



TOPSAIL TIMES

TOPSAIL ISLAND, HOLLY RIDGE, HAMPSTEAD AND SNEADS FERRY



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FREE!

Hemp Products Now Permanently Legalized in North Carolina

For those of you unaware, on June 30th, the temporary pilot program that allowed Hemp and CBD products to be removed from the controlled substance list in North Carolina expired. Without the last-minute action of the state senate, all those hemp and CBD products on shelves everywhere would have become illegal. Not to mention all the farms and the crops.

Two days before the law was set to expire, the North Carolina senate voted 41 to 2 approving the permanent removal of hemp and hemp products from the controlled substance list. North Carolina Senate Bill 455 was sent to the governor who signed it into law. The new bill allows for legal production and sale of hemp and hemp products, like CBD oils.

With just under 2,000 farms producing Hemp in North Carolina, this was a nail biter. Thousands of employees would have been without a job, not to mention the chaos stores would have been confronted with by removing and disposing of items, had the bill not been passed.

The NC Hemp Bill is a great step forward. The North Carolina Medical Marijuana Bill has passed the senate but is now stalled in the NC House.

The reason for the stall, which may result in the bill not being activated this year, is that too many organizations are complaining about the failures of adding chronic pain and glaucoma to medical uses. Those who oppose this bill state that there is not enough research, while bipartisan supporters of this bill are

growing more frustrated.

In a North Carolina poll taken earlier this year, 3 out of 4 participants want to see marijuana legalized for both medical and recreational use. The poll represented a large group of all ages and party affiliations.

If the FDA removes marijuana from their controlled substance list and adds it for medicinal purposes, the Governor of North Carolina may have a simple option regarding legalizing medical marijuana that won't require the House or Senate. The opioid epidemic, which has destroyed thousands of lives in this country, has impacted over 10 million Americans, some as young as 12. The push to legalize medical marijuana has come from families impacted that are trying to curb those numbers and to

legalize other options for treating pain.

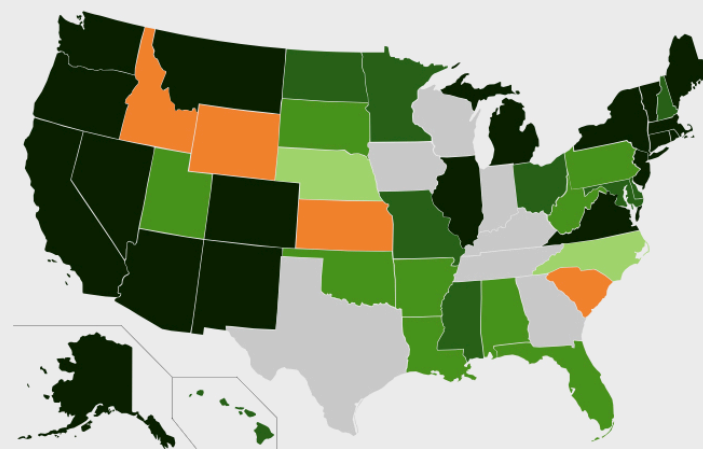
Currently across the country medical marijuana is being used for chronic pain control, insomnia, anxiety, glaucoma, increasing the appetite in cancer patients, epilepsy, seizures, multiple sclerosis, and nerve pain.

In a Harvard Health study in 2020 it was stated that it is impossible to overdose on marijuana and it is far less likely to cause addiction than any currently used opioid pain medication. Marijuana can also be used to replace NSAIDs (like Aleve or Advil) which may cause a person's stomach to bleed and lead to digestive issues.

Marijuana is currently legal in over 29 states, including Washington D.C., our country's capital.



- Legalized
- Medical and Decriminalized
- Medical ● Decriminalized
- CBD with THC Only ● Fully illegal





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Topsail Gun Gal

By Dorothy Royal

Every summer a strange trend out of Hollywood emerges. Perhaps it all started in the 1970s with the movie Jaws. This movie broke records, not just for attendance, but for being the most expensive advertising campaign for a movie. What did Jaws really do? Scared the butt off everyone who ventured into the ocean, which as we all know during the summer is a lot of people.

Movies like Independence Day (July 3, 1996), Independence Day Resurrection (June 24, 2016), Armageddon (June 30, 1998) and Avengers: Endgame (April 26, 2019) were all put in theaters just in time for the summer crowds. The odd theme of all these movies is the doom of mankind being left up to just a small handful of people. Is it true that it just takes a few people to change the world?

The small group of people on the Supreme Court certainly sent shock waves through our society last week. State issued gun laws restricting a law-abiding person's rights to own a firearm were struck down. States like New York and New Jersey are scrambling to enact laws to skirt these issues. What these states don't seem to understand is that they are constantly punishing the wrong group. Punish the criminals, hold them accountable and make them serve a real sentence! Revolving door court systems are the problem, mental health being ignored is the problem, law abiding citizens trying to protect themselves, their families and the businesses are not.

I received an email the other day from a man who was frustrated. He stated that he and his family had been coming to the

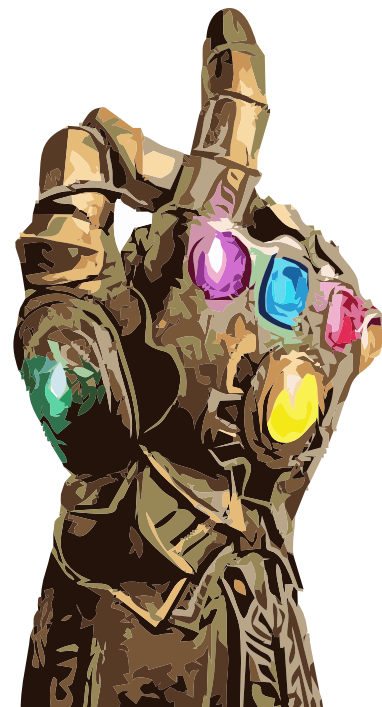
Topsail area for decades and in this last week he learned two lessons he didn't like.

First, he took a walk on the beach. A beautiful breeze was blowing, the water was tropical, families were playing and when he went to leave, he found someone had stolen his flip flops. Now this isn't a major crime that would involve a massive police search, but it was something that hurt his soul just a little. Next, his grandson rode his bicycle to beach access #7 and when he returned an hour later, his bike was gone. He is confused and frustrated as to why this is suddenly happening in this little slice of Paradise. He wants me to warn others, which by sharing his story I hope I have accomplished, but the real truth is maybe, just maybe, there are way too many people here. Many people, not just from here but from any small-town America, can tell you that if something like this happened "back then" there would be a handful of suspects. The problem now is that people are here from everywhere and most don't acknowledge their neighbors, and in many cases, the neighbors may only be here for a day or a week. Why bother?

In the Marvel Movie, Avengers: Endgame, the theory behind the fictional character Thanos is that our planet, like every other planet in the universe, is over capacity and the occupants are draining all the resources. In order to create a more viable way of life, Thanos seeks to remove a large number of people and creatures to stop the destruction caused by overpopulation. In the movie this choice is terrible and heart breaking, but is there some truth? Are there just too many people?

In the year 2000 the United States population was 281,982,778 people. Just twenty years later in 2021, the population was 332,278,200. This was a growth of 50,000,000 (50 million people) in a very short amount of time. To put this in perspective, multiply the population of New York City by 6. So my question is simple. If we have 50,000,000 (50 million) more residents in the last twenty years, why is it so darn hard to find employees? Shouldn't the work force be overflowing and every place that needs a waitress or a salesperson be overwhelmed with applicants? The whole thing feels off to me, but hey, maybe Hollywood will come out with a movie to explain it just in time for next summer.

Remember knowledge is power, laws should never be made to punish the law abiding and Hollywood needs to get to work, I need answers!



S&D GUN & KNIFE SHOW

Sherwood Caraway and daughters,

Lisa Caraway and Amber Spain are BACK!

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July 16-17, 2022

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American Legion, Post 10

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127 Sound Road in Holly Ridge (located one block off Hwy 17)

The Magic Mailbox

By Becky Borneman

It only took me 59 days since I got my new car before I nailed it. That darn mailbox. I don't know what happens to it. It just jumps right out in front of me. One second, all clear. The next...POOF! It's up under my driver side mirror. It's like...magic!

Now I have a pretty good track record driving wise. Except for a couple of mishaps. I have a speeding ticket (or three). I blame my mother. I inherited her lead foot. She takes full blame for this too. Anytime I remind her, she hangs her head and says "I know, but you don't want to drive like your father." He does creep along in a law abiding manner, bless his heart.

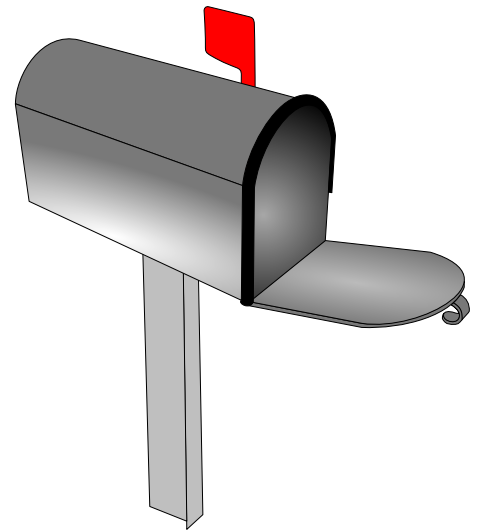
One speeding ticket was also really out of my control. I was on a work trip

headed to Columbia, SC and I was in a rental car on 74/76 and ironically I was going about 74/76 in a 65. But in my defense Manic Monday by The Bangles was on the radio and I was quite impressed that I knew all the lyrics still. I was belting them out just a cruising right along when I heard a siren. My first thought was...ahhhh the typical siren in a song from the 80's. Then I realized it was the cop trying to get my attention. I pulled over and I explained to him what happened. He said he understood as he handed me a ticket. I sang the blues the rest of the trip.

But who doesn't have at least one speeding ticket? At least I don't have road rage. Well, except once. I was sitting at a traffic light and my sun visor had been giving me trouble. The hinge stopped working and it would hang

lower than it should have. Well something came over me in that moment. You'll have to ask Jeff as he had a front row seat to the show. But I grabbed that visor and ripped it right off the holder. Truth be told it was a fit of PMS and I'll own that. Jeff looked at me like he had witnessed my head spinning around. He didn't say much the rest of the trip. But he liked to remind me of it from time to time when I was complaining about the sun being in my eyes. "Well if you hadn't had ripped the visor off...". That's about as far as he ventured to go.

So when you drive beside Coral Cottage down JH Batts road and you see me and my red car up under the mailbox, just smile and wave. Nothing to see here!




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Al-Anon Meetings

Hampstead Meeting Spots:

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Hampstead United Methodist Church
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THURSDAY 7:00PM

at Barlow Vista and every second Thursday is a Newcomer meeting

<https://wilmingtonncal-anon.org>



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Sea Turtle Hospital News



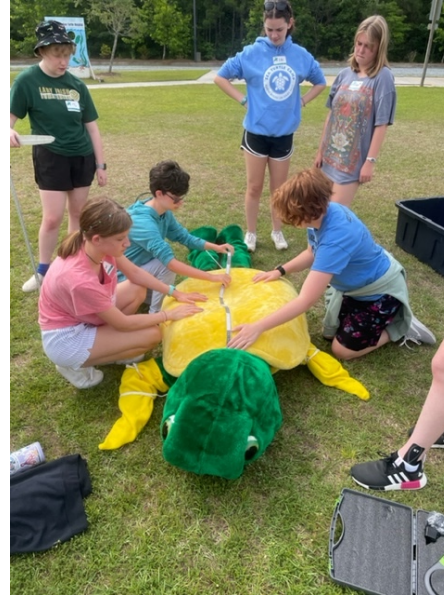
By Karen Sota

Our regular staff always looks forward to a bit of a break during the summer when our college interns arrive for their twelve-week program. This year has them hopping, not only with turtle care, nesting activity and tours every day but also working with the kids from Sea Turtle Camp based in Wilmington. This concept of an immersive program to learn about sea turtles was the creation and collaboration of Jen Civelli, a long-time hospital volunteer and our founder Jean Beasley. Students work alongside and under the supervision of our interns to learn what it takes to care for, rehabilitate, and release one of these magnificent creatures back to the sea. Campers learn to know the turtles by name and begin to recognize the distinct species and personalities exhibited by each turtle. Lots of hands-on with our patients, but also some classroom type of work. And this year our interns have cooked up something pretty stimulating for their two days with us. On the first day our interns use a plush turtle to introduce the stranding report. This intake form is completed by the individual responding to the stranding and the information is often supplemented when the turtle arrives at our facility. Information includes date and location of the strand, weight and measurements, species and any

identifying tags or markings. Injuries and the general condition of the turtle is also noted. Using calipers and other tools of the trade the campers learn how to complete the form which becomes a permanent part of the patient's file. A copy is forwarded to North Carolina Wildlife Resources Commission for aggregate data collection on North Carolina sea turtle activity. On day two the students are informed that we have received a call reporting a turtle stranding, and they are all going along for the recovery! They are loaded into our hospital van with the typical recovery items (tank, towels) and driven to...the front of our building. But wait, there is a stranded turtle out there. They need to get to him quickly because one, he's all tangled up in fishing gear and may have swallowed a balloon, and two, it's intern Michael in our furry mascot suit and he really does need rescuing. Like now.

Students rush over to this poor critter, gently untangling him and hoisting him onto one of the transport carts we use at the hospital. The victim is wheeled into the hospital where the students complete the stranding report, noting all the required information. It looks like this turtle is basically in good shape and thankfully hasn't been out in the sun too long. Last step is releasing turtle Michael (from his turtle suit) back into the wilds of our hospital.

Pretty creative and engaging way to have kids learn about the rescue part of our work.



Stranded turtle "Michael" being rescued by Sea Turtle Camp kids.

Nesting Season

We're well into what just might be a great nesting season with seventy-three at this writing and almost two months to go. If you spot a nesting mama, or anything unusual such as an injured or stranded turtle please call our Director of Beach Operations, Terry Meyer at: 910-470-2880. If she is not available, you may call the hospital during operating hours: 910-329-0222. We will take the information and we will send a trained volunteer to meet you to assess the situation. The State of NC hotline for stranded, sick, and injured turtles is 252-241-7367. The state number picks up 24/7. Please note that all our work with sea turtles, at the hospital and on the beach, is authorized by the NC Wildlife Resources Commission, ES Permit 22ST05.

Sea Turtle Hospital Tour Options

Our public tour schedule through the month of July is

Mon – Fri, Noon-4; Saturday, 10-2, and Sunday Noon-2. Tickets MUST be purchased in advance through our website:

www.seaturtlehospital.org

Select the date, time and the number of guests in your party and purchase your tickets. We limit the number of guests for

each time to make the experience more enjoyable. Sorry, but we are not able to accommodate walk-ups for tours once we sell out for the day. Please keep in mind that summer traffic can be very heavy, especially on the weekends so plan your arrival accordingly. If you are coming only to our gift shop (not for a tour) you can enter through the single door to the left of the main entrance.



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The Chief

By Carol Ann Ross

Special to the Topsail Times

This is a hard one. Gotta get these words right. And I know you, the reader, know how it feels when it comes to a parent, we gotta get it right from the heart. But there's more to life than that organ-the feeling organ. Because sometimes what comes from the heart just isn't enough. So I'll just start off saying that Chief John Frank Ross went beyond his heart and did things he had to do. I think all good people do that.

He was raised in Texas, used to ride his pony into Mexico to round up cattle and he helped his family in the citrus orchard they owned. He was hard working, according to my aunt, his sister Marsha, and smart as a whip.



Frank when he was 19

My dad and his sister were close and like Fred Astaire and his sister Adele, they loved to dance. Oh, no ballroom stuff for them, they liked the Texas Two Step or waltzing. The story goes that one night Dad and Marsha snuck out of the house to go to a dance contest-they won it. Then they came back home, snuck in their bedroom windows and went to sleep. Grandpa came into Dad's room early the next morning and asked, "sleep good last night?" Rubbing his eyes, Daddy said, "real good." Grandpa looked at the table next to Dad's bed and grunted, "nice trophy." So I guess daddy was a bit mischievous too.

Daddy graduated from high school when he was 16 and was a fine and even exemplary musician who played the coronet in bands, won several area contests and even played for a short time with Jimmy Dorsey. Daddy traveled a bit too. "Why?" I asked him once, "because I'm a curious cat."

In 1939 he joined the Navy, he became a corpsman and saw more of the world. He was a maritime sailor, that is, he had been to all four hemispheres of the world. Then as we all know, the poop hit the propeller. World War II broke out and the young man who was to become my father was sent to the Solomon Islands. That would have been 1942, the war was in full swing then and the Solomon Island's



Frank and wife, Mary

was in the midst of one of the war's major campaigns.

The Japanese occupied the Solomon Islands and had several naval and air bases there to support their offensive. So they were dug in, really dug in. And the Marines who were sent there had to take them out. My dad was there. Corpsmen travel with the Marines, they fight to live and fight to save lives. My head cannot wrap around all that he must have had to do. There were other countries and other battles too.



Frank

Foolish child that I've been for much of my life, it was not until I was well into adulthood that I realized exactly what my father did in the war. Shame on me and shame on so many of us baby boomers who didn't realize what all our fathers sacrificed for us. But then our parents really didn't talk about it much, they went on with new lives. However, one thing I know about my father and war is that it changed him. Afterwards he no longer wanted to play music.

Aunt Marsha told me he destroyed his horn when he came back from the war because he had to play taps so many times. And though with his schooling and training in the Navy, he could have gone on to become a doctor or Physician's Assistant, he did not. Frank Ross was happy as a pharmacist's mate. He retired in 1959 as a Chief Petty Officer, (our family had been living on Topsail for a few years by then) he could have gone farther, but as he explained to me, he did not want to be an officer, didn't want that responsibility.

The man I grew up with, the one I knew, was terse, steely eyed stoic terse.

He could size you up in three minutes and tell if you were a person of integrity or if you were full of brown smelly stuff. "Don't sweat the small stuff or small people," he told me.

He lived his life supporting his family as he knew a man should and he filled his life with things that brought him joy. He loved being on the ocean and I got to know him better when I worked on his 40ft fishing boat for a few years in the '70s. We never said a whole lot to one another, but gestures, nods and that steely eyed gaze, led me to admire and respect him. I learned a lot about life- being on the ocean, and being with him.

He ran Surf City Texaco for 32 years, though not a single book written about Topsail's history mentions him. He helped out a lot of the military folks around here-gave them gas when they couldn't afford it and drove lots of hurt people to the hospital when they had no way. The first ambulance in Surf City was parked at Frank Ross's Surf City Texaco and my dad had lots to do with that as did Joe Paliotti and Ernie Grozinger.

Now, daddy wasn't always serious, he loved a good time. He played pinochle in the back room of the station with some prominent local fellows whom I won't mention, and lots of kids growing up on Topsail got their first beer from my dad. Oh my! How horrible you might say, but 60 years ago that was just the way it was. "Life is for living," he told me too, and "you can't save the world." These phrases have stuck with me through my life, meaning different things along the way. Still, I wish I would have heeded his wisdom more.

Anyway, here's the article about Chief John Frank Ross, whom many called simply, Chief. A good man, a flawed man, and like daddy would have said, "if you can't admit you're flawed, you're a liar."

My dad and his sister were close and like Fred Astaire and his sister Adele, they loved to dance. Oh, no ballroom stuff for them, they liked the Texas Two Step or waltzing. The story goes that one night Dad and Marsha snuck out of the house to go to a dance contest-they won it. Then they came back home, snuck in their bedroom windows and went to sleep. Grandpa came into Dad's room early the next morning and asked, "sleep good last night?" Rubbing his eyes, Daddy said, "real good." Grandpa looked at the table next to Dad's bed and grunted, "nice trophy." So I guess daddy was a bit mischievous too.



Frank in the center during WWII

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The Japanese occupied the Solomon Islands and had several naval and air bases there to support their offensive. So they were dug in, really dug in. And the Marines who were sent there had to take them out. My dad was there. Corpsmen travel with the Marines, they fight to live and fight to save lives. My head cannot wrap around all that he must have had to do. There were other countries and other battles too.



Surf City Texaco

Firefighter Training

By Lise Gore

There are two parts to firefighter training, classroom instruction and field training. Working a live fire provides the field training experience needed by local firefighters.

Field training is invaluable since it provides the opportunity to experience different scenarios in a controlled supervised environment. Still, it is not without hazards and requires commitment to service and bravery from the dedicated folks who run into burning buildings.

I spoke with Fire Chief: Brandon Longo whose father was also a long -standing member of the Holly Ridge Volunteer Fire Department.

Brandon said the training exercise conducted at East Ocean Rd and South Dyson Street in Holly Ridge on June 24th was a great opportunity for the firefighters in the community to gain experience with a live burn. They were able to set up different scenarios in parts of the house to provide the firefighters practice in situations including rollover

in a regulated environment.

The departments that were able to participate were Holly Ridge, Turkey Creek, Surf City, Onslow County EMS and Coastal Community College.

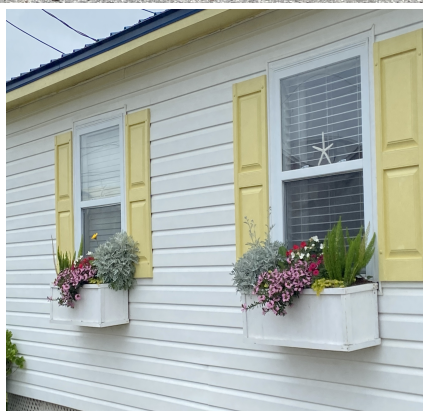
It takes a fair amount of training to be part of a team that thinks clearly and acts calmly in a life-threatening emergency. The training requires dedication and commitment.

It also requires bravery and courage. It requires heroes.



Community Updates

The Garden Club of New River congratulates George and Joyce Fitchett as the winner for their Yard of the Month award. They are from Newport News Virginia. They are lived here for 5 years. They work on their yard every day. It is truly a cottage by the sea. Many of their plants are in containers since the soil is not good. They also amend the soil for the plants that they put in the ground. You can tell by talking with them that gardening is their hobby and passion.



An exciting opportunity to meet some artists is coming up at Ridge Coffee House on 1061 Ocean Hwy in Holly Ridge.

On August 10 from 4 to 7pm the Coffee House will host a book signing by local author Carol Ann Ross. A Carolina Coast native, Carol draws from her island knowledge of the island's history to write her novels. The mystery of the island is woven in her characters. She is presently working on another set of short stories.

Another Carolina native, Lise Whidden Gore, will attend to display her photography of the area. Mixed media photos on Serenity Point, the Intracoastal Waterway and Surf City. Lise will be signing copies of her prose and poetry relating to her experience growing up in the Carolina's.

There will be other artists attending as invites progress.

If you love art, if you love local stories, if you love coffee and if you love ice cream there will be something here for you!

Please contact the Topsail Times at Topsailtimesnewspaper@gmail.com if you are an artist who is interested in joining us!



Hello to all artists and crafters,

Castle Bay is continuing our successful craft fairs and planning our fourth Arts and Crafts Fair for October 22, 2022, from 9:00 am until 1:00 pm, Set-up begins at 7:00 am. The fair will be held in the field across from Castle Bay Drive mailboxes, the same location as before.

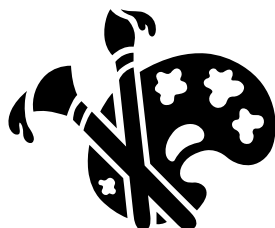
The fair is open to anyone with arts or craft items to sell, they do not have to live in Castle Bay. We strive not to have duplicate vendors, that is vendors selling the same thing, for that reason, we will ask you what you are selling when you register. Registration remains at \$25.00 per booth. We will provide advertising for the Fair through social media and Topsail Times newspaper. We will also provide a Port-a-Potty for the vendors. We welcome and ask our artists/crafters to share this information with other Artists and Crafters.

The rules will be emailed to participants. Any further questions may be directed to Anne DeLorenzo at 908-295-5402 or Dawn Spoonhour at 910-620-4868 or via email, Dawn.spoonhour@yahoo.com

Our community loves having the fair and highly supports it- please come join us!

Thanks!

Dawn and Anne



THE ROTARY CLUB OF SNEADS FERRY AND PELAGIC HUNTER FISHING CENTER
PROUDLY PRESENTS THE 31ST ANNUAL

SNEADS FERRY KING MACKEREL TOURNAMENT

**FRIDAY, AUGUST 19
OPEN TO PUBLIC**

Sneads Ferry Community Center

REGISTRATION DESK OPEN

12:00 PM to 9:00 PM

CAPTAINS' SHRIMP DINNER

4:00 PM to 8:00 PM

*\$15 per plate includes fried shrimp, french fries,
slaw, hush puppies and drink*

OPENING CEREMONY

6:00 PM

**SATURDAY, AUGUST 20
PUBLIC INVITED**

New River Marina
Food is available on Saturday

FISHING DAY

6:00 AM to 5:00 PM

All boats weighing fish must
check-in by 5:00 PM

Scales open 2:00 PM until last fish weighed

AWARDS CEREMONY

7:00 PM (or sooner)



www.sfkmt.com • 901.489.1741

Minimize Your Grocery Bill ... The Marian Way!

By Marian Taylor

As the costs of food continue to rise with record high inflation, many of us are feeling the pinch at the grocery store. Putting food on your family's table can already be stressful enough - factor in the soaring cost of everything, and it's easy to feel stressed and overwhelmed. It is essential to shop wisely, keeping your expenses low, to save you time, money, and frustration.

HERE ARE 6 SIMPLE WAYS TO SAVE ON YOUR GROCERY BILL

1. PLAN YOUR MEALS AND CREATE A GROCERY LIST

The Marian Way is to create a weekly menu and make note of recipe ingredients. Write out a grocery list to help you stick to a budget and avoid buying items that you don't need.

2. CONSIDER BUYING FROM THE BULK FOOD BIN AISLE

Buying foods from the bulk food bins is generally cost effective because you aren't paying for the packaging. Sugar, flour, rice, oatmeal, dried fruits, nuts etc. are common in bulk bins. Store in re-useable air-tight glass jars in your pantry. This is especially handy when a certain

recipe calls for an unusual ingredient that you only need a small amount, and you can buy what you need while eliminating waste.

3. MEAL PREPPING SAVES TIME

The perfect time to meal prep is as soon as you arrive home from the grocery store. When you remove produce from the plastic packaging and store in air-tight glass jars the food will stay fresher longer, limit food waste, and stretch your dollar! Salad greens packed in glass jars will last up to 2 to 3 times longer.

Chopping produce and storing in glass jars is convenient for recipes but also creates better use of space in the refrigerator.

4. GROCER PREPPED FOODS ARE CONVENIENT BUT COSTLY

On a recent grocery store visit, I noticed the cost difference of foods that my grocer had prepped and ready to cook. Fresh corn on the cob, shucked and packaged vs the fresh corn on the cob still in its husk cost a whopping \$4 more! Asparagus that the grocer cut off the ends and packaged vs fresh banded asparagus cost \$3 more a pound! A whole chicken cut-up costs \$3 more a

pound than a whole packaged chicken.

5. BUY LOCAL AND SEASONAL

Out of season produce is typically more expensive. Shopping at your local farm and produce stand supports local farmers while saving you time and money.

6. SHOP STORE BRAND PRODUCTS

Store brands are just as good and often a lot less expensive than name brand products!



Marian Taylor, is the creator of The Marian Way. Her mission is to support people in living a simple, and beautiful lifestyle.

As a professional downsizer and relocation specialist for 10+ years she knows firsthand as to what it takes to help people let go of their "excess", with her time-tested tools, tips, and solutions. Marian is also a good food ambassador and

offers gluten free and clean mealtime solutions. Marian will be sharing Simple Solutions for Meals, Wellness, Home Décor and more -The Marian Way! To find out how The Marian Way can help you with your project, please email: Marian@TheMarianWay.com



2022

Sneads Ferry

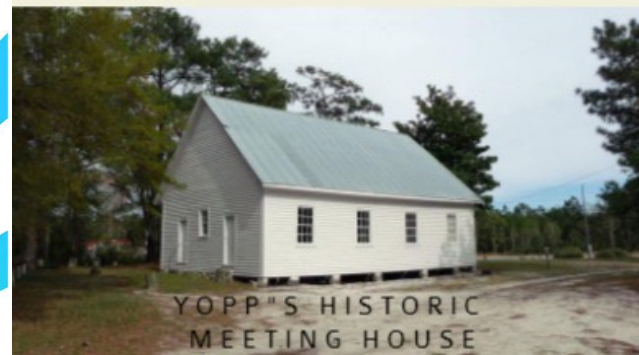


Shrimp Festival

▶ October 21-22, 2022 ◀

www.sneadsferryshrimpfestival.org

Yopp Meeting House & Cemetery Restoration Project



MEETING HOUSE

Yopps Meeting House, is a historic Primitive Baptist Church located in Sneads Ferry. The current building was built around 1890, however there may have been a log building built as early as 1813. It is also listed on the National Register of Historic Places

CEMETERY

The Cemetery on the grounds has graves dated pre-Civil and includes an African American portion as well as rare unmarked wooden markers.

OUR MISSION

Over time the building and cemetery grounds have fallen victim to neglect and deterioration. With the help of many volunteers the beauty of the cemetery is beginning to come back. History matters and should be protected and taught. We strive to restore the church to its original beauty as well as consistently maintain the cemetery grounds. Our vision is to use the building as a space to teach future generation and residents the rich culture and history of our community. To learn more about our project please follow us on Facebook at: Sneads Ferry Community Yopp Cemetery Restoration

CONSIDER DONATING TODAY!

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CONTACT: Heather Whitfield (562) 505-6786 or Terry Kramer (715) 808-4157

Know NC Gun Laws and Rules

1. A person must be 18 years of age to purchase a long gun that includes rifles and shotguns. A photo ID and a background check is required by any NC gun shop before transferring this weapon to a buyer. If a person is 21 or older, and has a NC Conceal & Carry permit, then no additional background check is required.
2. A person must be 21 years of age or older to purchase a handgun. In order to purchase a handgun, the NC resident must have a photo ID and a NC Purchase Permit or NC Conceal Carry permit.
3. A person who holds a Conceal & Carry permit from another state may legally carry concealed in NC but cannot purchase and leave with the handgun in NC.
4. A person who is 18 through 20 years of age may obtain a purchase permit from their sheriff's office to purchase or receive a handgun from a private person such as a family member. These permits are not valid to purchase from a licensed FFL gun dealer.
5. A person on vacation may purchase a handgun and it will be shipped to a gun dealer in their state for pickup.
6. Any person may ship a firearm as long as a copy of their photo ID is included in the box and it MUST be received by an FFL. It is against the law in all states to ship firearms to a private person.
7. Both a NC purchase permit and conceal carry permit are good for 5 years. A conceal carry permit is renewed every 5 years for a fee. If the conceal carry has not expired, no additional classes are required.
8. A NC purchase permit can not exceed 5 dollars in cost and there is no limit to the number of permits a person can get.
9. Before travelling out of state with a firearm, make sure you know every state's laws that you will travel through. Call local gun shops in those states.
10. Firearms must be locked and out of reach of children and any one who is not allowed to access them.
11. 99% of all firearms are semi-automatic which means one pull of a trigger per bullet.
12. Full auto weapons require extensive paperwork, fees and background checks. Full auto weapons are very expensive.
13. It is legal to hunt in Pender County with a suppressed firearm.
14. A silencer or suppresser does not make the gun 100% quiet but does dampen the noise.
15. A person may not fire a firearm within city limits and should check with their local county for firearm regulations.

Ten Rules of Safe Gun Handling

1. Always keep the muzzle pointed in a safe direction and away from people. Never point your gun at anything you don't intend to shoot.
2. Firearms should be unloaded when not in use. Always make sure the magazine is out of the gun and no live round is in the chamber.
3. Don't rely on your gun's "safety". Always treat a gun as if it could fire at anytime.
4. Be sure of your target and what is beyond it. A pile of dirt or clay will not let a bullet travel through. A wooden target will not stop a bullet.
5. Use correct ammunition. Avoid reloaded ammo unless you personally know where it came from and trust that person.
6. If your gun fails to fire when the trigger is pulled, handle with great care! Keep gun pointed at a safe direction and unload firearm.
7. Always wear eye and ear protection when shooting.
8. Be sure the barrel is clear of obstructions before shooting.
9. Clean your gun and inspect it regularly.
10. Learn all you can about the functions of your firearm and check for manufacturer recalls.



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80s Movie Trivia Quiz

1. Name the highest grossing film in the '80s decade.

- a. E. T. The Extraterrestrial b. Indiana Jones and the Last Crusade c. Batman

2. Which movie had the most Oscar wins in the '80s?

- a. E. T. The Extraterrestrial b. Rain Man c. The Last Emperor

3. What artist sang the 1986 song "Danger Zone" from Top Gun?

- a. Kenny Loggins b. Bon Jovie c. Joe Jackson

4. Which famous Star Wars actor also starred in 1982's Blade Runner?

- a. Mark Hamill b. Harrison Ford c. Samuel L. Jackson

5. What was the name of the cartoon mermaid that stole our hearts in 1989's The Little Mermaid?

- a. Lorelei b. Ariel c. Adella

6. In what kind of building do the Ghostbusters set up their headquarters?

- a. A Barn b. A Warehouse c. A Fire station

7. Which Film Was Disney's First Animated Film To Use Computer Graphics?

- a. The Fox and the Hound b. The Black Cauldron c. The Great Mouse Detective

8. Who Played Julia Roberts' Husband In 1989's Steel Magnolias?

- a. Tom Skerritt b. Sam Shepard c. Dylan McDermott

9. What Is Indiana Jones's Main Weapon?

- a. Whip b. Knife c. Rope

10. How Many Police Academy Movies Were There In The 1980s?

- a. 5 b. 6 c. 7

11. Which Horror Film Did Sam Raimi Write And Direct?

- a. The Shinning b. The Evil Dead c. Fright Night

12. In the classic John Hughes film, "The Breakfast Club", Andrew has a lunch bag with the name of a shop. What is the name on the bag?

- a. Happy Meal b. Happy Food c. Good Meal

13. What was the number assigned to the robot that came to life in the 1986 movie "Short Circuit"?

- a. Five b. Eleven c. Twelve

14. Who was the high profile target of an assassination plot in the 1988 comedy film "The Naked Gun: From the Files of Police Squad!"?

- a. President of United States b. Prime minister of Britain c. Queen Elizabeth II

15. What was the name of Heather Graham's character in the 1988 film "License to Drive"?

- a. Mercedes b. Chevrolet c. Porsche



80s

Trivia Answers:

**1.A 2.C 3.A 4.B 5.B 6.C 7.A 8.C 9.A
10.B 11.B 12.B 13.A 14.C 15.A**



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Simply Homemade Recipes

Quick Salmon Piccata



1 tablespoon capers, drained
2 tablespoons butter
1/2 lemon, sliced

4 (3 ounce) salmon fillets, skin removed
salt and ground black pepper to taste
1/4 cup all-purpose flour
2 tablespoons vegetable oil
1/4 cup dry white wine
1 teaspoon finely minced garlic
1/2 cup chicken broth
2 tablespoons lemon juice

Season salmon fillets with salt and pepper. Pour flour in a bowl and dredge salmon, shaking off the excess. Heat oil in a skillet over medium heat and cook salmon fillets until browned on both sides, about 3 minutes per side. Transfer to a plate and keep warm. Pour wine into the skillet and scrape browned bits from the bottom. Add garlic and cook until garlic is fragrant and slightly brown and liquid is reduced by half, about 1 minute. Add chicken broth, lemon juice, and capers. Bring to a boil while stirring. Stir in butter until melted. Return salmon fillets to skillet and spoon sauce over them. Cook, turning fillets once, until salmon is cooked through and flakes easily with a fork, about 4 minutes. Serve salmon with sauce poured over it and garnish with lemon slices.

Parmesan-Crusted Lemon-Pepper Chicken



4 skinless, boneless chicken breast halves
3 tablespoons butter, melted
2 tablespoons lemon juice
1 clove garlic, minced
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup plain dry bread crumbs
1/2 cup grated Parmesan cheese
1 tablespoon dried parsley
1/2 teaspoon dried basil

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan. Place chicken breasts on a flat work surface. Slice horizontally through the thickest part of the breasts, being careful not to cut all the way through to the other side. Open the 2 sides and spread them out like an open book. Combine butter, lemon juice, garlic, salt, and pepper in a shallow dish. Combine bread crumbs, Parmesan cheese, parsley, and basil in another dish. Dip chicken in butter mixture, then coat in Parmesan-crumbs mixture. Place into the prepared baking pan. Bake in the preheated oven until chicken breasts are no longer pink and juices run clear, 25 to 30 minutes. An instant-read thermometer inserted into the center of a breast should read at least 165 degrees F (74 degrees C).

Photos and recipes courtesy of AllRecipes.com

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Bellydance for the Birds

A beginner bellydance workshop benefit for Cape Fear Parrot Sanctuary, a 501(c)(3) non-profit organization that provides a forever home for parrots in need

Sponsored by Just for Kicks Dance & Tumbling Studio of Hampstead

Sunday, July 17 from 12:30 to 3:00 p.m. (Doors open at noon)

Ages 12 and older please – No dance experience necessary
Location: Just for Kicks 14880 US-17, Hampstead, NC 28443
\$40 per person

Advance registration required



To register, please send non-refundable donation of \$40 directly to Cape Fear Parrot Sanctuary at either:

- Venmo - @Ces-Erdman
- PayPal - cesnc1978@gmail.com

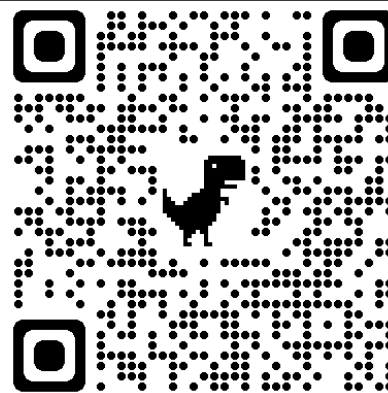
In the comment area, please state your full legal name, indicate that you are registering for the bellydance workshop, and provide a contact phone number. If registering for more than one person, please provide all names. Tax receipt will be provided at check in.

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