

SOUNDSIDE LEARNING

THIS WEEK ON CORE SOUND



March 6, 2023

JOIN US!

- **March 8:** *Soundside Science & Story Time* for ages 3-5, 10 AM
- **March 9:** *Crystal Coast Quilters & Partners:* National Quilt Month
- **April 1:** *7th Annual Core Sound Run* @ 9 AM

Sound Reading Material For You & Your Child



We are the Ocean

By Captain Paul Watson

Captivating illustrations and imagery show the continuous cycle of water on earth and teach young readers that water is in all the cells of plants and animals, and even in their own bodies. Readers will be surprised to find that their drinking water was "once in the bodies of dinosaurs!" When children learn that the ocean is part of them, they will hopefully learn to love and appreciate it, and take care of the ocean as they grow older.

Pages: 32
Grades: PreK-1

Deeper Than Beauty

Growing up a neighbor of Cape Lookout, my favorite two plants were gaillardias and sea oats! Gaillardias reminded me of the sunshine that so often spotlighted my home and sea oats comforted me with their waves of welcome and goodbye. Both plants kept me grounded and reminded me that it's the little things that matter most.

Sea oats are the most important and widespread grass on our coastal dunes. They get their name from the large plumes produced during summer which resemble oats grown for food. This tough perennial grows to a height of 3-6 feet which allow them to be seen long before stepping on the Cape's sandy shores.

Sea oats' seed heads fully mature in autumn and are compressed points grown at the end of stiff stems. Its pale green leaves are long and narrow, measuring less than a half-inch wide. Sand that collects around the plant stimulates plant growth. The cycle of sand collection and plant growth enables expansion of both the sea oats and the sand dune. If a sea oat is buried by sand, it develops underground stems which grow to the surface producing an offspring plant. Primary dune systems that have been cut away by hurricanes reveal original clumps of sea oats in the dune profile with underground stems and roots reaching up to 30 feet below the top of the dune.

Dunes function as dikes against flooding from large ocean waves and as reservoirs of sand to seasonally replenish the beach. During hurricanes, sand dunes help reduce the energy of storm waves.

Above ground sea oat stems continually bend in our battering gusts. Leaves often stoop to the ground and dig shallow curves in the sand as they rotate in the wind. These depressions then catch the seed heads that fall in the late summer and keep them from blowing away. Seedlings then grow and continue Mother Nature's cycle of self preservation.

Protecting our sea oats is important for they are vital in the maintenance of healthy sand dunes. For this reason, it is illegal to interfere with them in any way. Instead, stand back and admire one of the many natural wonders our home provides.

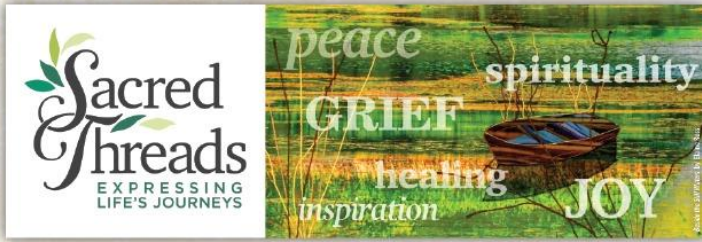


a photo of one of my favorite views

Piecing It Together

A special opening happened this past Saturday at 806. Following on the heels of the successful 2022 *From Cape to Cape: A Carteret County Quilt Ramble*, the Crystal Coast Quilters' Guild, Core Sound Waterfowl Museum & Heritage Center, the Core Sound Quilt Crew and the Carteret County Public Library System are excited to bring the *Sacred Threads* "Expressing Life's Journeys" art quilt exhibit to eastern North Carolina.

Sacred Threads is a national, juried exhibit of art quilts depicting themes of Inspiration, Healing, Joy, Grief, Spirituality and Peace/Brotherhood. You'll be surprised by the moving stories the artists have conveyed through their creative use of fabric, thread and embellishments.



SPONSORED BY *Crystal Coast Quilters Guild*

Opening
MARCH 4

806 Arendell Street
Morehead City

Since March is National Quilting Month, we hope you enjoy the exhibit, presentations and other fun events. Core Sound Museum's Parlor Talks series will feature textile-related topics on March 9th, 16th and 23rd.

SATURDAY, APRIL 1, 2023 @ 9 AM



seventh annual
CORE SOUND RUN
At the End of the Road

David Gray Linnane