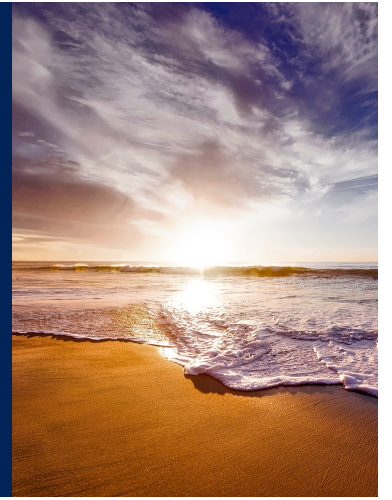




# TOPSAIL TIMES

TOPSAIL ISLAND, HOLLY RIDGE, HAMPSTEAD AND SNEADS FERRY



● 4th November, 2022 ● American-Owned. Free Press. ● Volume II, Issue 23 **FREE!**

## Election Day 2022

### ONSLOW COUNTY - HOLLY RIDGE

FEDERAL OFFICES	NC Court of Appeals Judge Seat 9 (You may vote for ONE)	NC District Court Judge District 5 - Seat 3 (You may vote for ONE)
<b>US Senate</b> (You may vote for ONE)	<input type="radio"/> Brad A. Salmon Democratic Party	<input type="radio"/> Melinda Crouch Democratic Party
<input type="radio"/> Matthew Hoh Green Party	<input type="radio"/> Donna Stroud Republican Party	
<input type="radio"/> Cheri Beasley Democratic Party		<b>NC District Court Judge District 5 - Seat 4 (You may vote for ONE)</b>
<input type="radio"/> Shannon W. Bray Libertarian Party	<b>NC Court of Appeals Judge Seat 10 (You may vote for ONE)</b>	<input type="radio"/> Chad E. Hogston Republican Party
<input type="radio"/> Ted Budd Republican Party	<input type="radio"/> John M. Tyson Republican Party	
<input type="radio"/> Write-in	<input type="radio"/> Gale Murray Adams Democratic Party	<b>District Attorney District 6 (You may vote for ONE)</b>
<b>US House of Representatives District 7 (You may vote for ONE)</b>	<b>NC Court of Appeals Judge Seat 11 (You may vote for ONE)</b>	<input type="radio"/> Ben David Democratic Party
<input type="radio"/> Charles Graham Democratic Party	<input type="radio"/> Darren Jackson Democratic Party	<b>COUNTY OFFICES</b>
<input type="radio"/> David Rouzer Republican Party	<input type="radio"/> Michael J. Stading Republican Party	<b>Board of Commissioners District 1 (You may vote for ONE)</b>
<b>STATE OFFICES</b>		<input type="radio"/> Jimmy T. Tate Republican Party
<b>NC Supreme Court Associate Justice - Seat 3 (You may vote for ONE)</b>	<b>NC State Senate District 9 (You may vote for ONE)</b>	<b>Board of Commissioners District 2 (You may vote for ONE)</b>
<input type="radio"/> Richard Dietz Republican Party	<input type="radio"/> Brent Jackson Republican Party	<input type="radio"/> Wendy Fletcher-Hardee Republican Party
<input type="radio"/> Lucy Inman Democratic Party	<b>NC House of Representatives District 16 (You may vote for ONE)</b>	<b>Board of Commissioners District 3 (You may vote for ONE)</b>
<b>NC Supreme Court Associate Justice - Seat 5 (You may vote for ONE)</b>	<input type="radio"/> Carson Smith Republican Party	<b>Board of Commissioners District 3 (You may vote for ONE)</b>
<input type="radio"/> Sam J. Ervin IV Democratic Party	<b>DISTRICT OFFICES</b>	<input type="radio"/> Jerry D. Groves Republican Party
<input type="radio"/> Trey Allen Republican Party	<b>NC District Court Judge District 5 - Seat 1 (You may vote for ONE)</b>	<b>Board of Education District 1 (You may vote for ONE)</b>
<b>NC Court of Appeals Judge Seat 8 (You may vote for ONE)</b>	<input type="radio"/> Lindsey L. McKee Republican Party	<input type="radio"/> Sheree E. Shepard Democratic Party
<input type="radio"/> Julie Tate Flood Republican Party	<b>NC District Court Judge District 5 - Seat 2 (You may vote for ONE)</b>	<input type="radio"/> Brent Springer Republican Party
<input type="radio"/> Carolyn Jennings Thompson Democratic Party	<input type="radio"/> James Henry Faison III Democratic Party	
	<b>- VOTE BOTH SIDES -</b>	<b>Continue voting next side</b> →

### PENDER COUNTY

FEDERAL OFFICES	NC Supreme Court Associate Justice - Seat 5 (You may vote for ONE)	NC Court of Appeals Judge Seat 11 (You may vote for ONE)
<b>US Senate</b> (You may vote for ONE)	<input type="checkbox"/> Sam J. Ervin IV Democratic Party	<input type="checkbox"/> Darren Jackson Democratic Party
<input type="checkbox"/> Matthew Hoh Green Party	<input type="checkbox"/> Trey Allen Republican Party	<input type="checkbox"/> Michael J. Stading Republican Party
<input type="checkbox"/> Cheri Beasley Democratic Party		<b>NC State Senate District 6 (You may vote for ONE)</b>
<input type="checkbox"/> Shannon W. Bray Libertarian Party	<b>NC Court of Appeals Judge Seat 8 (You may vote for ONE)</b>	<input type="checkbox"/> Michael A. Lazzara Republican Party
<input type="checkbox"/> Ted Budd Republican Party	<input type="checkbox"/> Julie Tate Flood Republican Party	<b>NC House of Representatives District 16 (You may vote for ONE)</b>
<input type="checkbox"/> Write-in	<input type="checkbox"/> Carolyn Jennings Thompson Democratic Party	<input type="checkbox"/> Carson Smith Republican Party
<b>US House of Representatives District 3 (You may vote for ONE)</b>	<b>NC Court of Appeals Judge Seat 9 (You may vote for ONE)</b>	<b>DISTRICT OFFICES</b>
<input type="checkbox"/> Barbara D. Gaskins Democratic Party	<input type="checkbox"/> Brad A. Salmon Democratic Party	<b>NC Superior Court Judge District 4 - Seat 2 (You may vote for ONE)</b>
<input type="checkbox"/> Greg Murphy Republican Party	<input type="checkbox"/> Donna Stroud Republican Party	<input type="checkbox"/> Bob Roupe Republican Party
<b>STATE OFFICES</b>		<b>NC District Court Judge District 4 - Seat 1 (You may vote for ONE)</b>
<b>NC Supreme Court Associate Justice - Seat 3 (You may vote for ONE)</b>	<b>NC Court of Appeals Judge Seat 10 (You may vote for ONE)</b>	<input type="checkbox"/> Mario White Democratic Party
<input type="checkbox"/> Richard Dietz Republican Party	<input type="checkbox"/> John M. Tyson Republican Party	<b>NC District Court Judge District 4 - Seat 2 (You may vote for ONE)</b>
<input type="checkbox"/> Lucy Inman Democratic Party	<input type="checkbox"/> Gale Murray Adams Democratic Party	<input type="checkbox"/> Morgan H. Swinson Republican Party
<b>District Attorney District 5 (You may vote for ONE)</b>	<b>Clerk of Superior Court (You may vote for ONE)</b>	
<input type="checkbox"/> Ernie Lee Republican Party	<input type="checkbox"/> Cindy Padgett Casteen Republican Party	
<b>COUNTY OFFICES</b>		
<b>Board of Commissioners</b> (You may vote for THREE)	<b>Sheriff</b> (You may vote for ONE)	
<input type="checkbox"/> Lisa Carpenter Republican Party	<input type="checkbox"/> Chris Thomas Republican Party	
<input type="checkbox"/> Tim Foster Republican Party	<b>NONPARTISAN OFFICES</b>	
<input type="checkbox"/> P. Wagner Democratic Party	<b>Soil and Water Conservation District Supervisor (You may vote for TWO)</b>	
<input type="checkbox"/> Royce Bennett Republican Party	<input type="checkbox"/> Robert (Mr. Toad) Johnson	
<b>Board of Education</b> (You may vote for THREE)	<input type="checkbox"/> Barbara Justice-Rooks	
<input type="checkbox"/> Tanyetta Hill Democratic Party	<input type="checkbox"/> Emily Walton	
<input type="checkbox"/> Bill Lanier Republican Party	<input type="checkbox"/> Wayne Yates	
<input type="checkbox"/> Angie Todd Republican Party	<input type="checkbox"/> Write-in	
<input type="checkbox"/> Bradley Williams Republican Party	<input type="checkbox"/> Write-in	
	<b>End of Ballot</b>	
	<b>More polling locations available at: <a href="https://vt.ncsbe.gov/PPLkup/">https://vt.ncsbe.gov/PPLkup/</a></b>	

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AND VOTE  
NOVEMBER 8TH**

---

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**HOLLY RIDGE:  
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Holly Ridge**





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# Topsail Times

Print Dates 2022

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Dec 2nd  
Dec 16  
Dec 30th

TOPSAIL  
TIMES  
NEWSPAPER

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## Table of Contents

Topsail Gun Gal	3
Fashion Statements	5
Sea Turtle Hospital News	6
Community Updates	7
9 Ways To Increase Your Self Worth	8
Interview With Mark Robinson	9
OCPAW	10
The Marian Way	11
Recipes   Puzzles	14



**On Sunday, November 6th at 2am,  
Don't Forget To Turn Back Your Clocks!**



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Holly Ridge Police Dept  
City Cafe  
Southern Roots  
Paradise Axe & Arcade  
Holly Ridge Post Office

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HWY 55  
and more on our website

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www.TopsailTimes.net

# Topsail Gun Gal

**By Dorothy Royal**

Is the minimum age climbing to 21? In June, the House passed a bill that would raise the minimum age for purchasing a semi-automatic rifle to 21 and to limit magazine capacity to 15 rounds.

In July, the House also passed the "Assault weapons ban of 2022" (H.R. 1808) which would halt the sale of all semiautomatic assault weapons (SAW) or large capacity ammunition feeding device (LCAFD) to anyone other than law enforcement, active or retired. It would also require all newly made LCAFD to have serial numbers. Previously manufactured SAWs and LCAFD would be grandfathered.

Currently neither of the above items have gone before the Senate, but keep your eyes open people.

On Saturday, June 25th, the President signed into law "Bipartisan Safer Communities Act" (S.2938) which enhances restrictions and penalties on firearm transactions.

This Bill being signed into law is going to make a big difference during hunting season.

Notified 10 days ago by NICS (National Instant Criminal Background Check System), firearm dealers across the country were given some interesting news. From now on, a person aged 18, 19, or 20 wanting to purchase a long gun (shotgun or rifle) will automatically have their background check delayed up to 10 days. The current law allows NICS to take 3 business days (which can take up to a week if weekends or holidays are involved) for a background check to be completed by the FBI.

What does this mean for the hard working, law abiding buyer who may want to go hunting? You better have time to wait, regardless of your background. This will automatically affect gun sales for licensed gun dealers. What is the point behind this extra delay? The government wants to know their home address so they can contact local law enforcement for further information. It's a good thing that local law enforcement agencies are well funded and fully employed to be able to handle this "extra" work.

Will this be a major problem with the active military? Of course, the majority of the members do not live at home any longer (the address on their Driver's License) and I'm not sure how the military is going to feel about having to answer a bunch of questions about their active members.

How is this a change? Previously if someone had a clean background, they would be issued a "Proceed" and the transaction would take place. Now, no matter the person's history, a delay will be in effect for those under 21 for up to ten business days.

What happened to the home of the free and the brave?

In 1984, the National minimum drinking age was raised to 21. In 2019, the National minimum age to purchase tobacco was raised to 21. In 2022, the minimum age to purchase a long gun is possibly going to change to 21.

What can a person still do under the age of 21? Currently a person can drive a vehicle at the age of 16, buy a house at the age of 18, go to war and die for our country at the age of 18. A person can vote at the age of 18 (even though some

states allow 17 year olds to vote in primaries if they will be 18 by Election Day). A person can buy a lotto ticket at 18, give consent to their medical care including being treated at an ER, and sign a contract and be called to jury duty.

Maybe the questions need to be asked. How can a person be trusted to vote, serve on a jury or drive a car if they can't be trusted purchasing a firearm or buying a pack of cigarettes?

Remember knowledge is power, home of the free and the brave may just become a slogan on a flag and the government may be overstepping their limits, and people are just too compliant to care.

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Free  
Home of the  
Brave*



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## What Comes Around, Goes Around

**By Becky Borneman**

I am embarrassed to say that I have just in the last month hopped aboard the Yellowstone train. And it didn't take long before I really became invested in the characters and story line. It can be tough to watch for sure with what all goes on but it definitely keeps my interest.

As I am watching it, I am reminded of another TV show. On Friday nights in the 80's I would get to watch Dukes of Hazard. Once that was over I had to go to bed so my folks could watch Dallas. Now, there was an allure to Dallas. I would quietly tiptoe down the stairs halfway and watch through the spindles of the staircase so my mom and dad would not notice me. From the theme music to sweet Miss Ellie, I was hooked.

There are many similarities between

Dallas and Yellowstone. It's based on one family that all lives under the same roof. Now... I love my family. A lot. But... this living under one roof thing as adults and having our own families... I understand why there is a bar in every room of the house. John Dutton is Jock Ewing, Governor Perry has some Miss Ellie qualities and settles John Dutton at times. Beth Dutton plays two roles from Dallas... the lively little Lucy and JR himself, who could also be identified in Jamie Dutton, the power hungry son who can and cannot be trusted. Casey Dutton is clearly Bobby Ewing with his kind demeanor and wife Monica can easily pass for Pam Ewing. Monica is coming into the Dutton home reluctantly, not so sure of the family dynamic/business. Wanting nothing but good in the world and she is true to herself.

And even Monica's brother was a nemesis of the Dutton's.... similar to Cliff Barnes, Pam's brother and nemesis of the Ewings. And then there is Rip. He is the Ray Krebbs of the show, the cowhand that turns family.

After thinking about it there are many shows that have similarities to past series. But one thing is certain... between the 40+ years of Dallas and Yellowstone, ranch-wear has stayed pretty much the same. Beth and Sue Ellen have even worn a poncho with the same pattern.

Take a look at some fashion trends from the past. They all come full circle at some point. Shoot, my granddaddy Bob was still wearing his old foam trucker hat when they came back around in style 30 years later. He was so proud of himself when I told him how fashionable he was with his "vintage" hat.

Stop by Coral Cottage and Fancy Flamingo and shop come classic styles. We have something for everyone. And we even have Rip Wheeler in the corner of the store for a photo-op too!



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# Sea Turtle Hospital News



By Karen Sota

With cooler weather and a major renovation project in Sea Turtle Bay rapidly approaching we needed to get our flippers in gear to make sure every patient cleared for take-off made it to the beach ASAP. On October 12th with a glorious Carolina blue sky and a friendly ocean we bid a fond farewell to our last graduates for 2022.

Three juvenile greens, Belle, Magenta and Jazzberry Jam were the first to crest the walkover and stroll the runway (with a little help from our staff) for final photo ops and royal waves of their flippers to the large crowd of their fans lining the beach. Belle had an especially long recovery, having been admitted in early 2020 as a very sick little girl. She subsequently developed osteoarthritis which takes years to resolve even with the best care and medication. But she made it. She leaves behind her often-times "tank mate" Rosemary who will miss her dearly. Well, maybe not. Belle did have a habit of stealing Rosie's veggies at every opportunity. Magenta and Jazzberry Jam, both local rescues from the Cape Lookout area were also released. Magenta was cold- stunned and anemic but tripled her admission weight in the space of six months. Jazzy had a run in with a shark that left her with a very large wound on her neck. It was touch and go, or for a while "don't

touch" as the wound was pretty gnarly. But with a lot of specialized care, including honey treatments she made a complete recovery.

Two Kemp's, Maddie and Black Pearl were next to meet the crowd. Black Pearl, also from the Cape Lookout area was the victim of a boat strike. In addition to the usual meds, she was also given the honey treatment along with physical therapy on her neck and flippers to get her in tip-top shape for her journey home. Maddie stranded in Massachusetts and arrived with a plane load of other cold-stuns. A definite favorite during public tours this little cutie also tripled her weight during her stay with us.

Finally, it was Copper's turn. This juvenile loggerhead stranded in Wrightsville Beach after being accidentally hooked on a fishing line. Unfortunately, the hook had traveled into his esophagus and had to be surgically removed by the great vets at CMAST. Having a sore throat never affected his appetite as he was the first turtle to pop up in the morning with a big grin and a "got breakfast?" look on his face. He managed to convince Dr. Harms that was totally OK and ready to roll so roll he did, down the beach on our "turtle taxi" waving good-bye with his big boy flippers. Out of six turtles he seemed to be the most reluctant to actually leave us, taking a few steps and then turning

around over and over to take one last look at the island before finally catching a wave and heading out. Bon voyage, class of 2022.

With fewer visitors to the island and our Topsail Turtle Project volunteers officially off-duty until next May we rely increasingly on our locals, anglers and boaters to notify us about any turtle in distress. If you see a turtle that's been injured or stranded 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 send trained volunteers to retrieve the turtle. The State of NC hotline for stranded, sick and injured turtles is 252-241-7367. The state number picks up 24/7. All conservation work for endangered sea turtles at KBSTRRC and on Topsail Island is authorized by the NC Wildlife Resources Commission, ES Permit 22ST05.

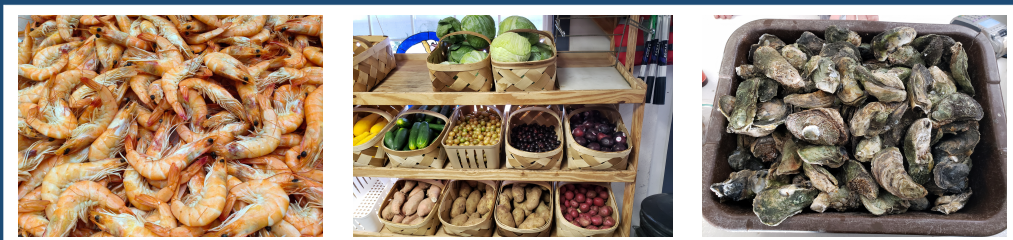
**Hospital closed for public tours.** We are closed to the public at least through November 30th for facility improvements. If all goes well, we may be able to open for a few days in December. In the meantime, you can visit our gift shop and adopt a turtle on-line at our website, [www.seaturtlehospital.org](http://www.seaturtlehospital.org). Check our Facebook page for the latest information and any updates on our progress.



Black Pearl en route to water



Copper catches a wave



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Belle, a juvenile green



Maddie and Black Pearl race to the water



# Community Updates



## Blue Ridge Boutique Grand Opening in Surf City

A new boutique has come to town! The store is located at 108 Charlie Medlin Drive, Unit D in Surf City, North Carolina 28445. (located behind the Salty Turtle).

Owner Simran Canterbury says the Blue Ridge Boutique, "is your new destination, for all things trendy and affordable in women's clothing and accessories. Specializing in creating a personalized wardrobe by selecting unique pieces, for every age, and body style."

Blue Ridge Boutique will be open Tuesday through Friday from 11 a.m. to 5 p.m. Saturdays from 10 a.m. to 4 p.m., and closed Sunday and Monday.



## Burgaw Holiday Tour of Homes returns this holiday season

**BURGAU** – Tickets to the Burgaw Holiday Tour of Homes are on sale now, the Pender County Historical Society announced today.

The Burgaw Holiday Tour of Homes is set for Dec. 3, from 3-7 p.m. Tickets are \$15 per adult and \$5 for children ages 5 and under.

"We will feature eight homes, the Burgaw Train Depot Museum, and a church on this year's tour," said Jeanette Jones, the volunteer organizer with the historical society.

The Burgaw Holiday Tour of Homes is a popular fundraising event for the Pender County Historical Society and Pender County Museum. Only 200 tickets are sold for the event.

Burgaw's Historic District offers many beautiful bungalows, colonials, and ranch-style homes.

The homes are bedecked with Christmas decor, which only enhances the beauty of the homes showcased.

"We feature different homes each year," said Jones. "No two tours are the same."

Tickets are available from the following Burgaw businesses for tickets: Realty World, Burgaw Antiqueplace, Brown Dog Coffee Company, Olde Carolina Eatery, Southern Chic's Treasures, Old Farm Shed, Fat Daddy's Pizza, The County Seat Boutique, and MeMa's Chick'n & Ribs.

For more information email [jones4mail@gmail.com](mailto:jones4mail@gmail.com).



## F.U.R.R

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### Preppie

I was living under a prep school and was too scared to come out much. Finally, I was rescued by FURR and have been meowing with joy ever since. I am the sweetest little 9-month-old girl

with very unique soft fur. I am black with a silver undercoat! I love being with people and I never knew it could be so great to be loved, fed regularly and safe. You will fall in love with me at the first meeting. I'm fully vetted, spayed, microchipped and ready to go.



### Shrimp

Aren't calico cats colorful! I think so because I am one! Look at my silky soft fur with multiple colors! I was a rescued kitty from Hampstead, along with a LOT of my brothers & sisters. We were born outside in a really tough situation and FURR saved us! I am a very quiet and small kitty.

I would LOVE for someone to pet and rub me all day! I love treats too (kitty cookies) and I will come running at the shake of that box! I am fully vetted and MORE than ready to go! Please come meet me soon!



### Jax

I am so lucky that a good Samaritan saved me with FURR's help. I was living outside in the woods at a Bojangles. I am Jax, a very sweet silver Tabby boy who is 6-months-old. I am already litter-trained, vaccinated, neutered and good with

other cats. I went through a lot on my own in the woods as a little kitten. Now, it's time for me to find my forever family. Come meet me and fall in love!



### Max

I had been living outside in the woods near a Bojangles. Luckily, a good Samaritan saved me and got me to FURR. My name is Max and I'm an

adorable black girl who is just 6-months-old. I had a horribly injured tail that had to be amputated, but I'm doing great and look quite cute with my stub. I'm litter-trained, spayed, vaccinated and good with other cats. I hope you'll come visit me soon so we can start loving each other.



### Perch

I can't believe I'm still homeless! I am a Russian Blue mix with a white spot on my chest. Although I am a little shy with new folks, I warm up quickly to

someone giving me love and attention. My fur is so soft and I hardly shed at all. I'd prefer a quiet household where I can curl up on the couch and watch TV. I am such a gentle and docile 9-month-old kitty. If you love the look and softness of a Russian Blue, please come visit me. I know you will want to take me home!



### Battlet Kittens

We were born at the rescue and can't wait for our new FAMILY! We are SUPER funny, playful, soft, loving and totally entertaining! We come

with all of our vet work and would love to meet you! Our mama is a rescue that was saved by FURR and was about to POP with us babies! She is sweet & beautiful also and her name is "MAMA BATTLET"! You won't find kittens more adorable than us! Better hurry! One of us has already been adopted!!!

CHECK OUR WEBSITE TO SEE CATS AVAILABLE FOR ADOPTION

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Terry Schultz, Founder & President



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# 9 Ways to Increase Your Self Worth

By Diane Henderson, MSW

## 1. Stop comparing yourself to others.

Consider this, if you are a flounder and you compare yourself to a shark, you will come up short every time. We are all made to accomplish different things in different ways. We are all made to look, act, think, interpret, dress, etc. differently. A flounder is just as important to the sea world as a shark. Yes, flounders don't make as much splash and draw as much attention, but they sure are great on the table. So become very aware of how often you compare yourself to others. The next time you catch yourself comparing, pinch yourself and remember the flounder and the shark. Comparing yourself to others will only pull you down, make you feel like a failure, and sometimes rob you of hope.

## 2. Stop people pleasing.

You are always eager to lend someone a hand and are available to help and give of yourself at the drop of a hat. You are probably somewhat insecure and fear rejection. It may be very difficult for you to say NO. It is only a tiny little 2- letter word so why is it so powerful that you cannot say it? Learning what scares you so much is the first thing to explore. (Hint. You may have learned as a child to people please for a safe environment for yourself.) Those days are over, so now is the time to stop putting other people's needs in front of your own. You can say "No" nicely with or without an excuse.

## 3. Stop thinking the opinions of others are more important than your own.

It is important to consider other people's opinions, but don't let their thinking overshadow your own. Listen to others, take what makes sense to you, and maybe blend it into your own opinion. You might want to ignore some people's responses to your opinion. Whatever the response is, it is no more important than yours. Be sure to be well informed regarding your opinions and not just emotional reactions to something you have read or seen. Wanting to belong or to be liked makes it more difficult to stick to a different opinion than others, but very important that you do if you have done your research and you know yourself well.

## 4. Stop thinking so much about past mistakes.

Dwelling on the past just keeps you wrapped in negative energy. Your self-worth will not grow surrounded by negative energy so STOP. You most probably did the best you knew how to at the time. No matter how much you beat yourself up, you cannot change the

past. The key is to forgive yourself. You have changed your morals and values, or it would not bother you so much today. The next time you catch yourself going over that dead horse again, shake your head no and tell yourself "I am not going there today," then fill your head with something else. A prayer, a favorite uplifting song or saying, or whatever it takes to keep your mind occupied positively.

## 5. Start forgiving yourself.

It is much easier to forgive someone else than it is to forgive yourself. Holding on to that guilt is like renting space in your head to your worst enemy. It only creates self-loathing, depression, and possibly anxiety. When you come to believe that it is time to learn a lesson from what was done in the past, you will begin the self-forgiving healing process. This process can be a lesson that can help you for the rest of your life. So, count the lessons and then count your blessings. Not forgiving yourself only sets you up for more personal trauma and possibly even health issues.

## 6. Know that you are NOT flawed or defective.

The feeling that there is something wrong with you often comes from not being treated with love and respect or maybe even being abandoned as a child. I often ask my clients to take an imaginary trip with me to the baby nursery in the hospital. I then ask them which of the babies deserve to be abandoned, sexually assaulted, treated with disrespect, or not loved by their parents. They cannot pick one and I remind them that they were once one of those babies. Trust me when I tell you that you are not flawed or defective or unworthy of a beautiful life. You may have been through some very difficult times in your life, but it wasn't because you were defective or flawed.

## 7. Allow yourself to have dreams and desires.

When you stop dreaming about what could be possible for you and desire a more positive life for yourself, you begin to wallow in self-doubt and depression. Don't use the excuse that you are too old. I published my book at the age of 77, so I am not buying that excuse. Yes, there may be some things that you cannot do any longer but open yourself up to new ideas and adventures. What is it that you have always wanted to do or be? Think of the ways you might be able to scratch that itch. Be gentle and kind to yourself as you open to new possibilities. Your desires may be to travel, lose weight, perform in a theater production, etc. Begin today to learn what you can do to

make your desires happen and put a plan in place to make it happen. Make affirmations regarding this desire and repeat them over and over. You may be very surprised at your results.

## 8. Learn to accept praise and appreciation.

Very often people who suffer from low self-worth undermine compliments by thinking or even saying something to discount praise or appreciation. Remember that others may see you differently than you see yourself, and when you discount that praise, you may invalidate or demoralize the other person. I am sure that you never want to do that. A simple thank you with direct eye contact and a smile is a great way to acknowledge praise and appreciation. It also validates the person who gave you the praise. When you find yourself uncomfortable with other people complimenting you, locate where the feelings are in your body. When you are in an appropriate place touch that part of your body gently and kindly remind yourself that it is okay to accept and even rejoice in the words that were spoken to you.

Developing the habit of complimenting

others is also important.

## 9. Remember that GOD DON'T MAKE NO JUNK.

If you are having trouble with your self-worth, you are probably seeing yourself as the equivalent of junk – no good, not worth anything, a waste away, etc. When you catch yourself thinking these thoughts, pinch yourself and remember the trip you took to the baby nursery in No. 6. You did not, and do not, deserve being treated poorly. No matter what you have been told or how you have been treated, you have a beautiful soul that wants desperately to be valued and loved by you. To help expedite this process, twice a day every day look in the mirror and into your eyes and say, "I love you." This may be extremely difficult when you first start, but I promise that if you work through the difficulty, it will become easier and easier.

Author of *ALL GOD'S CHILDREN GOT ISSUES—A Woman's Guide to Turn Her Issues Into Assets*  
Available on Amazon and Barnes and Noble Website.



# Interview With Mark Robinson

By Beth

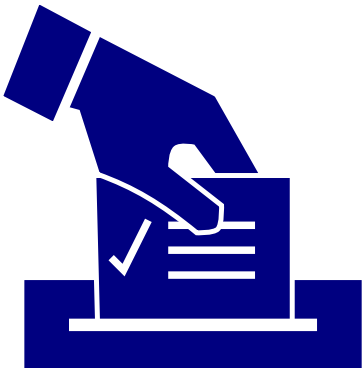
I had the privilege to represent Pender County at the Trump rally last Friday. While awaiting my escort, security pulled up along with a large SUV and low and behold out of the vehicle came Mark Robinson. I took this as the perfect opportunity to ask the question I've heard hundreds of times from concerned citizens in our county, "Did Mark Robinson really endorse a particular candidate running for our biggest commissioner seat?" Well folks, here is the conversation I had face to face with Mr. Robinson:

Me: "Afternoon Mr. Robinson, how are you doing?"  
M.R.: "Good, how are you doing, remind me how I know you?"  
Me: "I helped host an event for you in Pender County back during Covid".  
M.R. "Oh yeah, how have you been doing?"  
Me: "I want to let you know many people are very upset with you in my Pender Co., you hurt our county and a local patriot with your endorsement of a particular candidate."  
"You endorsed a lifetime Democrat that changed parties to Republican to run for that election, that wasn't even living in our county."  
M.R. "Yeah, I got a lot of calls concerning that race".

Me: "Yeah, people were very concerned and hundreds of people called and reached out to your office, with no returned call."  
M.R. "My office did get back to a lot of people."  
Me: "No, they didn't, I personally know hundreds of people that reached out to your office with no return call."  
M.R. "Well I only have 6 people in my working in my office."  
Me: "Well you know what, our county loved you and I know there are lots of people that would have joined your campaign in your run for governor in 2024, but not anymore."  
"Tell me why a man of your status got involved in a small, commissioners race in our county?" "Are you looking out for yourself when you run in 2024?"  
M.R. "I sat down with the candidate and he assured me he would get into those minority communities in your county, those are the areas we need to get in the most."  
Me: "You must not be familiar with that district of our county, that district has a very small minority community and if the candidate wanted to make a difference in the minority community he should've been in Burgaw, but that community remembers that candidate when he was a Democratic commissioner there years ago and his poor record."

Me: "You endorsed a candidate that stands for everything you say your against, inclusion, equity, diversity."  
"Our county is a strong, conservative county with lots of military, and you should not have got involved in our county's race, but again, I know you'll probably run for governor and you're looking out for yourself."  
M.R. "I'm sorry you all feel that way and hopefully that'll change in the future."  
Me: "Probably not, but I appreciate you having a conversation with me, good day."  
In the words of ole Paul Harvey, "Now you know the rest of the story."  
Folks, we have to start calling these politicians out! They don't deserve to be put on a pedestal, they're no better than me or you, WE ARE THE VOTER!" This man of tremendous power came in to our community and influenced our local election for his own benefit with a difference of 375 votes. He was aware by the hundreds of calls and emails residents were concerned about this candidate, and he turned his back on us! His office only said, "The lieutenant governor would not endorse local candidates until after the primary."  
The biggest question of all is, how many other communities did Mr. Robinson "place people he wanted" in

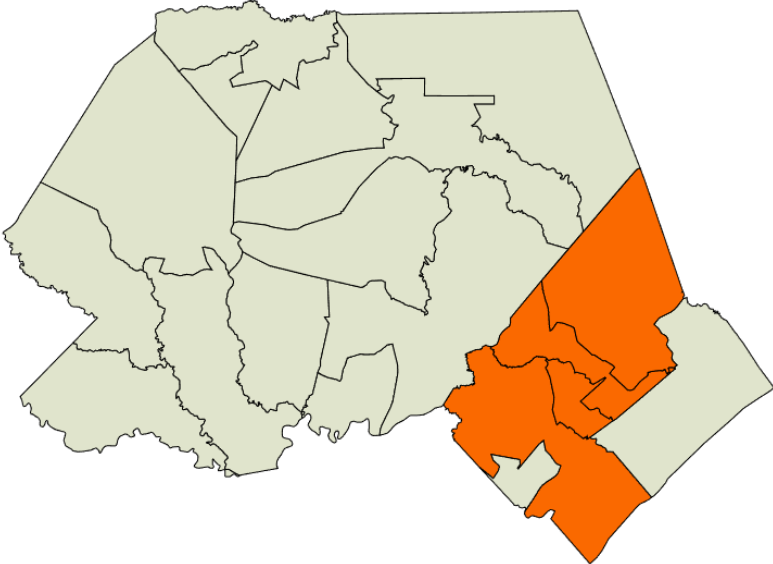
positions throughout our state?  
The biggest question is, how many Democrats switched parties to vote in the primary election? Well, we know one for sure, the candidate that is in that current position.  
Here are the results of this past primary in May 2022. Study the map and the precincts. You can clearly see the line of east and west of the county; tan is the western part of the county, orange is the eastern part of the county. You can clearly see that the western side of the county decided the election, especially Burgaw.



Choice	Total Votes	Percent	Election Day	Absentee One-Stop	Absentee By-Mail	Provisional
Jimmy T. Tate	3,131	53.18%	1,611	1,491	18	11
Joe Cina	2,756	46.82%	1,323	1,417	11	5

Precinct	Reporting Status	Jimmy T. Tate	Joe Cina
CF11	Final Canvass Results (official)	206	164
CL05	Final Canvass Results (official)	72	29
CS04	Final Canvass Results (official)	71	41
CT03	Final Canvass Results (official)	7	3
GR06	Final Canvass Results (official)	88	38
LC09	Final Canvass Results (official)	168	81
LT18	Final Canvass Results (official)	311	395
LU16	Final Canvass Results (official)	116	66
MT19	Final Canvass Results (official)	265	390
NB02	Final Canvass Results (official)	199	107
PL10	Final Canvass Results (official)	70	17
RP20	Final Canvass Results (official)	101	79
SB02	Final Canvass Results (official)	299	168
SC13	Final Canvass Results (official)	308	266
SH12	Final Canvass Results (official)	180	148
SP15	Final Canvass Results (official)	245	305
UH08	Final Canvass Results (official)	34	14
UT14	Final Canvass Results (official)	323	413
UU17	Final Canvass Results (official)	68	32

CHOICE	TOTAL	
Jimmy T. Tate	3,131	
Joe Cina	2,756	
Tie		
Not Reported		
Not Participating		





# Is What You Are Eating Killing You and Your Pet?

By Dotty Ann Harding

As we dash from one place to another, fast food has become the norm, and shopping, preparing, and cooking our food has become a lost art. We just don't have the time. But, I know for myself the fast pot (pressure cooker) and the crock pot can lend a hand along with skillet and sheet pan meals.

Yes, you could survive eating nothing but fast food, but you will not thrive, so think of what you are feeding your dog the same way. The effects of this type of food on your body make the difference between chronic disease and a healthy extended life. Research shows that 30 to 50 percent of all cancers are directly related to nutrition.

Our western diet is literally killing us, as most of what we are eating has been developed during the past fifty to eighty years. Genetically modified food, fake meat, and processed foods that fill our markets are not serving us well.

## Solving the Problem

So how can this be intertwined with the Mediterranean diet or Eating clean? Any visiting home nurse or nutritionist will tell you when you shop for groceries, only go on the outside perimeter. What does that mean? The vegetables, fruits, and fresh meat and fish sections.

Stay away from the inside aisles as this is processed food filled with calorie-laden fats, sugars, salts, and preservatives. Yes, they are easy meals but is your health worth not only the cost, but the price is more than it would be to prepare it yourself, let alone order food out.

The freezer can be your friend. Buy in bulk seasonally and vacuum seal when those varieties are abundant. Also, buy from local farms with meat that is pasture-raised and not factory farmed, where the animals are not stressed, diseased, and filled with antibiotics. There have been many books regarding factory farming and how those animals suffer. Yes, they are being raised for their meat, but the iconic farming scenes we see on the packaging are far from reality.

It's a worse scenario for our pets where the ingredients of their foods are not monitored or enforced as those foods are for human consumption. Most importantly, there should be *no anonymous animal meat listed in the ingredients*. And remember, foods processed in other countries usually do not qualify under our standards. Don't take my word for this, but google shrimp and tilapia farming in countries like China because when you do, I don't think you will eat any of those products

again. Cheap food comes with a price, and it's usually your health.

## Kibble

It is filled with preservatives and coloring agents that resemble meat and vegetables that can have toxic effects on your pet.  
<https://www.dogfoodadvisor.com/dog-food-industry-exposed/shocking-truth-about-dog-food/>

Then it is processed at very high heat that destroys any nutrition, then filled with synthetic vitamins, minerals, and preservatives.

These additives kill off healthy gut bacteria, leading to weight gain and skin & coat issues. Why is this done? Because it's cheaper than using good healthy meat products. Cardiomyopathy and cancers are increasing in dogs, partly due to the mold in the kibble.

<https://www.dogs Naturally Magazine.com/cause-of-cancer-in-dogs/>

## Super Nutrients

Here is a secret to keeping your pet healthy, and it's cheaper than buying mass-produced dog foods. Organ meats like liver, gizzards, and hearts are fresh in your meat counters and have a higher density of nutrients than muscle meats. They will increase brain volume, decrease joint discomfort, and are great for allergies. Add them to prebiotics, and you have a super food for the immune system. Flax, pea flour, carrots, and ginger increase serotonin and decrease aggression and

stress.

Here is what I found works well for my dogs and me. First, I buy a small organic chicken and roast it. I save the breast meat for myself and cut the rest in pieces, then make a bone broth and add the hearts and gizzards previously diced in the food processor with chopped turmeric. When finished, I remove the rest of the meat from the bones and strain the broth. Next, I combine sweet potatoes, carrots, peas, string beans, broccoli, beans, sardines, and collards and roughly chop them in the food processor. Add these ingredients to the broth with brown rice and gently simmer until they begin to soften, then add some barley, quinoa, and liver. Does this take some time? Yes, it does, but I end up with a month's worth of food which I freeze in small freezer bags and add remnants of my daily intake to their nutrition, including scrambled eggs for breakfast and shrimp for dinner. Of course, everyone has to do their research, but I'm just sharing what has been working for me.

*Of course, I do make exceptions for birthdays!! Happy 20th Birthday Annie! She loved her cake and frozen yogurt.*



## The Evolution Of Dog Food At Our House - What's In Your Dog's Bowl?



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# Morning Routines Boost Happiness The Marian Way

By Marian Taylor

Are you a morning person or a night owl?

I admit that I am a night owl. I just love spending time reading or doing projects when the house is quiet and everyone is asleep. I call this my "Me" time! I have never been a person that can leap from bed in the morning and be ready to go. I tend to hit the snooze button several times before actually getting out of bed. I eventually make my way to the coffee machine and brew my first cup. Once I have poured my second cup of coffee, I can finally think about my morning routines to help me jump start my day. Did you know that morning routines not only reduces stress but it boost happiness. When you start your day with intentions you will have positive feelings and accomplish more.

Here are my Simple Morning Solutions that you may want to implement into your daily routine:

1. Savor your morning time.

Take time to really enjoy your cup of coffee or tea. Breathe in the aroma and take time to think about your day. Drink warm lemon water to hydrate you.

2. Make a List and a Plan. Write a To-Do list to plan your day. If there is something that you know you have to do, write it down. Check your calendar so that appointments aren't missed.

3. Read. Whether it's the daily newspaper, daily devotions or a book, reading feeds your mind.

4. Get Moving. Walking, stretching, yoga or some other form of workout in the morning gets the blood flowing and loosens stiff joints. Working out at the start of your day fuels you for the entire day.

5. Eat a good breakfast. Choose healthy real food options like oatmeal, yogurt, fruit, or avocado toast to energize and fuel your body. Avoid sugary, high fat and high carb foods that won't sustain your appetite until lunch time.

6. Tidy Up. Empty the dishwasher, clear and shine your sink. Clean off your hotspot and process mail. Empty the trash can. Just 15 minutes of de-cluttering and doing a tidy up can make a huge difference to your happiness as well as beautifying your space.

7. Make the Bed. Not only will making your bed beautify your space but it actually sets the tone for a good night's sleep when you crawl into a freshly organized and made bed.

Keep It Simple The Marian Way!



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. Send questions or comments to: [Marian@TheMarianWay.com](mailto:Marian@TheMarianWay.com)

## Lake Linda's Christmas Lights

A 501(c)3 Non-Profit Organization

**Light-O-Rama Starter Kit**

Have you always wanted to make your lights dance to music like Lake Linda's? Here's your chance! Enter our Light-O-Rama Starter Package Raffle!

Vendor Spots Available!!  
Contact Lake Linda for more info!  
Sponsors receive vendor spots for free!!

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SATURDAY, NOVEMBER 19  
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UNDER THE TENT AT LAKE LINDA BEHIND WHOLESALE TIRES!

Free entry

**Be the LIGHT**

Lake Linda Christmas Lights inc is a 501c3 non profit organization

**Be the LIGHT**

Interested in becoming a sponsor? The Deadline is approaching fast! All sponsorships must be received by Monday, November 7, 2022! Check out the website for more information!

Don't miss out on the Opening Night of Lake Linda's CHRISTmas Lights happening Thursday, November 24th at 5:00 PM!

[www.lakelindaschristmaslights.com](http://www.lakelindaschristmaslights.com)



# 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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Players will have a chance to make another \$100 donation at the first break along with a \$50 add-on donation. Registration starts at 11:00am and play starts at 12:15pm. Payment is accepted through cash and venmo. Checks will be accepted no later than Nov. 9th.

**ALL DONATIONS FOR ADD-ONS OR RE-ENTRY WILL BE IN CASH OR BY VENMO.**

Contact Jessica JJ Robinson with any questions  
(910) 265-5488



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-Able Buddies NC



Simply Homemade Recipes

Photos and recipes courtesy of AllRecipes.com

Rutabaga Beef Stew



- 4 carrots, cut diagonally into 1-inch pieces

1/2 cup thinly sliced celery

4 cloves garlic, minced

2 bay leaves

2 teaspoons herbes de Provence
- 1 pound boneless beef chuck roast, trimmed

2 tablespoons all-purpose flour

1/2 teaspoon salt

1/2 teaspoon ground black pepper

2 tablespoons vegetable oil

1/2 cup dry red wine (Optional)

3 cups low-sodium beef broth

2 cups cubed rutabaga

1 medium onion, cut into thin wedges

Cut beef chuck roast into 3/4-inch pieces. Toss together beef, flour, and 1/4 teaspoon each salt and pepper in a bowl until coated. Heat oil in a large pot over medium-high heat. Add meat and cook until browned, about 5 minutes. Add red wine (if using) to pot and simmer until alcohol evaporates, 3 to 4 minutes. Stir in broth, rutabaga, onion, carrots, celery, garlic, bay leaves, herbes de Provence, and remaining salt and pepper. Bring to a boil. Reduce heat and simmer, covered, until meat and vegetables are tender, 30 to 40 minutes. Discard bay leaves.

- Crust:

1-1/4 cups all-purpose flour, plus more for rolling

1 tablespoon granulated sugar

1/2 teaspoon kosher salt

1/2 cup cold unsalted butter, cut into 1/2-inch pieces

3 tablespoons ice water, or more as needed

For the crust, combine flour, sugar, and teaspoon salt in a food processor and pulse about 3 times until combined. Scatter cold butter over flour mixture in food processor. Pulse about 6 times until butter resembles pea-sized pieces. Drizzle 3 tablespoons water over butter mixture. Pulse about 6 times until couscous-like beads of dough form, adding 1 more tablespoon ice water if needed. Transfer dough to a work surface, and press into a single mass. Shape and flatten dough into a disk. Wrap in plastic wrap, and chill for at least 1 hour or up to 2 days. Unwrap dough and place on a lightly floured work surface. Let dough sit at room temperature for 10 minutes to soften. Dust top of dough with flour. Using a lightly floured rolling pin, roll disk into a 12-inch circle. Place in a 9-inch pie plate, pressing into bottom and up sides of pie plate. Fold edges under, and crimp as desired. Cover with plastic wrap, and freeze for 30 minutes. Preheat the oven to 350 degrees F (175 degrees C). Place parchment paper over dough in pie plate; fill with pie weights or dried beans. Bake in the preheated oven until crust is starting to set, about 15 minutes. Carefully remove pie plate from oven and take off parchment paper and pie weights. Return pie plate to oven, and bake until pie crust is light golden brown, 8 to 12 minutes. Transfer to a wire rack; let cool to room temperature, about 20 minutes. Whisk together melted butter, sugar, eggs, egg yolk, canola oil, and vanilla extract in a bowl until blended and smooth. Whisk in cocoa, flour, instant espresso, and salt just until combined. Stir in nuts and 1/4 cup chocolate chips. Scrape mixture into cooled crust, and smooth top with a small offset spatula. Sprinkle remaining 1/4 cup chocolate chips on top of the pie. Bake in the preheated oven until a toothpick inserted in the center comes out clean, 30 to 35 minutes, covering the crust with aluminum foil if it gets too dark. Let cool 20 minutes before serving.

Brownie Pie

- Filling:

10 tablespoons unsalted butter, melted and cooled

3/4 cup granulated sugar

2 large eggs, at room temperature

1 large egg yolk, at room temperature

2 tablespoons canola oil

1 teaspoon vanilla extract
- 3/4 cup unsweetened cocoa powder

1/2 cup all-purpose flour

2 teaspoons instant espresso granules

1/2 teaspoon kosher salt

1/2 cup chopped walnuts or hazelnuts

1/2 cup semisweet chocolate chips, divided

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