



For Immediate Release

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New *Our Coast* Magazine Offers Ways to Explore N.C. Coast

Leave the crowds on the beaches this summer to visit some of the wildest wildlife refuges in the country, cruise through the marshes of the White Oak River or paddle an endangered river.

The N.C. Coastal Federation's third annual *Our Coast* magazine makes it easy for tourists who are visiting the state's coast this summer and for the residents who live there to visit some special natural places where they can hike, launch a canoe or kayak, look for birds and wildflowers or learn about the region's heritage.

The 2013 edition has been fully updated with new stories about natural destinations along the northern, central and southern regions of the N.C. coast. The free publication is available at more than 150 locations along the coast or it can be downloaded from the federation's Web site, www.nccost.org. But don't confuse *Our Coast* with the many tourist guides available each summer from Corolla to Calabash, said Frank Tursi, an assistant director of the federation and the magazine's editor. "We're calling it a travel guide with a conscience," he said.

Unlike those other guides, the *Our Coast* features places that were once threatened by development and are now protected because people fought for them. The report details the fight that the federation is leading against a proposed cement plant on the Northeast Cape Fear River near Wilmington and offers ways to explore the endangered river. Other stories invite readers to take cruises through the marshes of the White Oak River near Swansboro where hundreds of volunteers every year work to build oyster

reefs and restore salt marshes or to venture out into Ocracoke Inlet to view the work going on to restore Beacon Island, one of the last brown pelican rookeries in the state.

New to *Our Coast* this year is a section devoted to the region's culinary traditions. Learn about the simplicity of cooking seafood and how Mabel Smith of Salter Path baked her flounder. The staff of the federation also provides a few of their favorite places to eat. You'll find drive-ins, barbecue joints, taco stands, oyster bars, donut shops and five-star gourmet restaurants. Together, they offer a buffet of coastal dining.

The stories behind the places in *Our Coast* provide a valuable lesson in conservation, Tursi said. "People of goodwill and good sense can win," he said. "If they band together and fight hard enough and long enough, they overcome powerful economic and political forces to protect the places they treasure."