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SHEPARD CANCER CENTER KENTUCKY DERBY FUNDRAISER

PHOTOS BY ELLEN BRABO

Horses Hats and Hope is now an annual Kentucky Derby themed fundraiser benefitting the Shepard Cancer Center in Washington. The inaugural event was held on May 6, 2023 and was hosted by United Bank. The event featured dinner, drinks and Derby games as well as a live viewing of the 149th running of the Kentucky Derby.



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Re(treat)
from the
heat





Frances Harrison prepares chocolate waffle cones in the mornings before customers arrive. She places the batter in a waffle maker then gently wraps the hot, round waffle around a mould before letting it cool off and join the hundreds of other cones she's made.

Hit the sweet spots on a summer day

STORY AND PHOTOS BY HOLLY JACKSON

There's nothing like that first taste of cold ice cream on a hot, summer day. Delight from tasting a favorite flavor and relief from the heat make each scoop a little sweeter.

With 35 tubs each with either a classic or unique flavor of Hershey's ice cream, and over 70 milkshake flavors, Main Street Scoops is Washington's hottest place to chill out.

Main Street Scoops has been a downtown staple since it first opened in 2003 by Gary and Andrea Lilley.

The Lilley's opened the shop as a way to give their four children - Jamie, Brandie, Kayla and Zac - and other young people in the area an opportunity to start their first job. Too, they wanted Scoops to bring more people to the downtown area. When the Lilley kids grew older, none of them were interested in continuing





From left to right: Mike Mizell, Kendra Mizell, Ava Mizell, Frances Harrison and Montana Mizell proudly show off their favorite ice cream flavors.

to work at Scoops. Lilley's colleague at Ferguson Industrial (previously Frischkorn), Mike Mizell would joke with him about selling the business. Neither person took the jokes seriously until one day Lilley asked Mizell about his interest in purchasing Scoops.

Mizell wanted to start a business and possessed some knowledge of selling ice cream as he previously owned two ice cream trucks. He also saw Scoops as a way to provide his own children - Montana and Ava - a chance to develop a strong work ethic and have the same experience the Lilley children were afforded. Which is why in 2020, during the COVID-19 pandemic, he purchased the ice cream shop.

"Our initial thought was we're going to get into it and give our children an opportunity to work, learn, have a work ethic, have hands on experience with customer service and to value work," Mizell said.

Montana and Ava have worked at Scoops for the last three years, and like Lilley's children they are older and will soon pursue other employment or higher education. "Our children have been a huge help to us and Kendra's parents," Mizell said. Continuing in tradition, Scoops hires high school and college students to help them gain work experience.



Scoops serves a wide variety of Hershey's ice cream from their location on Main Street in Washington.



Kendra, Mizell's wife, was hesitant about the purchase because it occurred during the pandemic. She was unsure how successful the business could be, Mizell said. In an attempt to alleviate her worries, he responded by saying, "It's ice cream. How hard could it be?"

Mizell quickly learned, much like his children and Lilley's children before, how much hard work is required to operate an ice cream shop. "I have eaten those words so many times," he said laughing.

Despite the long days and nights, Mizell feels blessed and fortunate, because Scoops remains busy, he said.

"We've kind of put our spin on it, and it's been successful for us. We hope to do it for many more years to come," Mizell said.

Summer, of course, is Scoops' busiest season with many festivals, concerts and people either walking through town or boating. "As they're walking, they see an ice cream shop. They come in here and get that old school feel," Mizell said.

The floors of the historic building Scoops occupies and the turn of the century, ornamental plaster designs in the ceiling invoke a sense of nostalgia of ice cream parlors from way back when.

In addition to ice cream and milkshakes, Scoops serves classic banana splits, fresh squeezed limeades, orangeades and even smoothies. They have a variety of coffees, and snacks like cookies, popcorn and mini donuts.

Main Street Scoops is located at 217 W Main Street and is open from 11 a.m. to 9 p.m., every day.

For those who want a healthy treat, but don't want to taste healthy, River Vibes has the best blend of nutritious and refreshing smoothies.

River Vibes started in May of 2020 as a bicycle rental facility that catered to visitors who came by boat. This way, they would have the option of touring downtown either by foot or by bicycle. The business expanded into kayak and stand up paddleboard rentals before it added a smoothie and juice bar.

"We kind of thought when people get back from touring they're probably going to be hot and thirsty and need to fuel up," Co-owner Jennifer Schmitt said about adding the smoothie and juice bar.

River Vibes has 15 smoothies customers can choose from that are fat free, gluten free, lactose free, non GMO and that have no high fructose corn

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120 Bridge Street, Washington



River Vibes is where customers can beat the summer heat and stay healthy with Washington inspired smoothies and fresh-squeezed juices.

syrup. The smoothies are made from 100% crushed fruit purees and blended with ice. They have six health and wellness blends that can include Dr. Smoothie vanilla whey protein which is what most renters choose when they come back from an adventure.

Smoothies are given names that are inspired by things found in and around Washington or have a nautical theme. Their most popular smoothie is called The Castle Island. Named for a small island across the Pamlico River from the Estuarium, this smoothie consists of peach, pear and apricot. The River Monster is the second most popular smoothie and it

consists of strawberries, blueberries, raspberries and blackberries. Customers can even custom order their own smoothie choosing their own flavors and ingredients.

River Vibes also serves Boba teas (popular among younger customers) and fresh squeezed juices, orangeades, limeades and Schmitt's personal favorite - cherry limeades. Their most popular juice is called the "Citrio" which has fresh orange, lime and lemon juice blended together. They also have iced coffees, chai and matcha to serve every taste bud. For snacks, they offer jumbo soft pretzels, popcorn, nachos and pre-packaged foods.

"We're here to give our customers and people who visit the area a whole day of fun. They can rent a bike for the day, or a kayak or a stand-up paddleboard. They can go have fun on the water. Then when they are done, they have the opportunity to refresh, buy a smoothie, a coffee, a juice...They can listen to music while they enjoy that and then they also have an opportunity to get a souvenir in our gift shop," Schmitt said.

River Vibes is located at 108 S Market Street and is open 10 a.m. to 6 p.m. every day except Sunday. On Sunday, it is open from 1 p.m. to 6 p.m.



Laurel Paramore serves as the Mental Health Coordinator for Beaufort County Schools. Ms. Paramore has been serving Beaufort County Schools since 2018 but has over 14 years of experience in the mental health field.

“My passion is to enhance the mental health within our youth and to assist in coordinating resources for our students in times of need and crisis” says Laurel.

Mrs. Paramore’s focus is one-on-one support groups with students, the Backpack Pals Program, and partnering with organizations such as Bright Futures to bridge the gaps and help meet the needs of families. Laurel says, “My goal is to be nurturing to our families, fulfill needs, and build trust. I want to make a difference in Beaufort County Schools families.”

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COOL INSIDE TO DOS

It is summer here in Washington, North Carolina, so the word “cool” can take on many connotations. Most notably, ways to beat the heat. But in this instance let’s think of *cool* as some really neat things to do when you have some spare time during these lazy days of summer. Washington and the surrounding area have some really *cool* museums that fit that bill very nicely and are certainly worth checking out.

STORY BY CLARK CURTIS

THE NORTH CAROLINA ESTUARIUM

“One of the coolest things you can do this summer is come to the Estuarium,” said Tom Stroud, director of the North Carolina Estuarium, with a huge smile. “We encourage folks, locals and visitors to our town, to come in and learn about the Pamlico River, the Pamlico Estuary, and why they are such an important eco-system and what we can all do to keep it healthy and functioning.”

As Stroud pointed out there are many exhibits in the friendly confines of air-conditioning, that visitors will be able to explore and learn. “Folks will gain a wealth of knowledge about the characteristics of an estuary, particularly the Pamlico and Albemarle,” said Stroud. “What makes them unique, among others, and the fact that the Outer Banks encloses it all, making it the largest estuary in the world.”

There are also hands-on interactive displays, artifacts from life on the Pamlico River, explorations of hurricanes and sea level rise, and fun and fascinating artwork.

And though it may not be air-conditioned, there are also river roving boat tours. “Even if it is hot outside, a moving boat can be cooling, relaxing, and very fun,” said Stroud. “Plus, it is a great way to learn about all that we have around us.”

Stroud says the fundamental premise of the Estuarium is to educate, with the hope people will feel empowered to work to preserve what we have here. “There is no one thing that is the problem,” said Stroud. “We are all part of the stresses that happen to the estuary and we all can be a part of the solutions. Over 90 percent of the seafood species that we catch spend some part of their lives in an estuary and it is vital that we keep it healthy.”

The North Carolina Estuarium, the world’s first, and one of North Carolina’s most innovative environmental centers is located at 223 E. Water St. in Washington, and is open from 10:30am-4:00pm Tuesday thru Saturday. For more information or to book a river roving tour call 252-948-0000.



WASHINGTON WATERFRONT UNDERGROUND RAILROAD MUSEUM

The orange caboose at the corner of Main and Gladden Streets is home to the Washington Waterfront Underground Railroad Museum. It is an attraction that draws visitors locally, regionally, and nationally. And with so many visitors coming in over the summer months, the museums' executive director, Leesa Jones, said they are always looking for new and "cool" hands-on activities for people to do. "We certainly have a lot of neat things planned this summer. Everything from making ice cream and butter, teaching kids how to make and play with the same clay marbles that were used by enslaved children in the 1840s, making sagebrush brooms, taking a dandelion and making rubber out of it, dressing up in period clothing, and one of my favorites, teaching the kids how to actually eat every part of a watermelon."

As Jones pointed out, even though they are always looking for neat activities, she wants them to be educational at the same time. "You can read things in a book or see it on TV," said Jones, "but to actually do it yourself makes it more fun and will hopefully inspire someone to try something new. It is an opportunity to take something that may have been done 200 years ago and make it relevant today. Just learning how to create your own fun, I like to say."

Jones is also planning a trivia night for the adults, as well as a movie night by the waterfront, with the hope that it will empower people to look at cultures in many different ways. We think everything we have planned this summer is "cool in a couple of ways," said Jones. "People will be able to sit back in the park next to the museum, enjoy the breeze from the river and learn some new stuff. And cool in that some of these kids will take what they learn and turn it into a science project for school one day. I'm also eager to learn who is going to come up with the best version of watermelon ham," she said with a huge grin on her face.

The Washington Waterfront Underground Railroad Museum shares the history of slavery and enslaved people who were seeking freedom in Washington, North Carolina, and Beaufort County. It is a National Park Service Underground Railroad-Network to Freedom site. You can visit the museums' Facebook page, <https://www.facebook.com/WashingtonNCFreedomroads>, for more information about planned summer activities, or to book a tour.



HISTORIC BATH STATE HISTORIC SITE

Longing to soak up some of North Carolinas' deep history in a beautiful setting this summer? If so, the Historic Bath State Historic Site should be on your must-do list of "cool" things to do. "Not only do we have our brand new exhibit in the exhibit center housed in the old Bath High School, but we have a total of 14 acres of history that people can walk and enjoy," said Laura Rogers, manager of the Historic Bath State Historic Site.

Rogers said it wasn't easy to share over 300 years of history in one space, but she is very excited about the new exhibit and what people will be able to see. "We wanted to make sure people have an immersed experience and the opportunity to walk around, and not just read a bunch of panels," said Rogers. "Guests will be able to walk in a reconstructed American Indian dwelling or step into a ship environment that represents how the vibrant shipping industry was back in the 1700s. They will also have an opportunity to walk through spaces and get a true feel of what it would have been like in Bath throughout history. And, we have a few hands-on elements as well, where guests will be able to touch a deer hide, smell tarred rope, and even sit down on a rope bed. People will also be able to take free, self-guided walking tours around the historic site, or paid guided tours of the 1751 Palmer-March House or the 1830 Bonner House."

Other fun and cool activities planned for the summer include the "Pirate in the Port" event on July 22nd, which is a re-enactment from the 1700's when a crew from Virginia sailed down and fought Blackbeard the Pirate. All of the kids who attend will be recruited as pirates.

The summer will also include STEM Saturdays, which will allow kids to try out a new STEM-based maritime activity each Saturday throughout the summer.

The summer activities conclude with the October Maritime Heritage event. "This is our biggest event of the year," said Rogers. "There will be site activities showing the importance of the maritime waterways, the trades, and the people who worked, all explained by costumed interpreters. It will be a lot of fun for everyone."

Rogers added that a visit to the Historic Bath State Historic site will be all-encompassing. "It will be educational, fun, and very peaceful. And if you time it right, you can see the sunset at Bonner's Point."

For more information go to the Historic Bath State Historic Site Facebook page, <https://www.facebook.com/HistoricBath/>, or [historicsites.nc.gov/bath](https://www.historicsites.nc.gov/bath).





AURORA FOSSIL MUSEUM

If looking at fossils, learning about them, and also digging for them, and keeping what you find sounds “cool”, then look no further than the Aurora Fossil Museum. For over forty years now the the museum has been offering free, hands-on activities for the young and old alike. “Inside we have exhibits featuring a variety of fossilized shark teeth, along with other marine life other than sharks including our Megalodon, which roamed the nearby oceans millions of years ago,” said Cynthia Crane, executive director of the museum. “We also have a mining room, where guests can learn about the geology behind the mining process at the local phosphate mine and a learning center where we have fossils from around the world. We are also the only museum where kids can not only dig for their own fossils outside, but keep what they find.”

Crane says their goal is to make the visits fun and educational all at the same time. “We are incredibly family and kid-friendly,” said Crane. “We encourage the children to engage and respond however they want. We don’t want them to be shy or disconnected but to feel free to explore and enjoy.”

The big activity for the summer will be the museums’ STEM based summer camp that will be held the last week of July and the first week of August. “It will afford kids the opportunity to do plenty of fossil digging along with other STEM-related activities, said Crane. “It will be a ‘mega cool’ experience for them!” she said with a huge grin.

The museum is a place that attracts people from around the world. “A lot of people have called it “fossil therapy,” said Crane. “It’s someplace where they can come and disconnect from everything. Dig around and get their hands dirty outside, and then come inside the museum to cool off.”

Crane added they are getting very close to have a North Carolina fossil license plate, issued. Once the plate is issued, a portion of the sale proceeds to will go to the museum.



NORTH CAROLINA AQUARIUMS

The three different aquariums in North Carolina offer various attractions to all sorts of visitors.

The three locations are Pine Knoll Shores, Fort Fisher, and Roanoke Island. Admission varies between \$10-\$12 depending on age or military status. There are different membership options and the annual price varies between \$60-\$1,000. The price differs between individuals, families, curators, and businesses.

The benefits that come with a membership are free admission to all three locations, free admission to the North Carolina Zoo, free admission to Jennette's Pier, and free FotoFX print with the purchase of a photo package. It will also provide discounted admission to over 150 participating zoos and aquariums and discounts on gift shop purchases.

Pine Knoll Shores is located near Morehead City and Atlantic Beach. They are known for Imagination Bay; an indoor play area for young children with hands-on games. It is in a maritime forest that has two walking trails and a suspension bridge.

Living Shipwreck is a habitat featuring three species of sharks and a three-quarters replica of the U-352, a German submarine that sunk off the coast of NC. It has an outdoor eagle habitat that features non-releasable bald eagles and an albino loggerhead sea turtle named Nimbus.

Fort Fisher is located at Kure Beach near Wilmington. It features an Otters on the Edge habitat, which has Asian small-clawed otters. They have Sheldon, a green sea turtle, multiple sharks, and Luna the albino alligator. The aquarium just added Caribbean Corals, a habitat featuring colorful tropical fish, corals, and other species that inhabit the coral reef ecosystems.

Roanoke Island is in Manteo, NC. Visitors can tour the Sea Turtle Assistance and Rehabilitation (STAR) Center sea turtle hospital, which rescues, rehabilitates, and releases dozens of sick and injured sea turtles each year.

The aquarium features numerous outdoor activities including a fossil dig, Pollinator Garden, maritime forest trail, and coming in July for a limited time - Backyard Buzz: Unseen Wonders Magnified, featuring larger-than-life insects that call Eastern NC their home. They have Bleu the leucistic alligator, and Graveyard of the Atlantic, a habitat featuring a replica of the U.S.S. Monitor and three species of sharks.

All three locations are open daily from 9 am to 5 pm.





Lisa Conner and Donna Valley (above), Reid Betham (below)





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Monday - Friday 9:00AM-1:00PM

Outdoor Court Options

Washington Yacht and Country Club
(Members Only)—Hours: Sunup to sundown

Cypress Landing
(Residents Only) - Playtime must be scheduled in advance

Washington Park
(Residents Only) - Playtime must be scheduled in advance



As the temperatures rise and summer is in full swing, finding fun and refreshing activities to beat the heat becomes a top priority. One exciting sport that has been making waves across the United States is pickleball. With its roots dating back several decades, this game has gained tremendous popularity, especially on indoor courts, and is certainly the go-to sport for keeping cool this summer.

Pickleball is a unique combination of tennis, badminton, and ping pong. It was invented in 1965 by Joel Pritchard, Bill Bell, and Barney McCallum on Bainbridge Island, Washington. Ironically enough, they were looking for a game to keep their children entertained during the summer. Using a perforated plastic ball and handmade paddles, they set up a makeshift court in their backyard and pickleball was born.

From its humble beginnings, pickleball quickly gained traction. The game's simplicity, accessibility, and ability to accommodate players of all ages and skill levels contributed to its rapid growth. The sport expanded from backyards to community centers, parks, and indoor sports complexes across the nation.

Gale Champion, a local resident and pickleball aficionado, plays at the indoor courts at Athletic Edge Sports and Fitness Center two or three times a week and has been enjoying pickleball for the past five years. After giving up tennis, she was introduced to the game by a friend in Bowling Rock, North Carolina.

Reflecting on the game, Champion shared, "It became addictive, and I just love it."

While pickleball can be played outdoors, the advent of indoor pickleball courts has taken the game to a whole new level. Indoor facilities offer several advantages that make pickleball an attractive option, particularly during the scorching summer months.

Larry White, another local resident, discovered pickleball after receiving an invitation to play at Athletic Edge upon relocating to Washington last year. When temperatures

become too hot, he prefers the comfort of indoor courts. However, when the weather is nice, he enjoys playing at the Washington Yacht and Country Club outdoor courts available to members.

"It's not as hard on your knees as tennis, and it's easier to play," explained White. "The scoring was a little difficult to pick up, but everything else was pretty easy."

Athletic Edge, co-owned by Laura Horton, has played a pivotal role in fostering the pickleball community in Washington. The facility opened in 2020 with a focus on offering activities that bring in people of all ages at all times of the day. Understanding the appeal of pickleball, Athletic Edge provides three indoor courts with open pickleball hours every Monday to Friday from 9 AM to 1 PM. Additionally, they strive to accommodate players' preferences by providing evening hours when possible.

"It's really nice to see everybody come together," shared Horton. "We welcome all ages and levels of play."

She emphasizes the sport's benefits, citing its effectiveness in cardio, teamwork, and most importantly, its sheer fun. For Horton, witnessing the growth of the pickleball community at Athletic Edge has been a blessing.

Champion suggests that new players should take private lessons and play as much as possible to get better at pickleball. She believes that practicing regularly and getting professional guidance can help improve their skills on the court.

As summer heats up, both seasoned athletes and beginners alike are encouraged to give pickleball a try. With its straightforward gameplay and the growing number of available facilities, pickleball has captured the hearts of many. Embrace the opportunity to experience the excitement of this fast-growing sport and discover the joy it brings. Don't miss out on the chance to join the pickleball craze and make unforgettable memories this summer.

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PORCH SWINGING



The Confederate Jasmine's fragrance adds to the sweetness of Mary Musselman's porch in addition to keeping it a cool place to sip coffee or chat with friends.

Keeping cool on a Southern porch

STORY AND PHOTOS BY HOLLY JACKSON

What makes Washington an inviting town for visitors are the friendly residents greeting them and the countless porches extending from countless downtown homes. As all Southerners and (our Northern neighbors who've moved down) how a front porch is decorated is important, because it is the first greeting guests, family members and friends receive before homeowners open their doors to welcome them inside.

Mary Pat Musselman's front porch on West Second Street in downtown Washington exudes Southern hospitality. It's sweet, romantic and cool enough in the afternoons to enjoy a glass of ice tea. Keeping the hot summer sun at bay are a ceiling fan



and a beautiful vine of Confederate Jasmine which adds to the porch's sweetness with its fragrance.

It took about seven years for the one Confederate Jasmine vine to cover a trellis and the top portion of her home's façade. "I had seen enough other houses around town that I loved the look," Musselman said.

A nice feature of Musselman's porch - especially during the summer - is that it faces away from the sun during the hottest parts of the day. Guests can either choose to sit on the swing or in one of two white metal rocking chairs lovingly gifted to her and her husband Scott from a former neighbor and friend, Richard. Another sweet gift on her porch is a sign saying the Musselman house was founded in 1984, indicating when Mary Pat and Scott were married in New York.

Musselman's delightful porch is decorated in pastel pink, yellow and blue. What may confuse Southerners is that the floor is painted "haint blue," not the ceiling as typically seen throughout the American South.

Haint blue refers to a paint color that was used on front porch ceilings to prevent "haints" from entering a home. Haint is a derivative of the word "haunt" which is synonymous with ghost and spirit. The centuries-old term comes from the Gullah population in South Carolina and Georgia. It was believed that by painting a front porch ceiling light blue, the haint would confuse the paint for water which it could not cross; therefore, it could not cross into a person's home.

Unlike a "haint" (if you believe in them) family members, friends old and new are welcome to cross Musselman's front porch and enjoy a glass of ice tea with lemon.





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DOG-DAYS DELICIOUS

*Take advantage of what's in the season in the height of summer*FOOD PREP, PHOTOGRAPHS AND STORY BY **VAIL STEWART RUMLEY**

Peppers on the vine. Branches weighted with hearty tomatoes. Berries bursting with sweetness just waiting to be plucked from the bush.

This is eastern North Carolina in the dog days of summer. It may be hot; it will be humid, but it will also be ripe with homegrown fruits and vegetables. You'll find them at local farmers markets, piled high at roadside stands. Maybe you'll even find them in your own back yard, and there's always enough to share.

Sharing is a way of life in Beaufort County, and each of the cookbooks in the feature has been shared with us by churches, nonprofits and other organizations throughout the years; each recipe here, shared by some of the best cooks we've known.

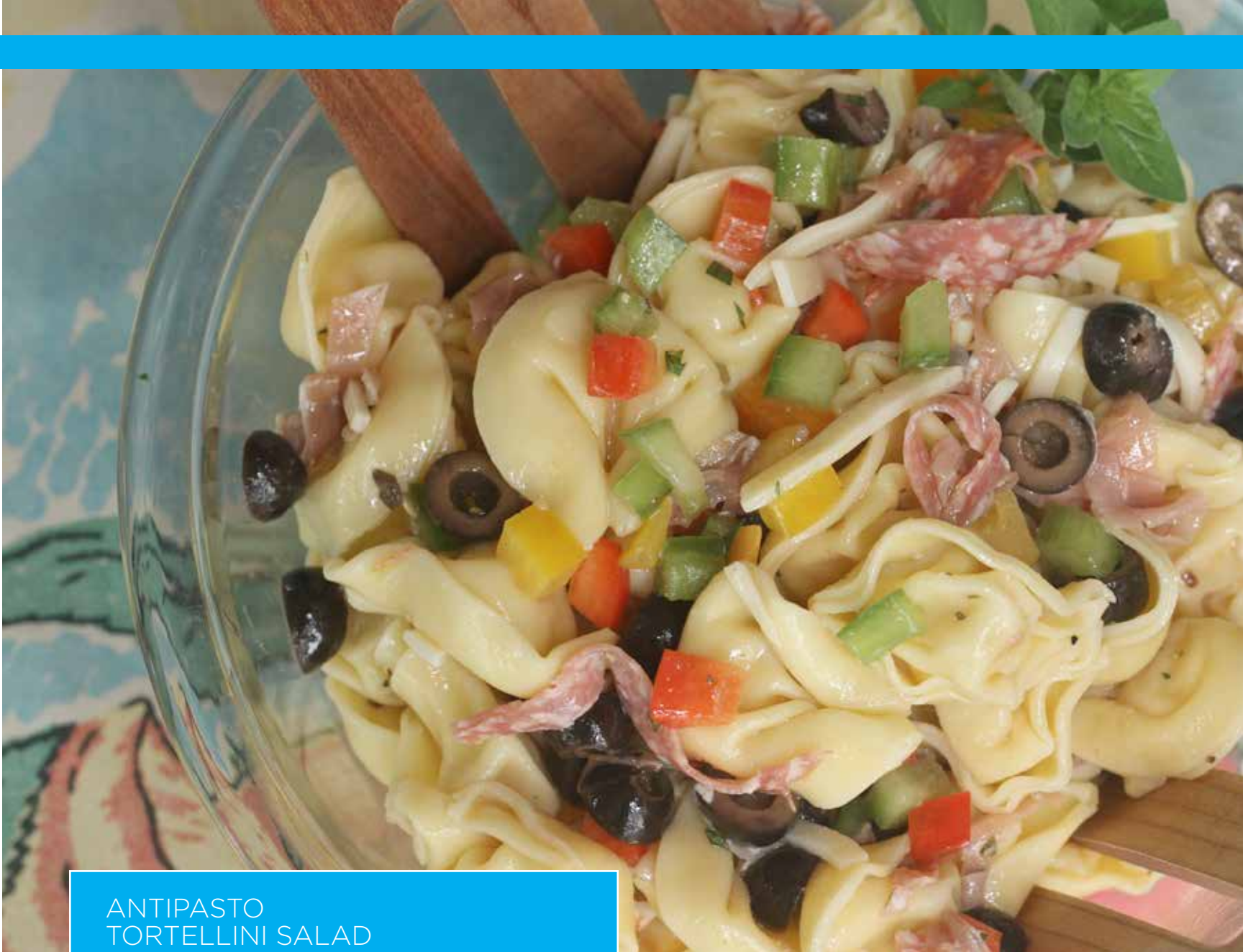
New to this collection of cookbooks featured in each issue of the Washington Magazine—and there are now 25 of them—is the Addisco Book Club's 125th-anniversary cookbook. Through an entire century, several wars and presidents and many more hurricanes, this Washington book club is still going strong, and in this issue of the magazine, we've got one Addisco member's Seven-Layer Dip to take to your next backyard barbecue.

Off the vine, Lou Hollowell's recipe for Tomato & Feta Cheese Salad is a cool way to start or end your day—add it as a side at brunch, take it for lunch or serve it with your favorite grilled meat. Barbara Francisco's Antipasto Tortellini Salad is another dish that can stand on its own or be paired with just about anything.

We're topping this issue off with a little something sweet: blueberries. They're in season, they're delicious, and ready for that pie, cheesecake or cobbler.

Whatever's making its way onto your table, make sure that goodness is grown right here at home. Support your local farmers!

Enjoy!



ANTIPASTO TORTELLINI SALAD

Recipe by Barbara Francisco

"Keys to the Kitchen, Gracefully Rekeyed," St. Peter's Episcopal Church, Washington

1 (20-ounce) package of three-cheese tortellini; 2 ounces sliced Genoa salami, cut into thin strips; 2 ounces provolone cheese, cut into thin strips; 2 ounces roast turkey, cut into thin strips; 1/2 cup pitted black olives, sliced; 1 cup chopped mixed bell peppers; 3 tablespoons red wine vinegar; 2 teaspoons Dijon mustard; 1/2 teaspoon salt; 1/8 teaspoon pepper; 6 tablespoons extra virgin olive oil; 1 tablespoon chopped fresh oregano.

Cook tortellini following package directions. Drain and plain in large bowl. Stir in salami, provolone, turkey, olives and bell peppers. Mix vinegar, mustard, salt and pepper in a small bowl. Whisk until smooth and salt has dissolved. Gradually drizzle in the olive oil while whisking continuously. Stir in chopped oregano.

Stir dressing into tortellini mixture, and toss to coat. Cover and refrigerate for two hours, up to overnight, before serving. Yield 12 servings.

(Cook's note: I substituted prosciutto for the turkey — delicious!)

TOMATO & FETA CHEESE SALAD

Recipe by Lou Hollowell

"Plate & Palette," Arts of the Pamlico (formerly Beaufort County Arts Council), Washington

2 to 3 tomatoes, diced; 1 red onion, sliced; 1 tablespoon fresh basil; 1 (4-ounce) package feta cheese, crumbled; 2 tablespoons olive oil; 2 tablespoons red wine vinegar; 1 tablespoon mustard.

Mix all ingredients and chill for a good summer salad. Yield 4 to 6 servings.



SEVEN-LAYER DIP

"Recipes & Memories," Addisco Book Club, Washington

1 (16-ounce) can refried beans; 1 (1-ounce) package of taco seasoning; 1 cup guacamole; 1 (8-ounce) container sour cream; 1 cup chunky salsa or Pico de Gallo; 1 cup shredded cheddar cheese; 2 small tomatoes, diced; 1/2 bunch green onions, sliced; 1 (2 1/4-ounce) can of sliced black olives, drained.

In a small bowl, mix taco seasoning with refried beans. Assemble layers in a 9-by-12-inch dish, (or another suitable dish) in the following order: refried beans, sour cream, guacamole, salsa/Pico de Gallo, cheese, tomatoes, green onions and olives.

Serve with tortilla chips.

(Cook's note: There are so many things you can do with this recipe! For example, I made mine with refried black beans, skipped the taco seasoning and added a teaspoon of cumin to the beans and made my own guacamole. It was delicious and a Memorial Day party hit!



BLUEBERRY COBBLER

Recipe by Karen Mason

"Second Heavenly Helpings," Swan Quarter Baptist Church, Swan Quarter

2 cups fresh (or frozen) blueberries; 1 cup sugar; 1 cup self-rising flour; 1 cup whole milk; 1/2 stick butter.

Grease bottom of 13-by-9-inch pan with butter. Mix together all ingredients, except butter. Pour into pan and top with the half-stick of butter, cut into small pieces. Cook in 350-degree oven for about 40 minutes. Top will be brown and crusty. Serve with ice cream or a whipped topping. Serves 10 to 12.

BLUEBERRY PIE

Recipe by Irene Page

"Second Helpings, Southern Cooking in Historic Bath," Bath United Methodist Church, Bath

1 cup sugar; 3 tablespoon cornstarch; 1 cup water; 1 quart blueberries; 1 baked pie shell.

Combine sugar and cornstarch. Stir in water and 1 cup of blueberries. Cook until thick and clear. Add the rest of the berries and cool. Pour into a baked pie shell. Top with a whipped topping.

BLUEBERRY BETTY

Recipe by Mrs. G.C. Sanders

"From our Kitchen to Yours, the Terra Ceia Cookbook," Terra Ceia Christian School, Terra Ceia

6 tablespoons butter; 1 cups 1/2 inch white bread cubes; 1 cups blueberries; 4 teaspoons fresh lemon juice; 1/2 cup dark brown sugar, firmly packed.

Melt butter and mix with bread. Put 1/3 of bread in baking dish, top with 1 cup of berries. Sprinkle with half the lemon juice and half the brown sugar. Repeat, ending with bread. Bake in preheated oven — 350 degrees — for 20 minutes. Top with whipped cream. Serves four.

BLUEBERRY CHEESECAKE

Recipe by Clara Brooks Tarkelsen

"Without a Doubt, St. Thomas' Best," St. Thomas Episcopal Church, Bath

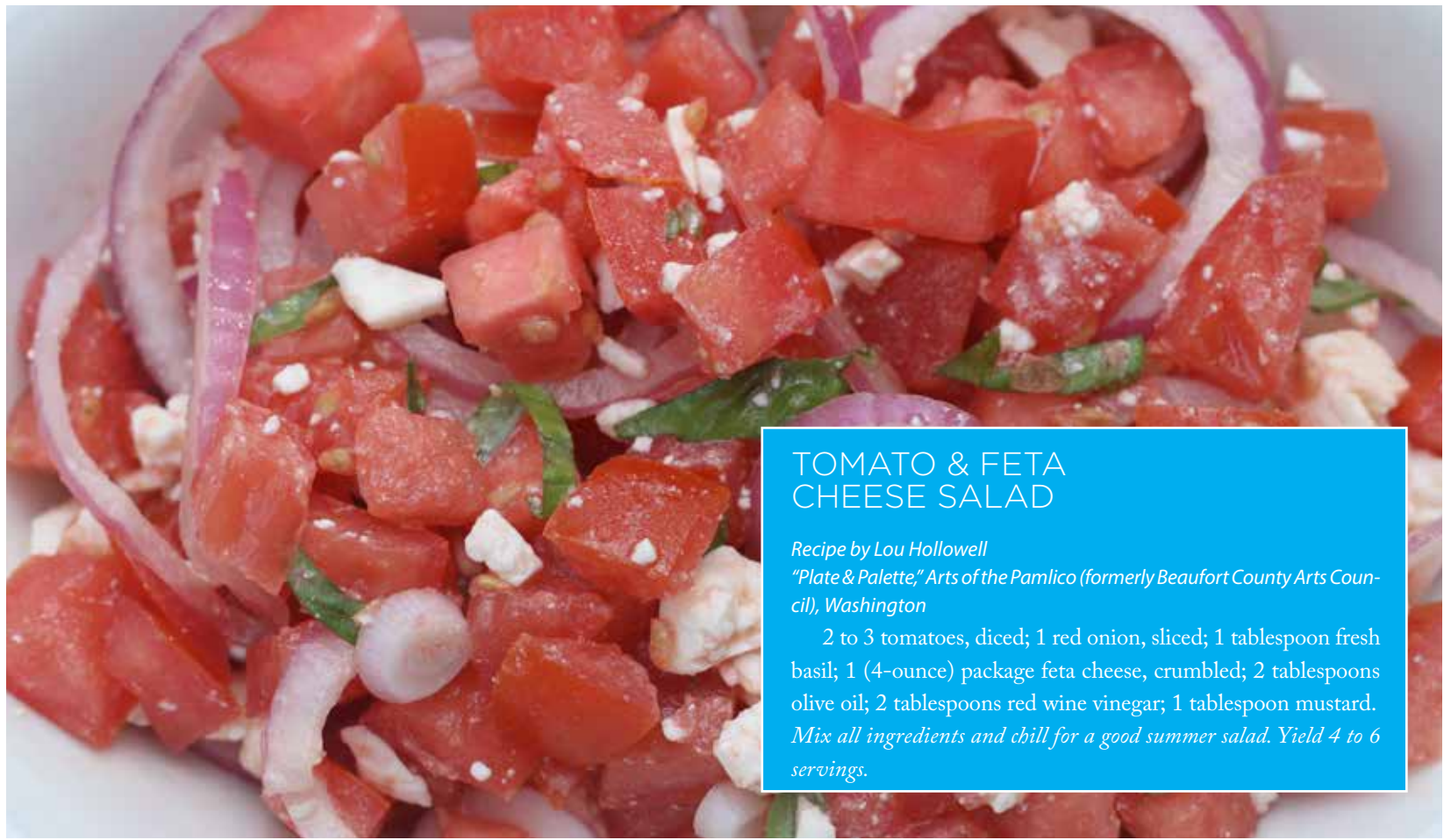
Crust: 1 1/4 cup graham cracker crumbs (about 16 graham crackers); 1/4 cup sugar; 1/2 cup butter, softened. Filling: 1 (8-ounce) package of cream cheese, softened; 2 eggs; 1/2 cup sugar; 1 teaspoon vanilla extract; cinnamon; 1/2 cup sugar; 2 tablespoons cornstarch; 1 (15-ounce can blueberries, drained, reserve liquid*; 2 tablespoon lemon juice; sweetened whipped cream.

Heat oven to 100 degrees. Mix crumbs, 1/4 cup sugar and the butter. Press firmly and evenly into the bottom of an ungreased, 9-by-9-by-2-inch baking pan.

Beat eggs until thick and lemon colored. Beat in 1/2 cup sugar, cream cheese and vanilla, until smooth. Pour over crumb mixture. Bake 30 minutes; remove from oven, sprinkle cinnamon on top and cool.

In a saucepan, mix 1/2 cup sugar and cornstarch. Stir in reserved blueberry liquid and lemon juice. Cook stirring constantly, until mixture thickens and boils. Boil and stir one minute. Remove from heat and stir in blueberries. Cool. Pour cooled blueberry mix over cream cheese mixture. Chill at least eight hours. Serve with sweetened whipped cream.

*(Cook's note: *use 2 cups fresh blueberries instead — heat a cup of the blueberries with the cornstarch and lemon juice mixture. Cook until thick and clear, then remove from heat and add the rest of the berries)*



TOMATO & FETA CHEESE SALAD

Recipe by Lou Hollowell

"Plate & Palette," Arts of the Pamlico (formerly Beaufort County Arts Council), Washington

2 to 3 tomatoes, diced; 1 red onion, sliced; 1 tablespoon fresh basil; 1 (4-ounce) package feta cheese, crumbled; 2 tablespoons olive oil; 2 tablespoons red wine vinegar; 1 tablespoon mustard. *Mix all ingredients and chill for a good summer salad. Yield 4 to 6 servings.*

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The land of giants: Pamlico Sound “Old Drum” fishery

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

Throughout the Southeastern United States, anglers pursue redfish with a unique passion and enthusiasm. Countless hours and dollars are spent each year to experience the excitement of tangling with one of the South’s premier inshore gamefish. While many anglers enjoy sight casting a fly to tailing reds during high tide in the Southeastern NC salt marshes, twitching a topwater bait to a redfish school chasing finger mullet behind the barrier islands of the NC’s Crystal Coast, or knocking back a few cold beverages while wading in the surf with a “Hatteras Heaver” in hand on the Outer Banks, Inner Banks anglers spend their time soaking fresh cut bait for the “Old Drum” of the Pamlico Sound. “Old Drum” is an accurate yet humble description for the largest and most mature Red Drum within their geographic range. Every state claims to have big drum, and yes, a thirty five or forty pounder is a big drum; however, North Carolina can accurately claim consistent catches of fifty plus pounders.

The vast Pamlico Sound is a challenging place for mariners, but its bounty will reward dedicated and properly prepared anglers. The giant redfish live in the nearshore waters of the Atlantic Ocean and move into the Pamlico Sound through the shallow inlets of the Outer Banks in early to mid-summer to spawn. Peak fishing occurs during August and September until they exit the sound after spawning. Although these fish can be caught consistently during the daylight hours, many anglers prefer to fish in the late afternoon and evening hours because they believe the afternoon bite is better. Many of the local guides offer trips only during the day, since they are fishing day in and day out and night-time fishing every day is a bit tough. Inexperienced anglers and mariners should cut their teeth on this fishery during the day. Night-time navigation in the Pamlico Sound



A lucky angler with a 53” beauty in the 50-60 pound class caught in the Pamlico River. (Richard Andrews)

during heavy winds or afternoon summertime thunderstorms can be challenging.

The most effective and popular way to consistently catch the “old drum” is to fish fresh cut bait on an Owen Lupton drum rig, which is designed to reduce catch and release mortality (deep or gut hooking) when targeting these old spawning fish. Proper handling is also very important. The best practice is to de-hook the fish while it is still in the water, but if pictures are a must, carefully support the fish’s belly and don’t keep the fish out of the water for any longer than absolutely necessary. Holding them vertically by the gill plates harms them. These fish are heavy and their weight must be supported properly.

Another popular method for targeting the giant redfish is to fish with artificial lures such as topwater plugs, popping corks, ducktail jigs, swim baits, crank baits, flies, or any other artificial lure that imitates a larger active baitfish such as a larger menhaden, mullet, or shrimp. This method is more interactive than fishing with cut bait, and has become the most popular technique among anglers in our area.

If catching big fish is something you think that can only be done at the beach or in the ocean, you should try catching a few Giant Red Drum in the Pamlico Sound during their August and September spawn. After just a few tangles with these beasts, you might be wanting more of what Inner Banks fishing has to offer.

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Flavors that will keep you in the spirit of summer

STORY BY **BRIANNA LONG** PHOTOS BY **HOLLY JACKSON**

The flavors of summer can be found in your favorite brew at Pitt Street Brewing Company On the Pamlico in Washington, NC. Crafted beers brewed with flavors of lime, watermelon, cantaloupe, and even a strawberry banana sour, will surely keep you in the spirit of summer. Being a micro-brewery, we have the opportunity to create many different styles of beer to keep our menu fresh and full of options. However, we do have three to four flagship beers we consistently keep on the beer board so you will always recognize a beer for a quick choice. One of our most popular summer beers is our Mirror for the Sun Lime Blonde Ale. We started brewing Mirror for the Sun in the summer of 2018 and it quickly became clear it would be a seasonal staple here to stay. After trial and error of what amounted to a lot of time spent hand squeezing and zesting limes, we left the juicing up to the experts at Fresh Vibes in Greenville where we sourced 5 gallons of lime juice for this summer classic. We source hops from all over the world and many locally as well. We used cascade hops in this brew which are known for their floral and citrus flavors, with hints of pine.

We have many seating options for you to enjoy our local brews. You can relax riverside by historic buildings or on our dock that extends over the Pamlico River. Any of our beers can also be taken and enjoyed to-go in 32 crowlers cans we seal fresh here at the boathouse. The crowler cans will stay fresh up to 2 weeks and are best enjoyed by pouring into a glass and drinking the whole can full once opened. To keep your crowler or glass chilled during hot summer months, we recommend insulating your glass! Pint glass koozies are very popular at our boathouse. Keeping your brew in a cold environment for as long as possible and storing any remaining liquid in a cooler, with ice, for a future fill-up is always highly advisable. We hope to see you at the boathouse in Washington this summer!

Brianna Long is the general manager of Pitt Street Brewing Company.



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An advertisement for the Little Washington Sailing School. It features a logo with a sailboat and the school's name. The text promotes a "YOUTH SAILING PROGRAM ON THE PAMLICO RIVER" with one-week classes for ages 9-18, no experience necessary, and an upcoming season. It includes a website link, photos of sailboats, and mentions that adult classes are now available. Logos for Visa, MasterCard, Discover, and PayPal are at the bottom.

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FLYING HIGH

Embracing the small town life

BY CECIL BOYD

Though it is not my first memory, I was born in 1949 at the Tayloe Hospital that was located on Washington St., before it was restored as a private residence. On October 16, 1954, at five years old, I have a vivid memory of riding on my father's back as he waded down Main St. in 3-4 feet high flood waters following the aftermath of Hurricane Hazel.

As a young boy, my father would bring me to the Washington Airport with the anticipation that I may get to fly in an airplane. That triggered my lifelong dream to not only fly, but to become a pilot, a CFI, and have my own airplane(s). I'm one of the co-founders of the Bandit Flight Team, which recently performed a night flyover at the Summer Festival. It was not only a dream, I experienced it, as I flew with the Bandits over Washington and the Pamlico River.

Not only did Washington set my path for flying, it was also a milestone in my career path. Being a farm boy from Grimesland, I knew farming was a tough job with no guarantees for the future. In my senior year (1966) at Winterville High School, a good friend had become a DJ at a Greenville AM radio station, which was more appealing than farming. I decided to proceed with the ambition to pass the FCC test and acquire a Radiotelephone License. It was hard, but with a license in hand, I applied for a DJ position at WEEW AM Radio in Washington and was hired. The studio was located on the third floor of the Bank of Washington (The Hackney). I still remember walking across the street to Jowdy's Music Shop (The Mulberry House) and buying records to play on air at WEEW, the Sunday morning preaching on air, and Uncle Rufus with his raccoon coat.

Upon graduation in 1967, with no money for college, the draft board was calling. I decided to enlist in the U.S. Army, and with my Radiotelephone License, was assigned to



the Army Signal Corp in Vietnam in 1968.

Returning home from service in 1970, I was hired by Carolina Telephone in Greenville, NC. If it had not been for a Union strike in 1974, my future may have been different. The communications field was growing and I secured a job with Northern Telecom Inc. The company was growing rapidly due to their long distance calling technology. I rode the wave over 22 years and retired as Senior Vice President in the Cary/Apex area. I contributed my success to experience in telecommunications which started at WEEW and my work ethic on the farm. (If you have a hammer, screwdriver, and pipe wrench you can fix anything). My career took me all over the world to work and live. During my career, I would visit my parents a few times a year, but rarely return to Washington.

Then in 2021, I made a very important life decision. Home was calling, the need to spend more time with my mother (93), and to somehow continue with the family

farm's 150 years heritage, which I now own. All of this led me to reconnect with my high school sweetheart, and us purchasing a home in Chocowinity. Also the boy that had loved Sunday afternoons at the Washington Airport with his dad, is now a contributor in its expansion as a proud member of the Washington Warren Airport Authority. My new future is about enjoying life.

To me, Washington is very different now, than in the 50's and 60's, but in many ways it's the same. After all these years, it still has that hometown charm. The Mulberry House was once the old Jowdys. The Hackney has replaced The Bank of Washington and WEEW radio. Moss Planing Mill is gone, but beautiful new homes have brought more charm to the town. Many buildings such as, McLellans, Woolworths, and Whites stores have all been refurbished. One landmark, The Turnage Theater, remains with its shining marquee. Maybe, coming home is not about searching for the Past, but embracing the Future without forgetting the Past.

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A woman with dark, wavy hair, wearing glasses and a pink collared shirt, is smiling warmly at the camera. The background is a soft, out-of-focus light blue.

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