of whipped cream or vanilla ice cream pair with Moscato d'Asti. Yummy!!

I hope this has been helpful, most of all I hope you enjoy!! Cheers!

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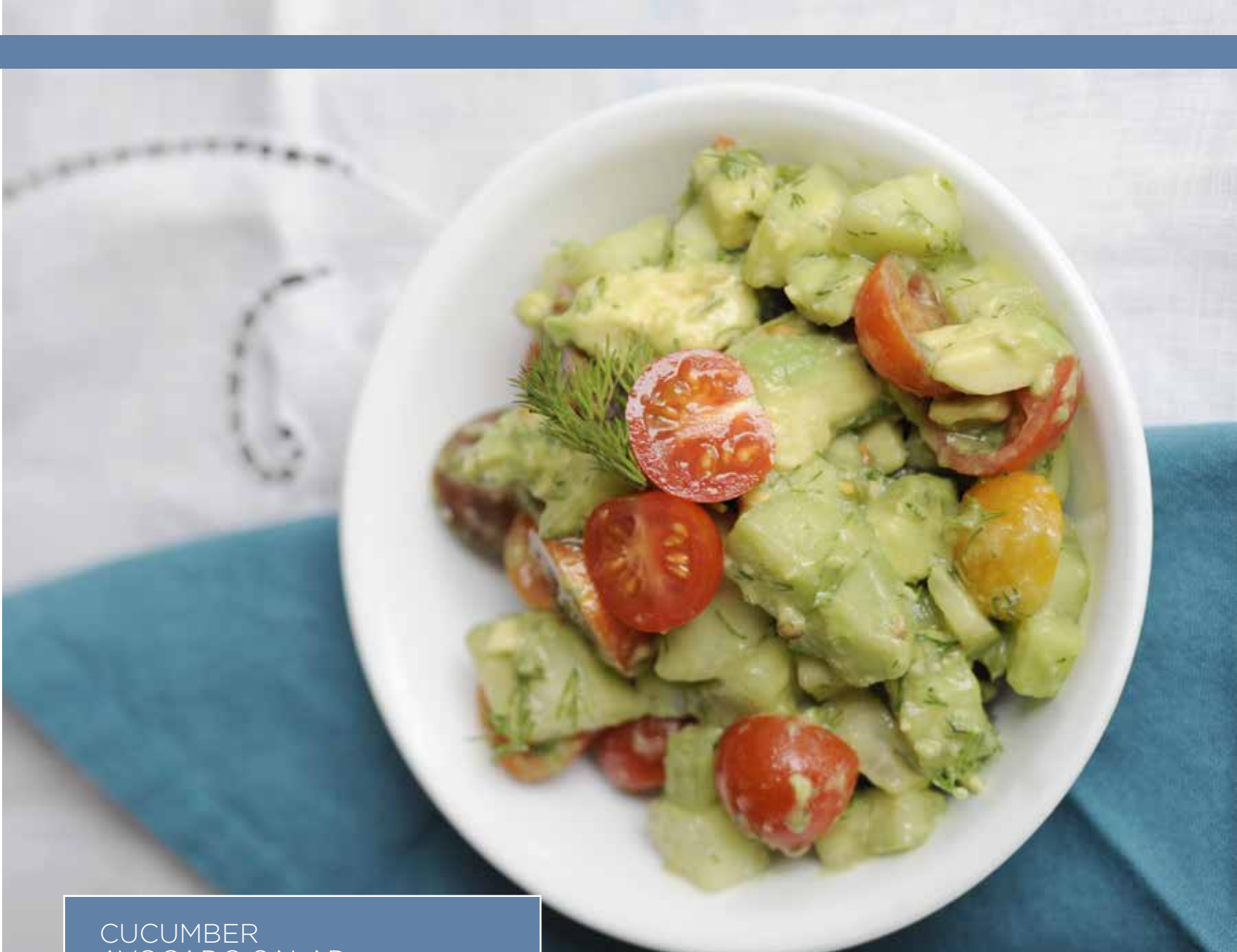
*Welcome spring with these seven savory recipes*FOOD PREP, PHOTOGRAPHS AND STORY BY **VAIL STEWART RUMLEY**

There's a spring in the step as spring approaches. Heavier meals to keep us warm in depths of winter are giving way to lighter fare as the days grow lighter, longer and warmer.

For those who resolved to eat better and create a healthier lifestyle in 2020, these seven recipes are for you! Based on the Mediterranean diet, the North Carolina Cooperative Extension has introduced "Med Instead of Meds," a way of eating that protects the body from chronic disease such as diabetes, heart disease and more, without sacrificing the joy of a delicious meal. Heavy on fruits and vegetables, fish, poultry and whole grains, the Med Way is lighter fare that won't bog you down as the sun rises on the new season.

From hearty black bean soup or salmon chowder for the days there's still a chill in the air to mouth-watering Mahi Mahi tacos accompanied with sweet and savory mango-avocado salsa the temperatures rise, these seven recipes will satisfy even the most discerning of food-lovers.

Recipes provided courtesy of the Beaufort County Cooperative Extension. Originally published in 2020.



CUCUMBER AVOCADO SALAD

1 avocado, diced; 1 English cucumber, peeled and diced; 4 tablespoons finely chopped fresh dill, 12 cherry tomatoes, cut in half, 3 tablespoons white balsamic or white wine vinegar, 1 teaspoon salt.

Mix all ingredients together, using clean hands mix to slightly macerate the avocados. You can do this in a zip top plastic bag or in a bowl. Chill for at least one hour before serving. Serving Size: 1 cup; 1 cup vegetables; 81 calories; 8 grams carbohydrates; 3 grams fiber; 2 grams protein; 5 grams fat; 591 mg sodium.

ROSEMARY CHILI ALMONDS

1 tablespoon olive oil; ½ pound (approximately 2 cups) almonds; 3 (3-inch) sprigs of fresh rosemary, leaves removed (can use ½-1 teaspoon dried if you don't have fresh); 1 teaspoon crushed chili flakes; ½ teaspoon salt

Use a large skillet over medium heat. Heat the oil and add the almonds. Stir to coat the almonds. Add the rosemary leaves, crushed chili flakes and salt. Toss to coat the almonds.

Cook over medium heat stirring almost constantly for 15 minutes. Do not allow the almonds to get too brown. Serves 8. Serving Size: ¼ cup; 250 calories; 7 grams carbohydrates; 4 grams fiber; 8 grams protein; 23 grams fat; 230 mg sodium.



SALMON CHOWDER

2 tablespoons olive oil; 1 cup finely chopped onion; ½ cup chopped carrot; ½ cup chopped celery; ½ teaspoon kosher salt; ⅛ teaspoon ground cayenne pepper; 1½ cups whole milk; 2½ tablespoons all-purpose flour; 1 cup precooked brown and wild rice; 1 (3½ ounce) package smoked salmon, torn into small pieces; 2 tablespoons chopped green onions

Heat a large saucepan over medium-high heat. Add oil and swirl to coat. Add onion, carrot, celery, salt, and cayenne pepper and sauté for four minutes. Add 2 cups of water and bring to a boil. Reduce heat to medium and cook eight minutes or until vegetables are tender. Combine milk and flour in a small bowl, stirring with a whisk. Add milk mixture to pan and bring to a boil. Cook one minute or until slightly thickened, stirring constantly. Stir in rice and salmon, and cook for one minute or until thoroughly heated. Sprinkle evenly with green onions before serving. Serves 4. Serving Size: 1 cup; ½ cup vegetables; 255 calories; 29 grams carbohydrates; 3 grams fiber; 11 grams protein; 11 grams fat; 518 mg sodium.

FISH TACOS WITH MANGO-AVOCADO SALSA

1 tablespoon ground cumin; ½ teaspoon salt; ½ teaspoon paprika; ½ teaspoon chili powder; 2 garlic cloves, minced; 1 pound mahi mahi fillets; 1 tablespoon olive oil; 1 cup sliced avocado; ⅔ cup finely chopped peeled ripe mango; ¼ cup chopped green onions; ¼ cup finely chopped red onion; 2 tablespoons finely chopped fresh cilantro; 1 tablespoon fresh lime juice; 8 (6-inch) whole-wheat tortillas (can be substituted for corn tortillas)

In a medium bowl, combine avocado, mango, green and red onions, cilantro and lime juice to make salsa. Cover and refrigerate.

Mix together the cumin, salt, paprika, chili powder and garlic and rub over the fish. Heat a large skillet over medium heat. Add olive oil to a hot pan. Add fish to pan and cook for two minutes on each side or until done. Remove from heat.

Warm tortillas over a hot pan for 30 seconds on each side or until warm. (Or layer tortillas between damp paper towels on a plate and microwave for 30 seconds).

Separate fish into pieces and divide evenly among tortillas. Top with 2 tablespoons of salsa on each taco. Serves 4.

Serving Size: 2 tacos; ½ cup vegetables; ¼ cup fruits; 481 calories; 43 grams carbohydrates; 11 grams fiber; 28 grams protein; 23 grams fat; 750 mg sodium.





BLACK BEAN SOUP

1 teaspoon olive oil; 1 medium onion, chopped; 1 tablespoon ground cumin or chili powder (or combination); 2 (15-ounce) cans black beans, rinsed and drained; 2 cups chicken broth or water; salt and pepper to taste; plain yogurt or low-fat sour cream for topping.

(Canned beans can be high in sodium. Rinse well to remove over a third of the sodium indicated on the label.)

Sauté the onion in olive oil in a large pot over medium-high heat. After two minutes, add the cumin or chili powder. Add one can of beans and broth or water. Cook for four to five minutes on medium heat, stir occasionally. Remove from heat and use a hand blender to puree ingredients or transfer to a blender and puree. Add the second can of beans to the pot and cook over medium heat three to four minutes or until bubbly.

Taste and add salt and pepper as needed. Serve topped with yogurt or low-fat sour cream. Serves six.

*(*Chef's note: sauté a tablespoon of chopped chipotle pepper with the cumin/chili powder/onion to give this dish a smoky, spicy taste.)*

Serving Size: 1 cup; 160 calories; 27 grams carbohydrates; 11 grams fiber; 11 grams protein; 2 grams fat; 467 mg sodium.

MEDITERRANEAN TUNA SALAD

2 (5-ounce) cans of tuna packed in water, drained and flaked; ½ cup minced carrots (approximately 2 carrots); ½ cup minced celery (approximately 2 celery sticks); ½ cup minced yellow bell pepper (approximately 1 small bell pepper – substitute with orange, red or green bell pepper if preferred); ¼ cup minced red onion (substitute with yellow or green onion if preferred); ¼ cup minced olives (substitute with pickles if preferred); 1 tablespoon olive oil; ¼ teaspoon black pepper; ⅛ teaspoon cayenne pepper (optional); salt to taste (optional)

In a medium size bowl combine the carrots, celery, bell pepper, onion, olives, tuna and olive oil. Season with black pepper, cayenne pepper, and salt. Mix well. Serve as a sandwich on whole-grain bread, on top of salad greens. Serves 4.

Serving size: 1 cup; ¾ cup vegetables; 124 calories; 6 grams carbohydrates; 2 grams fiber; 15 grams protein; 5 grams fat; 559 mg sodium.



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The diverse fisheries of the Inner Banks

STORY AND PHOTOGRAPH BY **CAPT. RICHARD ANDREWS**

We are so fortunate in our area to have such diverse year-round fisheries within a hour's radius of Washington. From our freshwater eastern North Carolina rivers like the Tar, Roanoke, and Neuse and their creek tributaries to the vast estuarine waters of the Pamlico and Albemarle Sounds and all of their tributaries, we have more water to explore than in any angler's lifetime.

Largemouth bass; multiple species of panfish such as crappie, sunfish, white perch, and others; "trash" fish such as long nose gar and bowfin; and the anadromous fish such as striped bass and American and hickory shad that migrate up our rivers in the late winter and spring all inhabit our waterways.....and that's just what's upriver of town and in our tributaries of the Pamlico.

Tarpon, adult and juvenile redbfish, speckled trout, flounder, gray trout, Spanish mackerel, bluefish, and many other species occupy the waters of the sound and the brackish rivers. What a wide array of choices for any anglers.

As a guide service who calls this area our home water, we are very fortunate to have all of these fisheries, and we make a tremendous effort to take advantage of most of them throughout the year.

While we can't be everywhere all at once, we strive to "switch it up" as much as possible. Most of our winter fishing from around Christmas through mid-May is for striped bass and shad in the Roanoke and Tar Rivers. We fish for stripers all winter and into the spawning season from mid-April through mid-May.

We spend Jan-mid-April on the lower reaches of the Roanoke River and in the Albemarle Sound. This is the best striped bass fishing in the state. During the spawning season, most of the fish migrate



Our fishery is so diverse that even "trash" fish such as Bowfin are sought after by some anglers. (Richard Andrews)

up to the fall line of the river near Roanoke Rapids and Weldon. We fish there for about a month from mid-April through mid-May. During the winter season, we also have a prolific migration of shad into our rivers starting in mid to late February, with peak fishing occurring in March and early April. During this time, we are often bouncing between fisheries and taking our guests after whichever species they prefer the most. On some days, we are able to offer a combo trip, catching striped bass and shad in the same outing.

After the winter and spring season in the river, we return to the Pamlico and fish for speckled trout, redbfish, and flounder for the remainder of the year from mid-May through

Christmas. During that time, we also target the giant adult redbfish which migrate into our waters to spawn from around late July through early October, with peak fishing being in September. All of these fisheries keep us busy throughout the year, bouncing around in these different bodies of water and chasing different fish every few months. We are very fortunate to do what we do where we do it. If you are interested in seeing some of these fisheries in our area, I'd encourage you to contact us and schedule a trip. More information of what we offer can be found on our website at www.tarpamguide.com.

Richard Andrews captains a private fishing boat and knows all the best spots in Eastern North Carolina.

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TAKE A LITTLE TIME

Enjoy the slower pace of life

WRITTEN BY **SUSIE JONES** PHOTO BY **HOLLY MORGAN**

I moved to Washington 31 years ago following my friends who moved before me. Then my family followed me from northern Virginia.

My mother joked when she moved to Washington from the Virginia mountains that she wasn't sure she would grow accustomed to the flatland here. She has and she has grown to love Washington as much as my friends, family and I do.

What we all love about Washington is the slower pace of life here. Time is taken to enjoy the views of the water, to enjoy boating and an innate friendly nature of the locals. It's very different from the town where I grew up which is an hour and half away from Washington, DC. The town focused more on what you have rather than your character. Not to mention, the traffic was crazy and prices were astronomical. I couldn't bear the thought of raising a family in that kind of environment. Instead, I raised my children in Washington.

This reminds me of my niece who decided to attend East Carolina University over other schools across the country, because of its proximity to Washington. As a kid, she would stay with me for days at a time. We would go skating, go down to the river, ride jet skis, walk up and down Main Streets looking at the little shops.

I equate Washington with family, friends and slowing down to have quality time with them. When I can combine that quality time with time on the river with plenty of sunshine, it makes living here that much sweeter.



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