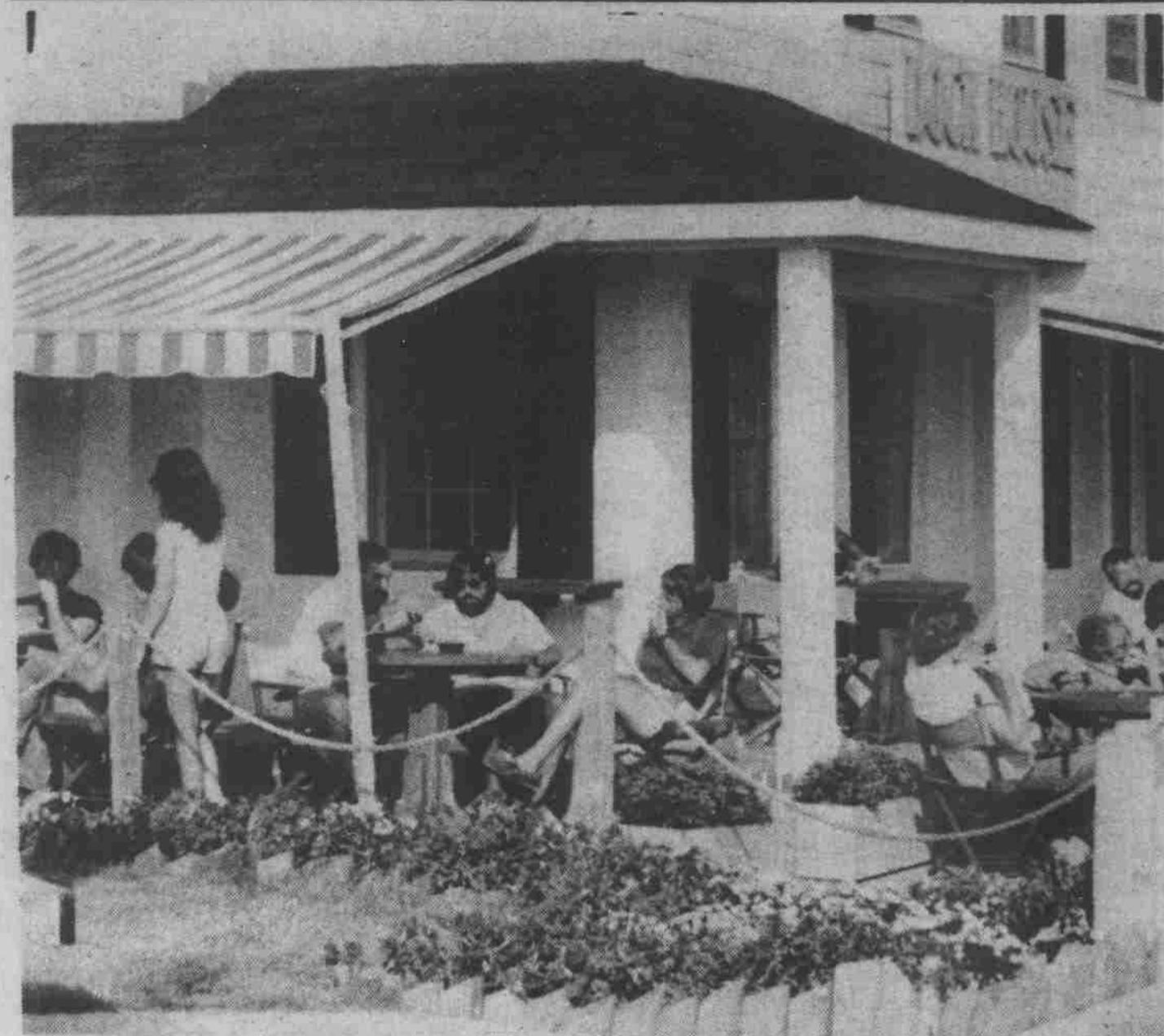


in focus: the beach



The Dock House in Beaufort
... a waterfront sandwich shop

Photo by Bayard Taylor

Surfing: Unique sport provides challenge and excitement

By Jay Stewart

At beaches all over the world kids of all ages are grabbing their surfboards and heading for the waves.

One of the most popular ocean sports, surfing challenges the individual. As one Emerald Isle surfer, Steve King, said, "Surfing is definitely more challenging than any other sport."

Surfing is challenging because of the small margin of error involved in the technique, King says. "When you see a wave coming, you have to position yourself and get ready for the take-off."

"As the wave gets to you, you either catch the wave or you don't. If you catch the wave you have about two or three seconds to 'get-up' on the board. During those few seconds you either stand up or you fall."

"You have to be at the right spot of the board, and you have to be on the right spot on the wave."

"If you can fulfill these requirements you'll be on the wave and riding. However, if everything doesn't go just right you end up completely at the mercy of the wave, hoping that Mother Ocean will take it easy on you this time."

Another reason the sport is appealing seems to be the sensation it offers the rider. An Emerald Isle surfer describes the feeling of riding a wave as an effortless fluid motion. "It's like you sort of become one with the wave. It feels as though every nerve in your body is standing on edge and yet at the same time it's very relaxing. It's definitely a breath-taking adrenaline rush."

'It's like you sort of become one with the wave. It feels as though every nerve in your body is standing on edge and yet at the same time it's very relaxing. It's definitely a breath-taking adrenaline rush.'

—an Emerald Isle surfer

Surfing is comparable to snowskiing as far as the enjoyable sensation of motion goes. However, surfing is less of a physical strain on the knees and ankles, and it's also a lot easier on your body when you wipe-out in water, as compared to earth and ice. Many surfers believe that this reduced strain is one of the enjoyable advantages to surfing.

Assuming that the person surfing knows how to swim and enjoys the ocean, wiping-out in itself can be fun. As one surfer observes, taking off on an eight to 10 foot wave and looking down the face is sort of like being on a high diving board that's moving towards shore. After you conquer the fear and absolute dismay at the awesome power of the wave it's really very fun.

Another attractive element of the sport of course is the actual physical surroundings (i.e. the ocean). As King says, "Being at the beach when the waves are big is such an exhilarating experience both physically and mentally. Physically it is exhilarating because swimming in big waves is like being in a giant sauna. It's really good for the muscle tone. Mentally it is just a pleasurable experience to sit and watch in awe the raw power and beauty of Mother Nature."

Many surfers consider surfing to be an art as well as a sport. Once the physical techniques are conquered the door is open for innovative, individual styles. As in any other sport surfing depends on the individual's personality and creativity.

Professional surfers may be compared to professional ballet dancers in that muscle tone, timing and the coordination of the surfer determine his individual performance.

Physically, surfing requires mostly upper-body strength and an acute sense of balance. Endurance and stamina are also necessary because of the tremendous amount of paddling that is done between each ride. Most surfers, however, find that each ride seems to re-energize their strength.

"It's really sort of odd, but many times when I've been to the point of total exhaustion and then 'got' a good wave by the time I get through riding the wave I feel completely recharged," King said. "It's as though some of the power from the wave actually absorbs into me and really does increase my physical strength."

Surfing is a unique sport. It usually takes most people two to three months of practice, determination, and patience just to learn the basics, and it takes more like two to three years for a person to learn all the "ins and outs" of the sport.

One tired and frustrated beginner said, "Surfing is one of the most difficult things I have ever tried. It seems like I'll never learn. I just wish I could ride one big wave to see how it feels, but it is fun just being in the water."

So to all of you beginners out there . . . be sure to keep your head above water and your fingers crossed. And maybe King Neptune will bless you with one of the most exciting times of your life.

Beaufort: Past and present blend to create charm

By Sarah West

If you're taking a trip to the coast next weekend, you might want to stop in Beaufort. The third oldest town in North Carolina, Beaufort is hosting its 24th annual Homes Tour of Old Beaufort Friday and Saturday, June 27th and 28th.

The homes tour, sponsored by the Beaufort Historical Association, offers a multitude of interesting and entertaining events. In addition to the tour itself, there will be wooden boat races, folk music, a pirate invasion reenactment and an original musical, *Love, Goodwill and Affection*.

The 1980 Antique Show and Sale will also be held June 26-28. Information on all events is available at the association's headquarters in the Josiah Bell House on Turner Street.

Aside from all these events, the town itself is a great place to spend a day. The pace is leisurely, and both the residential and downtown areas are charming. Unlike many historical restorations, which turn into commercialized tourist havens, Beaufort has managed to retain an unpretentious, small town atmosphere. Its lack of pretension seems to be an intrinsic part of the town's personality.

"Beaufort has always been a modest town," Beaufort attorney Nelson Taylor says. "It lacks the history of Williamsburg—no one here had that much money. The town has had to pull itself up by its bootstraps."

Taylor is referring to Beaufort's past and to its present as well. Beaufort, founded in 1713, is a small seaport whose residents traditionally depended on the sea for their livelihood.

Beaufort's present citizens have continued to fulfill this tradition of self-sufficiency in their efforts to restore and revitalize their town. Unlike the restoration of Williamsburg, which was funded largely by the Rockefeller Foundation, Beaufort's restoration project has been accomplished almost entirely without benefit of grants or subsidies. Credit is due, rather, to the dedicated members of the Beaufort Historical Association.

"Everything we do is privately funded," says Linda Dossett of the association's publicity committee. "We're not subsidized by anyone." Money is raised through activities such as bake sales, auctions and luncheons, and from membership dues.

Dossett credits the current president of the historical association, Kathryn Cloud, with providing much of the impetus for the group's activities. Dossett, although she has lived in Beaufort only eighteen months, also is devoted to the project.

Taylor said that he had found the Association to be a unifying force for the town.

The historical association got its start about 25 years ago when a small group of people, realizing the value of their homes, became interested in researching and restoring them.

Taylor credits the people working for the Duke Marine Lab with initiating the interest in restoration.

"A few years ago, everybody was dying to get out of these old homes because they're so hard to

maintain," Taylor says. Then the people started buying and restoring some of the in town."

After that, Taylor says, everyone began to have an interest in researching their own homes. Some were awarded to those homes that were as being over 100 year old. Beaufort has a dating back to pre-Revolutionary days, more than 100 which are of pre-Civil War of Dossett says.

Most of the homes displaying plaques the historical association are private. However, the association does maintain a complex of restored buildings. This includes the Joseph Bell house 1867, the house circa 1825, the Carteret County Courthouse 1796, an apothecary shop, an art gallery, Carteret County jail and the old burying ground.

Most of these buildings have been acquired by the association in the past five years.

Each building in the complex has a room assigned to it, Dossett says. These rooms are responsible for researching the buildings and deciding what type of furnishings would be for it.

"Unfortunately, we don't have much furniture which is original to the buildings. The furniture is of the correct period," Dossett says.

Most of the furniture has been donated, says, and the rest is purchased with funds from the association.

Architecturally, many of the houses reflect its early history. One of the princ-



Staff photo by Sharon Clarke



Beach Imagery

Images of the beach . . . (counterclockwise from the bottom right) North Carolinians hit the beach as summer arrives. Picking up shells, walking along the shore, sunbathing and pier fishing remain favorite activities . . . Charter boats for deep-sea fishing line the dock outside The Sanitary Fish Market in Morehead City . . . Pier at Ocracoke ferry looms under the moonlight.

