

At the Aquarium

In addition to the rescue and rehabilitation of sea turtles funds were solicited and given by generous donors and supporters to purchase food, supplies and medicine for rescued sea turtles.

In 2016 the aquarium will celebrate its 40th anniversary with new exhibits and the welcome addition of 10 new staff positions, bringing the present staff to 55. Even with this needed increase in personnel, trained volunteers are ever more essential to help cover all of the critical care and daily maintenance jobs, onsite educational offerings and community outreach activities.

New endeavors for this anniversary year include working with families and their children to focus on keeping our environment clean and making conservation of our natural resources a family priority. Families and their children are asked to commit a day when they refrain from using disposable plastics. The new Beach Keepers program will address conservation problems and solutions, as will the new sea turtle exhibit.

To inspire children and, through them, their parents and grandparents, the aquarium has developed an innovative children's program using an animated loggerhead turtle character named Caretta. In a specially designed aquarium corner with a staff/volunteer-painted background and floating sea creatures crafted by surfboard artist Craig Gurganus, the animated loggerhead turtle Caretta will speak to the seated children on the proper care and preservation of our environment. The goal is for the children in turn to influence others, especially their siblings and parents, in this regard.

The number of staff, volunteers, equipment and supplies needed to keep the NC Aquarium at Pine Knoll Shores expertly running is impressive, as is the actual amount of work this endeavor requires. Perhaps you will see things in this light the next time you visit the aquarium—and maybe consider being one of their new volunteers.

Pine Knoll Shores is fortunate to have this wonderful resource in our community.

From the Neighbor's Kitchen

Sun-Dried Tomato, Spinach and Quinoa Salad

Submitted by Mary Battista



A great side or meatless main dish, this recipe will make a quinoa fan out of even the biggest skeptic.

Salad Ingredients

- 1 cup quinoa, rinsed in a fine-mesh colander
- 1/4 cup oil-packed sun-dried tomatoes, drained and chopped
- 2 cups roughly chopped fresh spinach or arugula
- 1/3 cup sliced almonds
- 1/4 teaspoon olive oil
- Salt, to taste

Lemon Dressing Ingredients

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, pressed or minced
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste

Directions

1. Cook the quinoa. Combine the rinsed quinoa and 2 cups water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, which gives it time to fluff up.
2. Meanwhile, prepare the dressing. Whisk together the olive oil, lemon juice, garlic, mustard, salt and red pepper flakes. Season to taste with freshly ground black pepper.
3. Toast the almonds. Warm 1/4 teaspoon olive oil in a small skillet over medium heat until shimmering. Add the almonds and a dash of salt and cook, stirring frequently (beware, these burn quickly) until they are golden and fragrant. Transfer the toasted almonds to a medium-sized serving bowl to cool.
4. Fluff the quinoa with a fork and transfer it into your serving bowl. Drizzle all of the dressing on top and toss to combine. Add the chopped sun-dried tomatoes and wait a few more minutes to add the spinach so it doesn't wilt completely. Toss again, season to taste with additional salt and pepper, if necessary, and serve immediately.
5. Sprinkle toasted almonds on top before serving.

Yield: 4 servings.

Easy as Pie

Submitted by Ms. PKS Princess

This recipe for enjoying a delicious meal with the family was developed by my grandmother, passed down to my mother, who safeguarded the secret, and then passed it down to me.

Ingredients

- Buffalo Wild Wings: 727-9191
- Circa 81: 648-8300
- Crab's Claw: 726-8222
- Island Grille: 240-0000
- Olive Garden: 240-0250

Directions

1. Pick up the phone and dial one of the numbers.
2. Tell the person who answers what time you want to eat and how many will be coming with you.
3. Arrive on time and enjoy your meal.
4. Note: Olive Garden does not take reservations for Friday and Saturday nights after 7 p.m.

Ingredients for a variation on the recipe

- Amos Mosquito's: 247-6222
- Channel Marker: 247-2344
- Chick-Fil-A: 247-7281
- Crab Shack: 247-3444
- Ioanni's Grill: 808-0008
- Longhorn Steakhouse: 222-0396
- Promise Land Market: 222-0422
- Red Fish Grill: 648-8269
- Santorini Plus Pizza: 727-4992
- Subway of Havelock: 444-1818
- Taylor's Creek Grocery: 838-1495

Directions

1. These restaurants do not accept reservations, but will be happy to have you stop in for a bite or to pick up food for the family.
2. Note: Amos Mosquito's takes reservations for Valentine's Day and New Year's Eve only. Longhorn Steakhouse has call-ahead seating; call when you're on the way and they'll put your name on the list.

Note from the editor: All of the establishments listed here contributed to Kayak for the Warriors. We thank them for their support of this worthwhile town effort. Thanks also to John Brodman for the idea for this never-fail recipe.

