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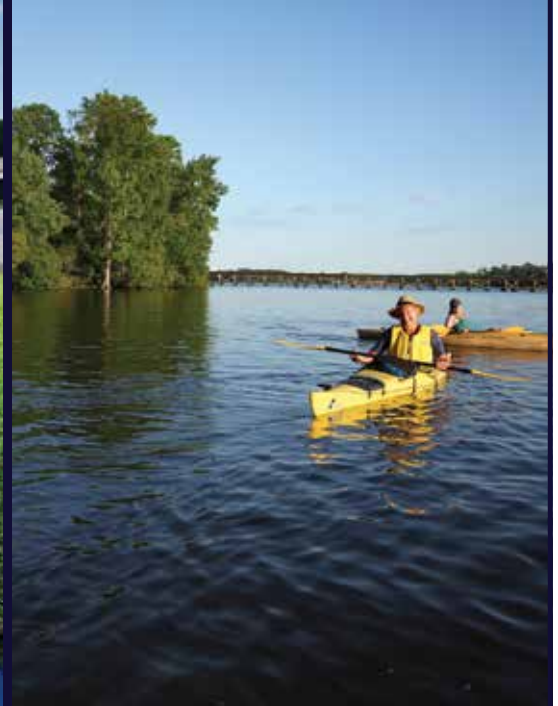
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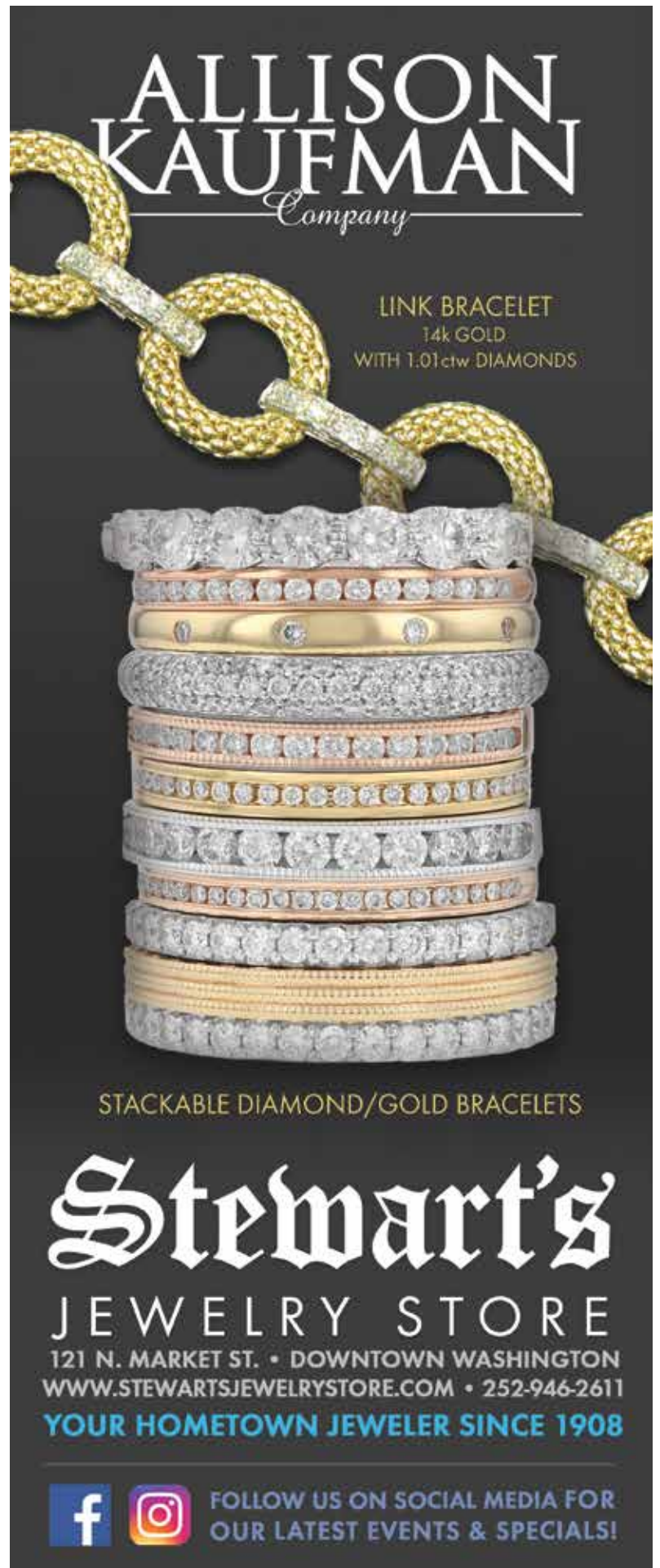
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HORSES HATS AND HOPE FUNDRAISER

PHOTOS BY HOLLY JACKSON

Horses, Hats and Hope is a Kentucky Derby themed fundraiser which benefits the Marion Shepard Cancer Center (MSCC) in Washington. The event is sponsored by the MSCC Development Council with United Bank as the Title Sponsor. The night of May 4 featured dinner, drinks, silent auction and live music. People dressed in derby attire and viewed the 150th running of the Kentucky Derby.

The Development Council wishes to thank United Bank and all the sponsors for making the event a success.



LEFT TO RIGHT: ED MANN, MARY KATHRYN MAGAHEY, MIA WILLIAMS, STACEY LYNCH, INDA HILL, MARY JANE COOKE, PAM ALLEN, JIM HACKNEY, PANSY CHAMPION. BACK ROW: CATHERINE PFEIFFER, MARVIN ALLIGOOD, VICE CHAIR AND JACK PILAND, CHAIR



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JIM BOYLAND, MARIE KNOTT, LORA NORRIS AND SAM NORRIS

COASTAL
PREGNANCY
CENTER
FUNDRAISING
EVENT

PHOTOS BY HOLLY JACKSON

On April 25, Coastal Pregnancy Center held its annual fundraiser at Allgood Church of God in Washington. Coastal Pregnancy Center is a nonprofit in Beaufort County that helps women and families achieve positive pregnancy outcomes. They also provide support to women in surrounding counties by partnering with Beaufort and Martin County Health Departments, Department of Social Services and many other local agencies.

They were able to raise over \$66,000 for their spring funding goal. A couple weeks later, they raised an additional \$9,000 for a total of \$75,000.



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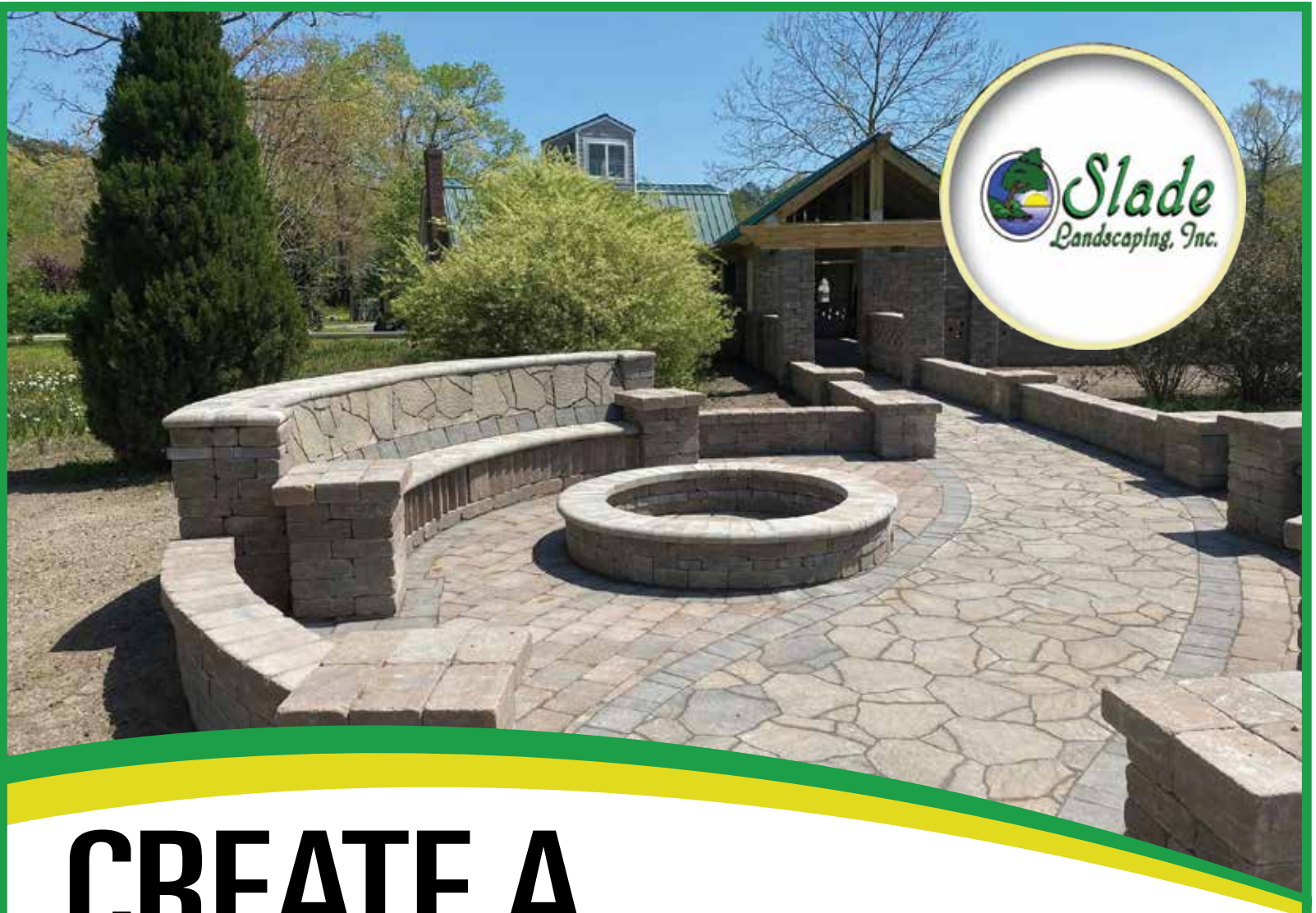
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North Carolina's Century Farm Program highlights Beaufort County farms

STORY AND PHOTOS BY **CLARK CURTIS**

The humble beginnings of the North Carolina Department of Agriculture's Century Farm Program began in 1970 at the State Fair as part of its "Salute to Agriculture" theme. The program recognizes ownership of farms that have remained in the same family for 100 years or more. Fifty-four years later there are now 2,006 farms listed in the statewide registry, 13 of which are in Beaufort County. "The Century Farms represent the foundation of our state, as agriculture is our number one industry, generating an estimated \$103.2 Billion annually," said Andrea Ashby, the director of public affairs for the North Carolina Department of Agriculture and Consumer Services. "It is increasingly difficult for families to keep farms in the same family for such a long period. Recognizing them helps to instill and showcase the pride they take in being a part of our state's number one industry. Having the resources to produce food and fiber is incredibly important. We wouldn't eat without our farmers and the farmland."

Every four years the NC State Fair hosts a reunion to recognize Century Farm Families. This year the event will be held on Monday, Oct. 21. The event typically draws around 2,000 family members each year. "Our longtime farm families have been the backbone of North Carolina's No. 1 Industry and I'm looking forward to celebrating them this year," said NC Agriculture Commissioner Steve Troxler.

Each year, the Department of Agriculture seeks out those farmers who have not signed up for the program. Currently, there are farms located in 97 of the state's 100 counties, with the goal of locating farms in the remaining three counties of Dare, Graham, and Swain. "I joined the program in 1996," said Ashby. "I have interviewed a lot of people who have traced their land back 100 or 200 years, and you hear how much it means to them. It is a very special thing for me to hear them share their stories and their commitment to trying to keep the farms in the family. It is a great thing to recognize and celebrate their accomplishments every four years. The oldest farm we have discovered goes back to 1704."

For more information about the program and to see if your farm may qualify for either the Centennial or the Bi-Centennial programs which recognize farms that have remained in the same family for 100 years visit <https://www.ncagr.gov/divisions/public-affairs/public-affairs-bicentennial-farm-program>.



The Jackson Family Farm

STORY AND PHOTO BY **CLARK CURTIS** FAMILY PHOTOS COURTESY OF **ELMER WAYNE JACKSON**

The Jackson farm located just north of Washington has remained in the Jackson family for nearly 200 years. Henry Alfred Jackson purchased the original 20-30 acres of land and built a home on it in 1839. The home is no longer there, but the two towering Oak Trees his grandmother planted remain and serve as a reminder of what once was. Over the years it has been passed down from generation to generation and the remaining 16.5 acres are presently owned by Alfred's great-grandson, Elmer Wayne Jackson, and his wife Shirley. "My father was a tenant farmer on some nearby land when I was growing up, and I remember coming over as a child from time to time and seeing my grandmother, Nona Elizabeth Brown, who lived to be 99, sitting on the front porch," said Jackson. "She always had a picture next to her of her oldest son, who was

in the Navy. She also spoke of the time when she was growing up in Beargrass and saw what she described as soldiers with paddy wagons or caissons passing by the front of her house. I'm guessing it could have been the troops coming home after the Civil War, as she would have been about seven or eight at the time."

Jackson said tobacco was the money crop at the time but his grandparents and those who followed also grew corn, soybeans, or anything else they could make some money from. In 1954 Jackson's father, Elmer Edward Jackson acquired the land from his father Henry Augustus Jackson. "We continued growing and selling tobacco and about any other vegetable you could think of," said Jackson. "All we had were mules at the time and when I would get home from school I would head straight for the tobacco fields with the mules and start working. My dad also had fruit trees that ran along the side of

the house. We used to walk out there and pick whatever we wanted and eat it right off the tree."

Jackson said as a young child in the 50's his family had no electricity on the property. But that all changed when he was eleven. "One day I saw them bringing telephone poles down the road and I knew right away that we were getting electricity," said Jackson. "I thought to myself that I was going to be able to flip a switch and all of the lights would come on."

Jackson said when he acquired the land in 1978 he was not a farmer but a professional cabinet maker. He ran the Washington Cabinet Company for about 40 years. Before that, he worked at the Moss Planing Mill. Farmer or not Jackson and his wife have no intention of parting with the farm. "I wouldn't be nowhere else," said Jackson. "You could give me a piece of land ten miles down the road and I wouldn't take it. I want to be right here."



Current home of Wayne and Shirley Jackson



Jackson's mother and father, Mable Estelle Silverthorne Jackson and her husband Elmer Eddward Jackson



Elmer Wayne Jackson and his wife Shirley



Oak trees planted by Jackson's grandmother



Jackson Farm



Jackson's grandmother Nona Elizabeth Brown



The Moore Family Farm

STORY AND PHOTOS BY **CLARK CURTIS**

Kelton Moore along with his uncle and brother, continue to work the remaining 150 acres of land in Blounts Creek that his parents, grandparents, and great-grandparents farmed for the last 100 years. “This land was all wooded at one time,” said Moore. “There were no tractors or bulldozers in those days and my great-grandfather cleared this land with his own hands”

Growing up on the farm, Moore said they had everything they needed. There were chickens, hogs, and cows for meat, and they sold what they didn’t use at the market. They also grew all kinds of vegetables along with tobacco. And if you lived on the farm that meant you worked on the farm. “I can remember when I was four or five and not even in school yet when my mother had me out in the field with her picking cotton,” said Moore. “When I got older I remember the long days when we were up at 4 in the morning working in the field and often stayed up past dusk picking vegetables to be sold at the market, and then started it all over the next day. When I graduated from high school I went off to college and said I would never do this again. But, as I learned over the years, farming is in my blood.”

Moore’s aunt, 91-year-old Ledell Smith Moore has deep connections with the farm as she too was born and raised there. The same land that was once owned by the Keys and Smiths. Some of them would go on to marry each other, and their children would one day marry into the Moore family. “I would have to say that between the Keys, Smiths, and Moores, this land has been in those families between 150 to 200 years,” said Ledell. “My parents built the home just down the road from here where I was born and today is falling and smothered by the woods. My brother and I helped my daddy clear some of this land. The two of us would be on one end of the saw and my daddy on the other as we pulled back and forth cutting the downed trees. Then we would pick up the tree roots by hand. I was only eight or nine at the time.”

Ledell said they were very poor but as far as she knew they were rich. They grew their food and raised cows, hogs, and chickens so they never went hungry. “My mother would make us dresses from the used bags of feed for the chickens,” said Ledell. “We also had some of the most beautiful tobacco anywhere. I used to tie the tobacco and sometimes helped to hang it in the tobacco barn. And if my daddy didn’t have anything for us to do, our neighbors

would pay me two dollars a day to tie their tobacco as well. I was very happy, I guess I didn’t know no better,” she said with a smile.

For both Kelton and Ledell, the land continues to speak to them as their roots run as deep as the nearby 125-year-old pecan trees. And they feel fortunate today to be able to call it home after leaving and then coming back. “After spending 35 years away in New York it is very special for me to be back living here,” said Ledell. “I lived on and helped work the same land the poor free Black men bought long before me. This is so special for me and I keep telling my sons that I hope they never sell it. This land means a lot to me.”

“I look at it this way,” said Kelton. “My great-grandfather cleared this land by hand. They dug up the roots and pulled them out with the help of mules and horses. They provided for their families and sold what they didn’t use to others. A lot of the older family members are gone now and the young ones have moved away. I was born and raised here and I’m looking for someone in the family that I can train so we can keep the farm in the family. This land means a lot to me. It means a lot,” as he gazed over the field of freshly harvested potatoes amidst the warm summer breeze.



Kelton Moore checks the collards



Kelton Moore inspects freshly harvested potatoes



Ledell Smith Moore and Kelton Moore





The Sanderson Family Farm

STORY AND PHOTOS BY **CLARK CURTIS** FAMILY PHOTOS COURTESY OF **WILLIAM RIVERS SANDERSON JR.**

The Sanderson farm has been in the same family since the early 1870s. A plot map of the area from 1874 shows the land and the farmhouse, which still stands. “What I have been able to determine is that my great-great grandfather, John Rivers, who was an Italian immigrant, came to the area and was married in 1869,” said William Rivers Sanderson Jr. “In and around that time he would have purchased the land. We aren’t sure if he built the home or if it was already there. I know that my great-grandmother was born in the house in 1876. She had one older sister and five brothers who didn’t survive childhood. My great-grandmother would marry a Sanderson, which is why we are here today.”

Sanderson went on to say that seven Rivers children and eight Sanderson children, which included his father and one aunt, were born in the farmhouse. “As we have learned they were all born in the same small room in the house,” said Sanderson “My grandfather who was born in the house in 1906, passed away in the same room where he and the others were born.”

The original two-story period home from the late 19th century once had a detached kitchen when it was first built. The home was

located on 133 acres where the family farmed tobacco and corn. Sanderson and his sister Susan Sanderson Bolejack, have many fond memories of the farm from when they used to visit as small children. “Living in Snow Hill at the time we often would come down for the weekends,” said Sanderson. “Thanksgiving was very special, as there was the proverbial kids’ table in the kitchen, and the older folks sat in the dining room. After dinner, everyone retired to the parlor. There was a volley of conversations going on at the same time across the room, which is where we learned a lot about the history and the challenges of managing such a big farm that was tended by only a few people and some oxen and mules. My grandfather would also get up and play the piano over the in the corner.”

“I remember my grandmother’s lovely gladiolas along the fence row and all of the chickens, pigs, goats, cows and dogs and cats running around,” said Bolejack. “I also remember that my granddaddy was afraid of electric blankets, so my grandmother piled the quilts high on top of us when we went to bed. They were better than any blanket you could find today,” she said with a grin.

Sanderson, who now lives in Atlanta, spends as much time as possible fixing up the

farmhouse. “It has been a history lesson in itself,” said Sanderson. “I’m always looking for clues about the history of the home. I’ve found nails that were made by a blacksmith, mortise and tenon construction, and a very long crack that runs the length of the exterior of one of the fireplaces. I was told that the crack was a result of the 1886 Charleston earthquake.”

It is hard for Sanderson and Bolejack to hold back their emotions when describing what this family heirloom means to them. “When I’m working on the house and see some of the old furniture, I close my eyes and see my Uncle Harold and others who have been gone for over 50 years sitting there,” said Sanderson. “Without getting too schmaltzy or corny, I feel like this dirt is in my bones. Every time I come back I feel like I’m returning to my roots. When I replace some siding or lumber, I write my name and date on it before sealing it up. And fifty years from now while working on the house one of my grandchildren will say, “Oh my gosh, my grandfather touched this.” “I would love to find something like that today,” said Sanderson as he fought back the tears.

“This house has been the one constant in my life,” added Bolejack. “I have lived all over, but this is the one place that is always here.”



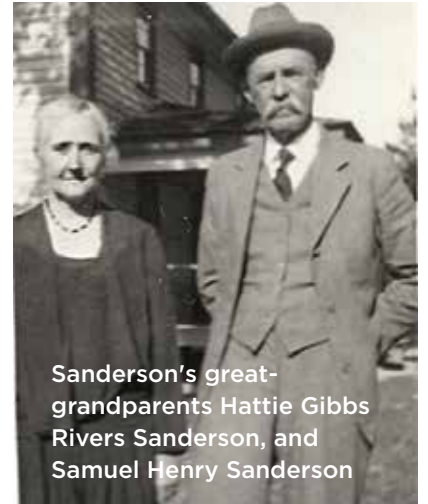
Susan Sanderson Bolejack and her brother William Rivers Sanderson Jr.



Chimney crack on the original homestead from the 1886 Charleston earthquake



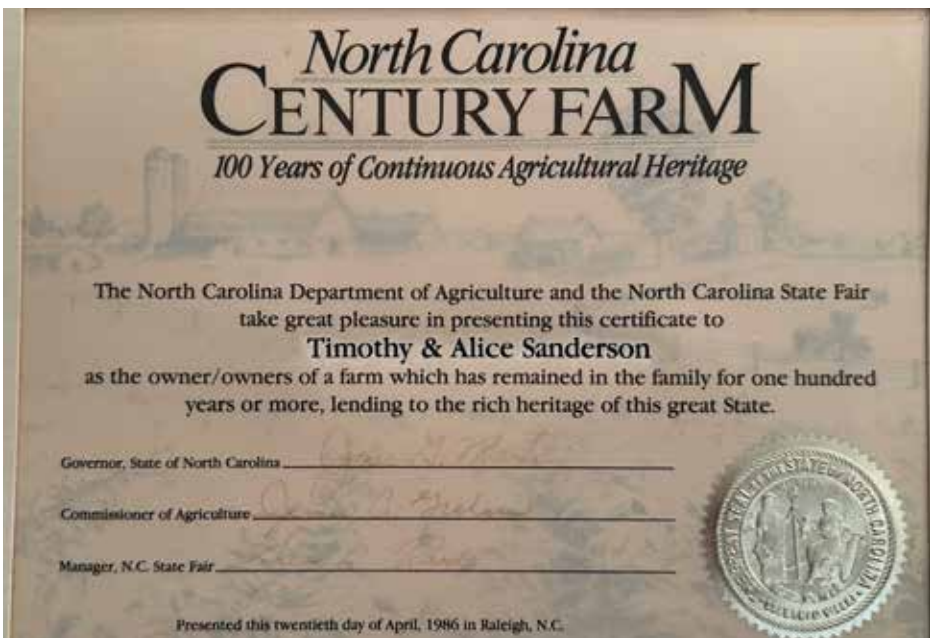
Sanderson's grandparents Timothy Augustus Sanderson and Alice Bunch Sanderson



Sanderson's great-grandparents Hattie Gibbs Rivers Sanderson, and Samuel Henry Sanderson



Site of the Sanderson Farm near Bath.





The Waters Family Farm

STORY AND PHOTOS BY **CLARK CURTIS** FAMILY PHOTOS COURTESY OF **DEBORAH COOK**

The Waters family farmhouse was built in Pine Town in or around 1905 and has remained in the Waters Family ever since. As Deborah Cook the current owner shared, it was very interesting how it all transpired. “The way I understand it, my grandmother, Annie Bell was supposedly engaged to my grandfather, David Edward Waters who we called Dave Ed,” said Cook. “But my grandfather didn’t want her to marry him, so he went off to work on the railroad for seven years to earn some money while my grandmother waited for him to get married. He finally saved up enough money, purchased the land, and asked her to marry him, which of course she did.”

The simple two-story turn-of-the-century brick home sits on 52 acres of farmland. Cook says her fondest memories of the farm were the days she spent there while growing up. “This really was the only place that I lived as a child,” said Cook. “When my grandfather passed away in 1954 my mother and father, Denny and Thelma Ambrose, were renting at the time, and my grandmother asked us to move in as she didn’t want to live by herself.”

Cook’s father continued to farm the land

growing corn and beans. One year he tried his hand at growing tobacco. “That was my first year in school, and I was so excited about the idea,” said Cook. “My father told me to “enjoy it while you can,” because it was too labor intensive and he wasn’t going to grow it anymore.”

Cook seemed to relish the farm life as the first thing she did every day when she got home from school was put on her play clothes and do the chores. That included doing the laundry in the outbuilding that still stands. “I remember getting my hand caught in the ringer on more than one occasion because I simply wasn’t fast enough to let go of the clothes,” said Cook. “We also stored the wood in the building for the indoor wood heaters. So I made sure I got plenty of wood in the house during the winter to keep the heaters stoked. Today, we still have a lot of the tools my father and grandfather used which we store in the same building.”

Cook said the family gatherings were also very special. “It seemed like we always had company coming by,” said Cook. “My mother was the perfect host. We had brothers and sisters who lived close by so she made sure on Sunday to have food on the table at all times

because she never knew when they might be coming. Christmas was also a very special time for the big family gatherings.”

Cook lived in the home until she graduated from college. And to this day has to fight back the tears when recalling her childhood. “My heart is full,” said Cook. “I’m a country girl and I loved everything about growing up here. One of my girlfriends lived down the road and I would ride my bike over to her house or my cousins who lived nearby. Even though it was hard work I enjoyed working in the tobacco fields when I got older. And my mom and dad were just good people. I had a great life growing up here. Everyone should get my life. I feel very fortunate,” she said as the tears began to fill her eyes.

Cook and her husband Ernie now own the farm, and rent the house out to their daughter. They continue to lease out much of the farmland to 3B Farms to grow corn, which the family has been doing now for 45 years. “We absolutely want to keep the farm in the family,” said Cook. “I hope one of our two grandsons decides to one day move here. If they don’t, I will be dead and gone and won’t have to worry about it.”



Original wash house



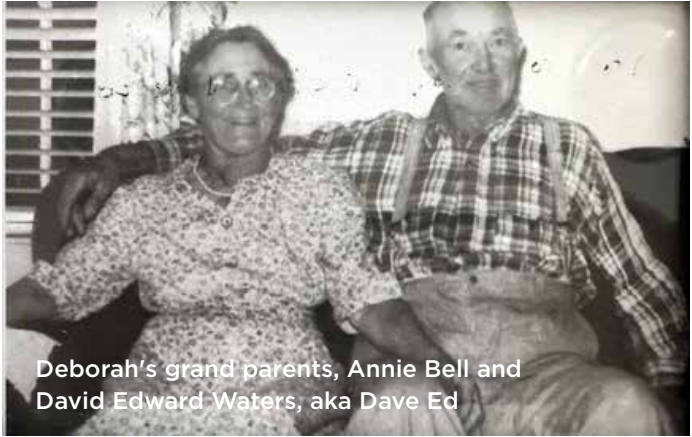
Some of the original tools used by the Waters family on the farm.



Ernie and Deborah Cook



Waters homestead, circa 1905



Deborah's grand parents, Annie Bell and David Edward Waters, aka Dave Ed



HARVESTING THE PAMLICO



ayon shows how to decipher a female blue crab from a male. Mature females, also known as "sooks" have red "painted" claws. Their abdomen or "apron" is shaped like the U.S. Capitol building. Immature female crabs have a triangular abdomen. Male crabs are called "Jimmys" and their aprons look like the Washington Monument.

As tides of NC crabbing industry ebb, local crabbers and researcher say what needs to change

STORY AND PHOTOS BY **HOLLY JACKSON**

It's 7 a.m., and the sun has barely risen above the clouds to welcome a new day. Among the first groups of people to awake and begin work are Larry Paul and his step-son Brandon Payon.

They are patrolling Bath Creek for green and white buoys that signal where their crab pots lay beneath the water's surface. They have hundreds of crab pots to collect from before the day's end. In total, Paul and Payon have more than 900 crab pots to collect from during the week.

In the 1960's a ten-year-old Paul began crabbing with his father in the Bayview and Bath areas. His father used a wooden skiff furnished with an outboard motor and on one side of the boat, an innertube. With a rope and a pulley wrapped around either side of his hips, Paul's father could steer the skiff down a

trotline.

Today, Paul has his own boat with a Honda motor. His boat is green and white to match the buoys that float above his crab pots.

Paul taught Payon when Payon was a teenager, passing down a way of living from one generation to the next.

Together, Paul and Payon make crabbing look as easy as breathing. On the inhale, they drive to the pots in search of casts of crabs - Paul hooking and pulling them toward the boat one hand while the other rests on the steering wheel. On the exhale, Payon pulls out the pot, dumps the crabs into two boxes, separating them by size. He takes a scoop of shrimp heads and fills the middle of an empty pot before tossing it back into the water.

Mature male and female crabs must be five inches for Paul and Payon to keep, per state regulations. Tiny crabs are able to escape



Brandon Payon (left) and his step-father Larry Paul begin crabbing at 7 a.m. on Bath Creek. They have more than 900 crab pots to collect from during the week. Payon and Paul agree the future of crabbing is in limbo as blue crab populations decrease.

through a small hole in the crab pot. Small crabs unable to escape are thrown back into the water.

Early in the season (around March), Paul and Payon collect an estimated four boxes of crabs per trip. By September they are able to collect three to five times as many. Paul maintains that each day on Bath Creek is different and it's difficult to know how many boxes they'll collect by the end of the day. "No given day, no given number," Paul said.

"It's a good thing right now the price is high, and it doesn't take as many crabs. The more crabs you catch, the price drops," he continued.

When Paul was a teenager, #1 Jimmy crabs garnered just 80 cents per crab. Today, a crabber can expect as much as four dollars per #1 Jimmy. A #1 Jimmy is a male blue crab that has matured and has enough meat to be caught and sold for restaurants. A #2 Jimmy is not as large as a #1. They have recently molted, but have not grown a new shell.

At the end of a work day, Paul and Payon take bushels

“It’s a good thing right now the price is high, and it doesn’t take as many crabs. The more crabs you catch, the price drops.”

LARRY PAUL

CRABBER

they've harvested to a crab house where crabs are sorted by size. Smaller crabs are processed for their meat, but larger crabs are shipped out to Baltimore and other cities for restaurants to serve.

On the surface, crabbing seems like a job most people would dream of doing. A crabber is self-employed and spends weekdays on the water.

But beneath the surface, Paul, Payon and crabbers like them know that this type of labor is challenging and changing - not for the better.

Though a widely popular motif along the North Carolina coast, blue crab populations are in a slow decline.

There is not an absolute reason why the blue crab population is in decline; however, there are several ecological factors that play a role in it.

The one most crabbers and researchers can agree on is water quality. Paul and Dr. David Eggleston with NC State University both say this is a large issue for blue crabs in North Carolina.

Eggleston is an Alumni Distinguished Undergraduate Professor at NC State University, and also serves as Director of NC State's marine laboratory, the Center for Marine Sciences and Technology (CMAST), located in Morehead City. He leads the Marine Ecology and Conservation program at NC State University, where his research spans fisheries ecology, habitat restoration, conservation biology, deep sea biology, detecting ecological impacts, behavioral ecology, population dynamics and modeling, and marine science education, according to the university. He has conducted basic and applied marine research since 1985.

"What we're seeing in North Carolina is called the lesser blue crab," Eggleston said. This is a different species than the blue crab most people think of which is *Callinectes sapidus*. Lesser blue crabs (*Callinectes similis*) have a violet hue on their legs and carapace - the shell on the back of the crab that is made of hard bone. *Similis* is smaller than *sapidus*. For a crabber, this is an important distinction



There is not a definite reason why blue crab populations are declining; however, crabbers and researchers can agree that negative changes in water quality have made a sizable impact.

because lesser blue crabs have less meat than the widely known species.

Eggleston and other researchers are observing an increase in lesser blue crab populations in North Carolina waters. "We think that it has to do with the fact that we see this general tropicalization of our estuary here in North Carolina. We're seeing more tropical, subtropical species showing up. Lesser blue crabs (*Callinectes similis*) is one of those species."

Similis is restricted to warmer water and higher salinities whereas *sapidus* can survive in a wide range of salinities from the ocean to near fresh water levels.

The amount of oxygen in water is just as important as its salinity. Crabs will move in and out of waterways based on the amount of oxygen present. Crabs will move out of waterways that have less oxygen in favor of waterways that have more. Eggleston believes oxygen levels are a "piece of the puzzle" as to why populations are down in North Carolina, but doesn't believe it's one of the "main

drivers."

Paul shared that when he began crabbing with his father, there were "more crabs" compared to now. "I fault a lot of that for the water quality."

"When I was young, seaweed, water grass was from the bank out probably 200 yards off shore. Now, there's none. It's gone," Paul said. He speculates that runoff is to blame for changing the water quality.

"I think if they could figure out how to get the grass to come back in the river, it would help the river more than anything in the world because it gives the little crabs somewhere to hide. Now, they have nowhere," he continued.

Eggleston shared that more tropical and subtropical seagrass species have started growing in North Carolina waters. Researchers are conducting studies on how these new seagrass species are affecting blue crabs.

"Work in the Chesapeake Bay has shown that the new seagrass species that's moving north really provides a similar refuge capacity

for blue crabs,” Eggleston said. This is compared to native seagrass species whose presence has declined in recent years.

Could oxygen and native seagrass species be added to inlets and rivers to improve blue crabs’ natural habitat?

Eggleston says no and maybe. No to adding oxygen to the water, but maybe to planting native seagrass species.

“No, I don’t think it’s feasible to add oxygen to the water,” he said. Low oxygen levels are attributed to nutrient enrichment. In other words, runoff from the land is contributing to lower oxygen levels in water. “If we follow best management practices with respect to land use and its potential impact on water quality - that’s probably one of the best ways to improve water quality.”

If implemented, this could look like improved, specific farming practices that reduce nutrient runoff, overseeing greater security of hog farm lagoons and planting bushes and trees that would line the waterfront to help filter the runoff of nutrients before it gets to the water.

In talking about planting sea grass, Eggleston referred to successful work being done in Chesapeake Bay on seagrass restoration. “Seagrass restoration is a viable alternative. It’s not easy. You can easily plant a bunch of grass and then have a storm come through and uproot it all.”

Eggleston and researchers have documented an influx of stone crab in North Carolina over the last 12 years. Stone crabs are native to the Atlantic and Gulf coasts, but in the last 12 years they have migrated north to North Carolina and have become well established in the Pamlico Sound. Populations of stone crabs are as dense in the Pamlico Sound as they were in the Florida and the panhandle of Florida.

Some North Carolina crabbers, in an effort to maintain their jobs, have shifted to harvesting stone crabs from inlets in addition to harvesting blue crabs.

Since 2012, blue crab harvests have precipitously declined. In 2022, North Carolina saw the lowest blue crab harvest at 9.5 million pounds. This was 26% lower



Payon shakes out crabs from a crab pot then separates them by size. Any crab less than five inches from spike to spike across the back, other than mature female crabs, cannot be kept.

than the year before and 73% lower than the 36-year average. Conversely, the highest blue crab harvest in North Carolina’s history was 67.1 million pounds in 1996, according to the North Carolina Division of Marine Fisheries’ Blue Crab Management Plan.

When asked if there is a possibility that local crabbers will have to adjust to catching stone crab and lesser blue crab, Eggleston is unsure. More monitoring will need to be done before that can be answered. “I’d hate to think we’re going to transition away from *Callinectes sapidus* and not be able to support a commercial fishery.”

Eggleston’s ideas on how to maintain the *sapidus* species is to continue a ban on harvesting egg-bearing females, but also put a pause on catching mature female crabs for a while.

“Female blue crabs don’t have as much meat on them as Jumbo Jimmy male blue crabs. Economically, it’s not as big of an impact to not harvest females compared to not harvesting males,” he said.

When asked about the future of crabbing, Paul said he’s unsure if crabbing will exist many years from now. “If everything keeps

going up, it’s probably going to outprice itself.”

When asked how much money a person would have to save if they wanted to start crabbing as a source of income, both Paul and Payon let out a long sigh.

Paul began calculating and speculating the cost to start crabbing. A single crab pot is about \$60, a boat motor is about \$8,000, the cost of a boat varies but cheapest prices are around \$45,000. “All of this for the summer - what are you going to do in the winter,” Paul added. Payon believes a person would need to save a minimum amount of \$100,00 before crabbing.

“I don’t recommend it for any young guy anymore,” Paul said, because crabbing is not a year-round job. The crabbing season begins either in late spring or early summer and continues until September. Paul’s crab season starts in around March and goes through September. Paul and Payon are on the water Monday through Friday and sometimes on Saturday.

He and Payon agree that Payon’s eldest son should go to college instead of following in their footsteps.

“My youngin’s going to college,” Payon said. “He’s not going to do this.”



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GO LOCAL

Homemade, homegrown — it's what's for dinner

FOOD PREP, PHOTOGRAPHS AND STORY BY **VAIL STEWART RUMLEY**



Tomatoes, cucumbers, green beans. Watermelon, salad greens, potatoes. Come summertime, those backyard crops planted diligently in spring are abundant with homegrown bounty. Blueberry bushes are bursting with fruit, and fields are tall with row after row of sweet corn ready to be harvested. Down the river, pots hung from piers overflow with one of the Pamlico's greatest gifts: blue crab.

These homegrown goods can be found at the Harbor District Market in downtown Washington, at Southside Farms, Griffin's Farm Market, Petals & Produce, Deep Roots, at pop-up markets on the side of country roads. There's no lack of places where locally grown is a given — just as it's a given that some of Beaufort County's best cooks have taken advantage of the season, and a well-tended garden, to bring us some classic, and classically delicious, dishes.

Fresh corn cut from the cob adds a burst of flavor to Janna Shelton's Cornbread Casserole, and Helen Myers' Garden Fresh Cucumbers are just the thing to cool you down on a hot summer's day. Joe Peele's recipe for Crab Cakes makes it worth the crab-picking effort, and no summer gathering is complete without that Southern staple — Tomato Pie. Alva Douglas' recipe delivers the deliciousness.

Whether purchased from a local farmer's market or picked from the garden out back, what's locally grown is always the best ingredient for your scrumptious summer spreads. Enjoy!



CRAB CAKES

Recipe by Joe Peele

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

2 slices of bread, crusts removed; 2 tablespoons mayonnaise; 2 teaspoons Old Bay Seasoning; 2 teaspoons parsley flakes; 1/2 teaspoon prepared yellow mustard; 1 egg, beaten; 1 pound cooked crab meat.

Break bread into small pieces. Mix mayonnaise, Old Bay, parsley, mustard and egg. Stir in crab meat. Broil in butter until each side is browned.

***Cook's note: I substituted Dijon mustard for the yellow mustard and served with a remoulade — yum!*

HONEY GRILLED CHICKEN BREAST

Recipe by Peggy Williams

"Heavenly Treasures," Hodges Chapel PH Church, Chocowinity

1/4 cup orange juice; 3 tablespoons honey; 2 tablespoons lemon juice; 2 tablespoons soy sauce; 1 tablespoon ginger (peeled and minced); 1 tablespoon minced garlic in a jar; 6 boneless, skinless chicken breast halves; salt to taste; coarse ground pepper to taste.

Combine all marinade ingredients in a large bowl. Add chicken breasts poked full of holes with a fork. Turn meat over and over in marinade to coat well. Transfer meat and marinade to a plastic zip-top bag. Seal and make sure the meat is laying flat in the bag with the marinade over it. Marinade at least four hours in the refrigerator, turning several times. Bring to room temperature before grilling. Grill 3 inches from heat source for four to five minutes per side or until meat temperature reaches 160 degrees. Remove to platter and let stand five minutes before serving.

CORNBREAD CASSEROLE

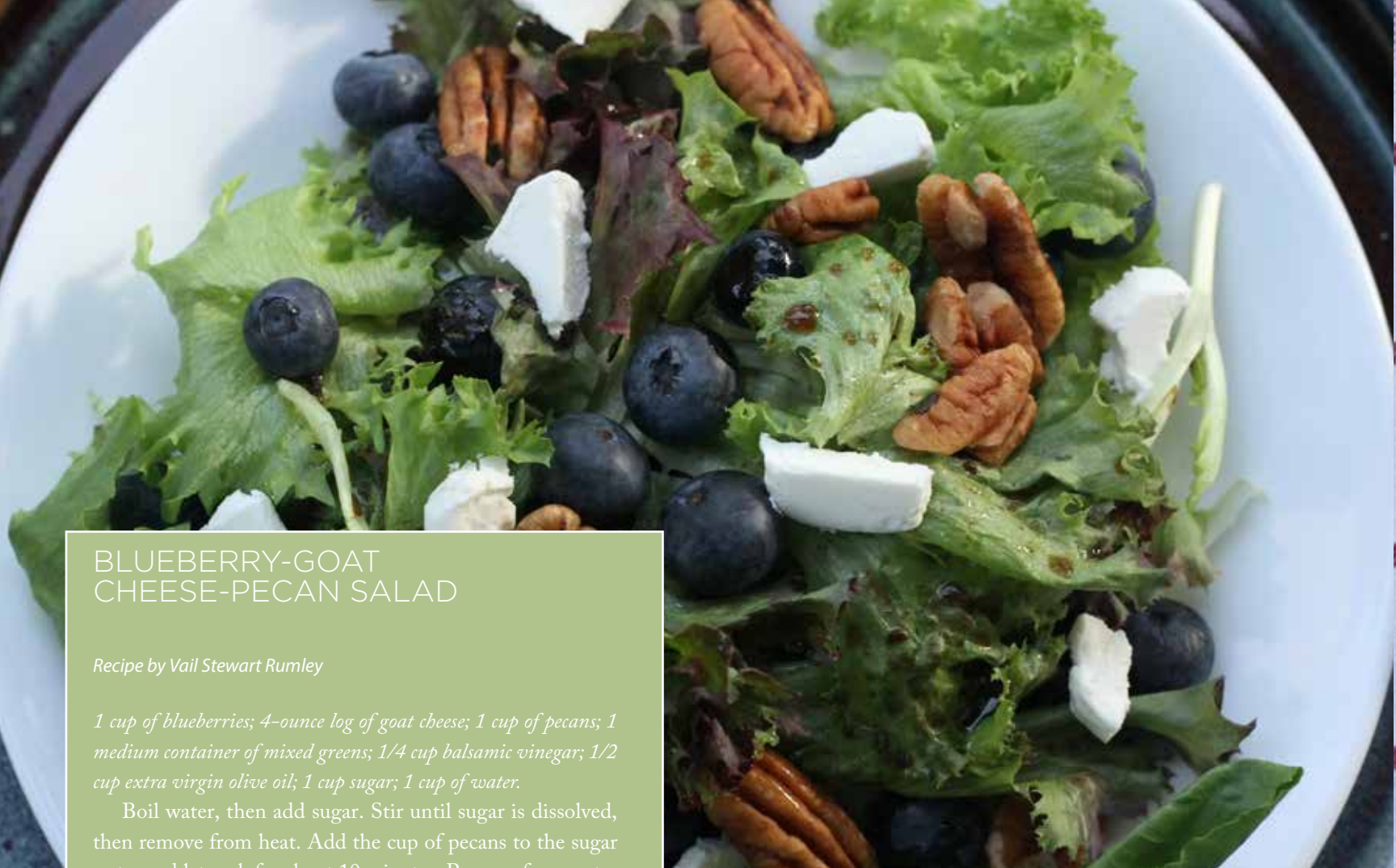
Recipe by Janna Shelton

"Asbury's Olde Tyme, Good Time Recipes II," Asbury United Methodist Church, Washington

1 can creamed corn; 1 can whole kernel corn; 1 box Jiffy corn muffin mix; 2 eggs, beaten, 1 stick butter, melted; 8 ounces sour cream.

Grease a 9-by-13-inch pan and bake at 350 degrees for 35 minutes.

***Cook's note: three ears' worth of kernels equals a can of whole kernel corn — using fresh corn really adds a tasty pop to this recipe!*



BLUEBERRY-GOAT CHEESE-PECAN SALAD

Recipe by Vail Stewart Rumley

1 cup of blueberries; 4-ounce log of goat cheese; 1 cup of pecans; 1 medium container of mixed greens; 1/4 cup balsamic vinegar; 1/2 cup extra virgin olive oil; 1 cup sugar; 1 cup of water.

Boil water, then add sugar. Stir until sugar is dissolved, then remove from heat. Add the cup of pecans to the sugar water and let soak for about 10 minutes. Remove from water and place on a parchment paper-covered baking sheet. Bake for 10 minutes at 350 degrees. Let cool.

Let goat cheese chill in the freezer while whisking oil and vinegar together. Combine mixed greens, blueberries and pecans, then cut the goat cheese into small pieces and add to the salad. Toss with the oil and vinegar.

BLUEBERRY NUT CAKE

Recipe by Fannie Jones

"Favorite Recipes," St. Clair's Church of Christ, Bath

1 (15 1/2 ounce) can crushed pineapple; 3 cups blueberries; 3/4 cup sugar; 1 box yellow cake mix; 1/2 cup melted butter; 1 cup chopped pecans; 1/4 cup sugar.

Spread pineapple and blueberries in bottom of a 9-by-13-inch cake pan. Sprinkle sugar over blueberries. Spread dry cake mix over top of fruit. Spread melted butter over dry cake mix. Sprinkle pecans over top. Sprinkle sugar over pecans. Bake 30 to 40 minutes at 350 degrees. Makes 15 large serving





TOMATO PIE

Recipe by Alva Douglas
"Plate & Palette," Arts of the Pamlico, Washington

1 (9-inch) deep dish pie shell, pre-baked for 5 minutes; 5 large tomatoes, peeled and sliced thick; 1/2 teaspoon salt; 1/2 teaspoon pepper; 3 teaspoons dried basil; garlic powder to taste; 3/4 cup mayonnaise; 1 1/4 cup grated cheddar cheese.

Layer tomatoes in pie shell. Combine salt, pepper, basil and garlic powder, and sprinkle each layer with the combination. Mix mayonnaise and cheese and spread over tomatoes. Bake at 350 degrees for 35 minutes. Check crust and cover edge with foil if getting too brown. Set 5 minutes before serving.

***Cook's note: I substituted 10 leaves of chopped fresh basil for the dried basil, and used 1 cup cheddar, 1 cup grated mozzarella and topped with grated parmesan — delicious!*

ROASTED POTATOES

Recipes by Vail Stewart Rumley

2 pounds of potatoes; 2 tablespoons olive oil; 2 tablespoons fresh rosemary, chopped; 2 tablespoons fresh thyme, chopped; salt, pepper.

Wash, pat dry, then chop potatoes into 1-inch pieces. Place on a baking sheet and drizzle with olive oil; sprinkle with rosemary, thyme, salt and pepper. Bake at 350 degree for 30 minutes or until potatoes look done to you.

***Cook's note: this is a super-easy recipe I make with thyme and rosemary grown in my yard. These potatoes go great with steak on the grill!*

GARDEN FRESH CUCUMBERS

Recipe by Helen Myers
"Welkom, Terra Ceia Cookbook," Terra Ceia Christian School, Terra Ceia

1/2 cup vinegar; 1 tablespoon lemon juice; 1 teaspoon celery seed; 1 tablespoons sugar; 3/4 teaspoon salt; 1/8 teaspoon pepper; 2 tablespoons chopped onion; 3 cups sliced, peeled cucumbers; chopped parsley (optional)

Combine vinegar, lemon juice, celery seed, sugar, salt, pepper and onion. Pour over cucumbers. Chill thoroughly. Serve topped with parsley, if desired. Makes 3 cups.

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Coastal lighthouses to explore in North Carolina

FROM VISIT NORTH CAROLINA

A total of seven coastal lighthouses dot North Carolina's shoreline from the Outer Banks to the Brunswick Islands. Though long ago they protected adventurers from our treacherous shores, today they draw visitors for some of the most incredible views you'll ever see.



Currituck Beach Lighthouse Corolla

Currituck Beach Light Station on the northern Outer Banks has protected North Carolina's shores since 1875. Made of roughly 1 million red bricks, this active lighthouse's exterior differs from a more common black-and-white color scheme to the south.

Climb it: mid-March through December

Website: <https://www.visitcurrituck.com/places/currituck-beach-light-house>

Call: 252-453-4939

Directions: Currituck Beach Lighthouse, 1101 Corolla Village Rd, Corolla, NC 27927



Bodie Island Lighthouse Nags Head

Continuing southbound on NC Highway 12 through Kitty Hawk and Nags Head, you'll reach Cape Hatteras National Seashore. At the entrance of

this protected area is Bodie Island Lighthouse (pronounced "body"). Today's structure is the third lighthouse to stand on this site. Take the 214-step trip to the top, then explore the lighthouse museum and bookshop in the former keeper's quarters.

Climb it: mid-April through mid-October

Website: <https://www.nps.gov/caha/planyourvisit/bils.htm>

Call: 252-473-2111

Directions: Bodie Island Lighthouse, 8210 Bodie Island Lighthouse Rd, Nags Head, NC 27959



Cape Hatteras Lighthouse Buxton

Moving farther south through the Cape Hatteras National Seashore, you'll come to Buxton, home of Cape Hatteras Lighthouse. As the nation's tallest and

most recognizable lighthouse, it's commonly referred to as "America's Lighthouse" and was completed in 1870. Please note: The lighthouse is currently closed for climbing due to ongoing restoration efforts.

Website: <https://www.nps.gov/caha/planyourvisit/chls.htm>

Call: 252-473-2111

Ocracoke Lighthouse Ocracoke

To reach the oldest still-operating lighthouse in North Carolina, you can take a free ferry from Hatteras to Ocracoke Island. The whitewashed lighthouse is the nation's second oldest still-active facility. The village is steeped in history, only accessible by water or



air and was once a safe haven for the infamous pirate Blackbeard.

Website: <https://www.nps.gov/caha/planyourvisit/ols.htm>

Call: 252-473-2111

Directions: Ocracoke Lighthouse,

360 Lighthouse Rd, Ocracoke, NC 27960



Cape Lookout Lighthouse Harkers Island

The Cape Lookout Lighthouse is most recognized for its large black-and-white diamond design. Originally rejected by 19th-century mariners, the

structure was later used as the model for future Outer Banks lighthouses. It's the southernmost lighthouse on the Crystal Coast along the Outer Banks and is only accessible by private boat or ferry. Though the lighthouse is undergoing extensive renovations through 2025 and is currently closed to climbers, you can still admire it from the base.

Website: <https://www.crystalcoastnc.org/communities/cape-lookout>

Call: 252-728-2250

Directions: Cape Lookout Lighthouse, 1800 Island Rd, Harkers Island, NC 28531



Oak Island Lighthouse
Caswell Beach

If you travel south of the Outer Banks to the Brunswick Islands beaches, you can cross onto Oak Island to see the Oak Island Lighthouse. With a light that can be seen for 16 miles, this lighthouse is one of the world's most powerful.

The area is open to the public, but it's best to call ahead to arrange your 131-step ascent up a series of ships ladders to the gallery level.

Climb it: All year on select days by appointment

Website: <https://www.oakislandlighthouse.org>

Directions: Oak Island Lighthouse, 300a Caswell Beach Rd, Oak Island, NC 28465



Old Baldy Lighthouse
Bald Head Island

North Carolina's southernmost lighthouse is visible from Oak Island. Return to the mainland and head to Southport where you can take the ferry to Bald Head Island. Similar to Ocracoke, Bald Head is only accessible by water or air. Old Baldy's appearance is a result of decades of patchwork repair and its 200-plus years of existence. Climb to the top of its 108 steps to take in the view and explore the restored keeper's cottage on the property.

Climb it: March through December, Tuesday-Saturday 9-5

Website: <https://www.oldbaldy.org>

Call: 910-457-7481

Directions: Old Baldy Lighthouse and Smith Island Museum, 101 Light House Wynd, Bald Head Island, NC 28461

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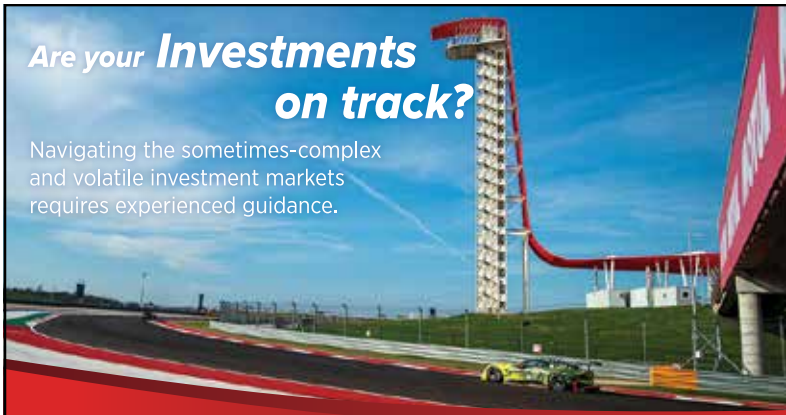
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Summer Fun on the Pamlico

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

Summer fishing can be both tough and rewarding. The summer heat warms our water to extreme temperatures. Most summer water temps range from the upper seventies to as high as the low nineties. Certain species of fish can become tougher to catch and just downright stressed from the heat. Just like us, they seek refuge in cooler temperatures. Following just a few important tips can greatly increase your success rate during the heat of the summer.

The most important tip is the timing of your fishing during the day. Fish as early as you can possibly get out on the water and if you are not a morning person, enjoy the cooler temperatures of the late afternoon and dusk. Fishing at sunrise and at sunset can be a beautiful experience and is typically the best time to fish in the summer, as the fish are actively feeding during these hours.

Another important suggestion for summer fishing success is to use live bait. While many fish can be caught on artificial baits throughout the summer, some fish, particularly larger more lethargic fish that might otherwise refuse an artificial imitation of their natural food, will gladly enjoy the live, natural version. I guess for humans the contrast could be compared to a hamburger. Would you prefer a juicy hand-pressed beef patty fresh off the grill or a frozen patty heated up in the microwave? My vote is for choice number one, and in this case, fish are not much different than us.

Some popular live baits for summer fishing are mud minnows, finger mullet, menhaden, shrimp, croaker, spot, and pinfish. All these baits have their strengths and weaknesses. Finger mullet is perhaps



Jim McClure from Cedar Point, NC with a summer giant 26" Pamlico Sound speckled trout, his personal best.

the most popular of all these and can be caught in a cast net with relative ease. Learning the art of cast net fishing is not as difficult as most people think. Just YouTube it, and you will see many videos on how to throw one. Pick the way that is quickest and easiest for you and practice in your yard. You should be able to "pancake" it in just a few throws.

Most live baits are fished along the bottom on a weighted "Carolina Rig", freelined in the mid-water column with no weight, or fished near the surface under a cork or bobber. Incorporating all three of these strategies in deeper water is an

excellent way to prospect the water column for fish. Due to the abundance of shallow water habitat (less than 5-6 feet) in the Pamlico, most anglers fish a live bait under a cork.

Follow these simple tips, and you'll be well on your way to summer fishing success. If you would feel more confident with an "on-the-water" lesson, then I suggest you contact us to schedule a summer fishing charter. We can show you a great learning experience and whole bunch of fun.

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

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Planning a safe and enjoyable brewery tour downtown

BY HOLLY JACKSON



It wasn't too long ago that it seemed a new craft brewery opened just about every month. Even though the industry is past its peak in terms of new breweries, the demand for locally produced craft beers remains high. There were 9,500 breweries in the United States in 2021, and openings outpaced closings, according to the Brewers Association.

As of 2023, there are approximately 430 breweries in North Carolina, according to Justin Nolan with UNC Environmental Finance Center. This has led to an estimated 75,000 new jobs and has contributed \$12.8 billion to the state's economy.

With so much interest in locally produced beers, a local brewery tour can be the perfect way for people to enjoy an afternoon or evening. Here's how to make a brewery tour in Washington fun and safe.

Because there are only two breweries in Washington - Pitt Street on the Pamlico and Two Rivers Alehouse - it's easy to visit both in one evening. They are located within walking distance on West Main Street. Pitt Street on the Pamlico boasts views of the Pamlico River while Two Rivers is in the middle of the social scene on Main Street.

When visiting small breweries, it's important to check if they offer food service along with their beer. Two Rivers Alehouse has a menu of dips, meat and cheese planks, nachos and snacks like pimento cheese and hummus with a side of pita points. Soon, Pitt Street on the Pamlico will have a pizza company open next door called Haven's Mill Pizza Co. Pitt



Street partners with area food trucks to offer customers a variety of options.

The best way to get to know a brewery's selections is by ordering a flight. A flight is a sampling of the different beers a brewery produces. A flight, sometimes referred to as a beer board, includes three- to five-ounce servings of different types of beers. Rather than playing it safe and only ordering your favorite type of beer, a flight can help you step out of your comfort zone.

No matter if you're visiting one or more than one brewery, it's important to pace yourself and drink plenty of water. Too, leave ample time between each visit to mingle, ask questions and tour the facilities if the owners allow visitors to view the equipment. You can speak with the brewer to find out which beers they recommend and what makes the brewery unique. It can be interesting to learn about the



backstory of either Pitt Street on the Pamlico or Two Rivers.

Whenever drinking is involved, it's best to let a sober party do the driving. Consider taking a ride share or hiring a party van to take you to the locations so that there is no risk of driving under the influence.



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ROOTED IN THE LAND

Washington is ideal place to grow

BY MELINDA ARNOLD

There are lots of things to love about Washington. Certainly everyone can agree that geographically it's very well placed. Within single digit minutes you can go from shops, restaurants, and boats on the Pamlico, to crops, wildlife and tractors in a wheat field. Whether you are watching a sunset on the water or over a tree line, both are beautiful and we are fortunate to have the option.

For farmers and most workers in the agricultural industry, the connection to God's land is passed on through generations. It's not just in your blood, it is taught to you to be valued. We see things that are overlooked, and in the quiet we hear things that are taken for granted.

Both of my grandfathers were farmers right here in Washington. My mother's father was a produce farmer and serviced local grocery stores with fresh vegetables. My dad's father was a tobacco farmer and me and my two brothers were raised on that farm where they both still live. We had the best upbringing and were blessed beyond what our childhood minds could have appreciated. I married a farmer and we have raised our two children on a multi-generational farm. They fully understand that it is a gift!

I could tell you about my favorite places to eat in Washington and my favorite people to see. And I could tell you about my favorite shops and drives to take and places to go. But you already know them and you have your own favorites. The diversity of Washington is also very well balanced. Not too much of



anything and just enough of everything for everyone to find something that makes them happy. I love that about Washington.

What I love most about Washington is that it is my home! It was my grandparents' home and my parents' home, and it will always be my children's home. Everyone has one I know, but to me my hometown is simply the place where I am happy. I am always excited to visit other places, but on our farm in Washington is where I am grounded. It is where I feel connected and safe and most

comfortable. Washington is where my family has been and where they will be, and that is why I love Washington.

Our son is the son of a third generation farmer and he too is a farmer. I love that! And as our daughter affectionately says, "I'm from Washington NC, the first town named after George! The original!" I love that too! In twenty years when they are asked what they love most about Washington, they will say, "I love that Washington is my home." It is a gift.



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