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SINBAD'S SPOUTER INN is a tucked-away little restaurant next door to the Harborside Clinic on Beaufort's Front St. You enter it under a whale-shaped sign and walk back through a narrow hallway to a small and comfortable little room with ceiling fans and big round tables, beyond which is a splendid dock with umbrella tables; Sinbad and his family live on a boat that's tied up out there.

You go to a window in the wall to order, and the menu is printed on black-boards. The names of the "Infamous" sandwiches are intriguing. There's the Islander, a pocket of pita bread stuffed with avocados, tomatoes, Swiss cheese, cucumbers, lettuce, and I think, mayonnaise. Then there's the lonitor, with albacore (tuna, that is), alfalfa sprouts, and tomatoes on a toasted whole wheat muffin. The things to drink are unlikely sounding but good: nectarel, a bottled "all natural beverage", containing fruit, herbs, and honey, and lemonade, either "natural squoze" or with honey, as well as beer and iced tea and a whole list of others. We didn't try the One Eyed Terrible (pastrami, corned beef, cheese, and peppers) or the Otway Burns (of course, there had to be an Otway Burns in Beaufort), but they both looked tempting, as did the Cape Horn Special and the Hatchway, not to mention the Sinbad Salad. Well, it's a lot of fun at Sinbad's. Beaufort needs it. Stop in and enjoy; hours are 10-6 Monday through Wednesday, 10 - 10 Thursday through Saturday, and 1 - 6 on Sunday.

COY BROWN is the new golf pro at Bogue Banks Country Club, and he's brought a lot of experience with him. Nost recently he was pro at Echo Farms Country Club in Wilmington; before that he was active in opening up clubs in Kitty Hawk: first Duckwood and then Seascape. Already he is teaching golf clinics here as well as giving private lessons.

The Browns are living temporarily in Country Club Apartments in Morehead City while they search out a house nearer Bogue Banks. HELEN BROWN, says Coy, has been in real estate in other communities, but he hopes she will take some time off from that to help him around the club, and play some golf as well. Their daughter, Lisa, is in summer school at UNC before beginning her sophomore year there. Coy says that between golf lessons he wants to do some fishing, but right now he's pretty busy getting things started up in the pro shop.

ON LOBLOLLY is a new resident named MARY HOEY. Mary has lived in Pine Knoll Townes and also on Willow Road in the past, but comes to PKS this time directly from Country Club Apartments. She worked at Town and Country in the Morehead Plaza, but plans now to go back to school for some art training - mostly painting. Her flair for the creative shows up in an enormous piece of driftwood that stands magnificently in her living room. She found it on Cedar Island, borrowed an ax from a fisherman, and just chopped and dug until she got it out, then dragged it home. She keeps it sort of decorated with unusual shells that she finds, and it is truly a treasure. With Mary are her two dogs, Lulu, a black cocker, and Chief, a Norwegian Elkhound, both waggily friendly and companionable.