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11th March, 2022

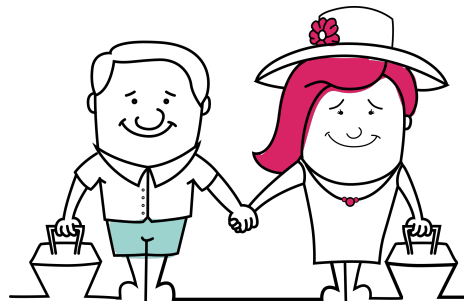
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Volume II, Issue 6

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Russian Actions and Inflation are a Bad Combination For America



Even if you don't own a television, news of Russia's invasion into the Ukraine is everywhere. Like most people I knew very little about the country of Ukraine and admit that through research, I am impressed. The second largest country in Europe (Russia is first in size) with a population of almost 44 million people, this country has a wealth of resources and an extensive history that goes back thousands of years. Even though today's Ukraine was formerly established in 1991, the same year Ed Sheeran was born (for you young folks), the history of its people goes back to at least 800 AD.

What at the consequences we may feel (or already feel) at home in the United States?

1. **Fuel prices.** With the disruption of the fuel importation cost per gallon to the consumer could reach \$5 per gallon or more. What does that affect? Everything. Any product that requires shipping or transport will incur a fee. That fees gets passed along to everyone, who in part, have to raise their costs. For a vehicle that holds 25 gallons of gasoline it would cost approximately \$132 to fill the tank (last year it was \$67.75 to fill up).
2. **Travel safety.** People love to travel and sometimes that includes overseas to Europe. No traveler wants to find themselves in an area of conflict or stranded due to events outside their control. Fuel costs will certainly raise ticket prices.
3. **Food** - Farmers, especially corn growers, will most likely plant smaller crops this year due to rising costs of fertilizer. Why is this important? Corn makes the world go around.
4. **Retirement pension and savings** - Most of these areas depend on the stock market. War creates havoc in most markets, ours is no exception.
5. **Inflation** - One of the first things to make an impact in a person's life is rate hikes. Interest rates affect everyone that borrows money through loans or mortgages. Stay in touch with loan officers if possible. Looking to buy? Do it now before rates increase.
6. **Animal feed** - Local distributors are already announcing increases from 10-20% in feed products for household pets (dogs, cats, etc.) and livestock feeds. This severely hurts rescue groups that depend on donations.
7. **Vacations** - Remember we are about to enter into the summer "travel season". How will plans be affected if everything increases from food to accommodations to clothing by 20-25%?
8. **Shortage of supplies** - While our supply chain is no where close to where it was before 2020, now more items are going to disappear at an alarming rate.
9. **Ammunition and firearms** - With supplies struggling to return to 2019 amounts, ammunition and firearm production may fall short of demand once again.
10. **Vodka** - In an unprecedented action, the governor of North Carolina has instructed the ABC Board to require the state-run liquor stores to stop selling Russian brands of alcohol and to remove it from their shelves.

When will these things go back down in price? Financial advisers can't predict for sure, but most likely the increases and shortages will be here to stay for a while.

VISUAL CAPITALIST DATASTREAM

U.S. INFLATION: WHICH CATEGORIES HAVE BEEN HIT THE HARDEST?

Consumer Price Index (CPI), monthly change*

Over the past year, the inflation rate in the U.S. has seen its fastest annual increase in over 30 years.

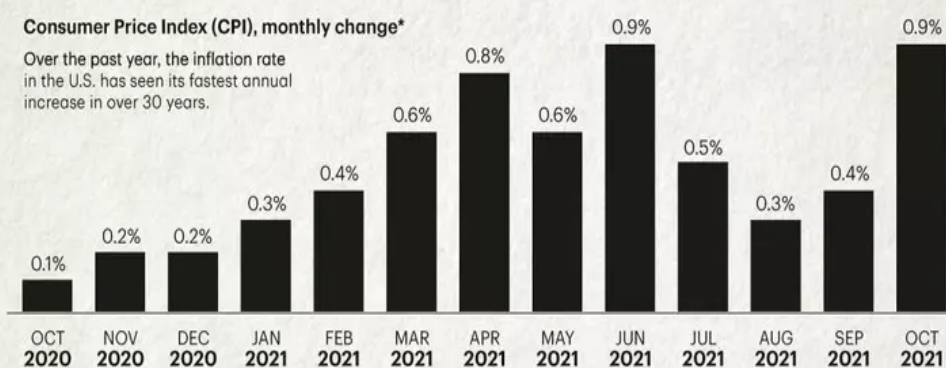
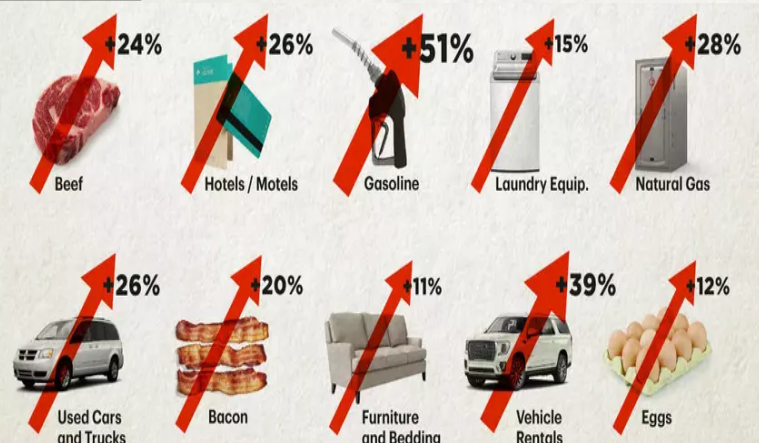


Photo Credit: Visual Capitalist

Selected CPI Subcategories, 12 month change



One-month percent change in CPI for All Urban Consumers (CPI-U), seasonally adjusted, as of November 10, 2021 Source: U.S. Bureau of Labor Statistics



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Dates
2022**

Mar 11th
Mar 25th
April 8th
April 22nd
May 6th

Topsail Times

**TOPSAIL
TIMES
NEWSPAPER**



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Birds Are Dying at an Alarming Rate

By Dorothy Royal

A few years ago I wrote an article about the lack of seagulls in the sky. I received several emails from people who had noted not just seagulls, but several other breeds of native birds as well were disappearing.

The scientific world that monitors birds native to North America have been sounding the alarm for the last few years but that news may have gotten lost in the shuffle.

In the latest reports posted, a staggering 30% of birds native to North America have disappeared since 1970. In only 50 years, 3 billion birds are gone. Hello? Is anyone out there freaking out like I am? I hope so.

Common birds such as sparrows, starlings, finch, black birds, larks, warblers, sanderlings, plovers, northern bobwhites and meadowlarks

are just some of the extensive list. These are the birds in our backyards and coastal areas.

The causes could be many. Water pollution, pesticides (both in the air and on the soil), land clearing and destruction of native nesting areas can all be contributed.

Agencies that monitor the migration of birds and insects through radar are claiming a 13% decrease in the size of the mass that is visible. Most birds and insects migrate at night.

529 species, which account for 90% of the birds on our continent, are being affected by this decrease.

Is this only happening in North America? The answer is no. December 21, 2021 more than 200 starlings fell from the sky in northern Spain, hitting pedestrians and cars. People found birds dead on the streets, in gardens and even under vehicles.

Though the cause has not been determined, a general idea is that the swarm hit power lines.

A year earlier, 100 starlings died after flying through a chemical plant leak area in Tarragona.

Two years earlier, also in December, almost the same number of starlings were found dead on a street in Wales. The unofficial determination was that the birds hit the street, avoiding a predator. I find that reason a bit confusing.

In September of 2020, in states all over the south western part of the United States, hundreds of thousands of birds fell from the sky. Arizona, Texas, Colorado, New Mexico and Nebraska all claimed to have massive bird die offs. When several of the carcasses were studied by Professor Desmond, with New Mexico's State University, it was determined that the birds had little fat or muscle mass.

Birds that migrate from Canada to South America travel across the south west in the fall. The first reported incident during this event was noted in August at the White Sands Missile Range in New Mexico.

What can we do? Simple. Stop using toxic pesticides in your yards. If you have bird feeders, add some suet to the assortment, it is a good form of fat. If you provide a bird bath, make sure water is clean and free of contaminants. Report spills of toxic fluids, including fuels immediately. Allow more of the natural growth of your yard. Wildflowers and long grasses are helpful to birds and can be beautiful. Report any sick or dead birds to local Fish and Wildlife. Tracking events like giant die-offs are easier with more information and may offer an explanation.

Topsail Gun Gal: How Much Money Can We Print Before it All Runs Out?

By Dorothy Royal

During President Biden's Address the Nation speech, he hit on a few points regarding firearms that need a bit of clarification.

First, universal background checks. Why are they important? Based on his comments it is because people on terrorist lists are able to buy guns. This was news to me. If a person is added to the National Instant Criminal Background Check System (NICS) system, which is used by gun sellers during background checks (yes, they are done), then the applicant would be denied. Maybe the part of the system that provides that information needs to be fixed.

Second, ban assault weapons and high capacity magazines. Didn't our country do that once? Did it make a difference in reducing crime? The answer is no. Criminals don't care about the law - that's why they are criminals. Law abiding citizens should not be punished for the actions of criminals - this has gone on long enough.

Meanwhile the people of Ukraine are begging for other countries to send them more weapons and ammo. Most of the photos of civilians defending their homes and communities are people holding AK-47 and AR-15 style rifles. Maybe that should be a wake-up call to those eager to take away things from the good guys.

People should always have the right to protect and defend what is theirs. In fact, I think there is an Amendment in our Constitution about that.

Maybe I'm wrong, but I don't think so.

Richard Childress, a board member of an Arizona ammunition manufacturer and Hall of Fame Nascar Team owner, has offered to send one million rounds of ammunition to help out. That's awfully nice of him.

The U.S. Government has pledged 6.4 Billion dollars in emergency aid while area European groups have agreed to a 100 million dollar pledge. I'm not sure why the U.S. is way higher in amounts than anyone else? Seem disproportionate right?

Even Netflix officials have gotten involved by pledging 1 million dollars for emergency medical supplies. Citizens of Japan have compiled 17 million dollars in donations.

One thing we know about war is that it is expensive, in life and dollars, but it sure is amazing how quickly large amounts of money can be raised. Where does all that money come from and where does it really go?

Remember knowledge is power and while our government is printing lots of money for war, how about they send some to our school teachers, who are currently teaching our next world leaders. Wouldn't it be great if they got a well rounded education? I think so.



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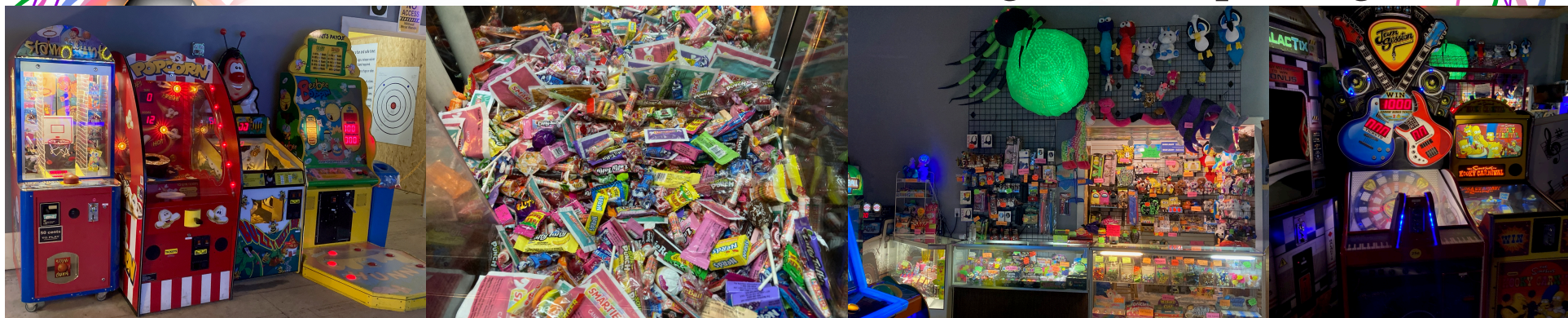


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St Christopher ... Prevails Through the Decades

By Becky Borneman

Like many things from the past, trends seem to always come full circle. What's trending now? St Christopher necklaces have been the #1 request this past month. From what I am reading, the trend started to gain traction back in the '60's among the surfers. All they wore to surf were board shorts, a bitchin tan, an attitude that James Dean would be jealous of and a St Christopher's necklace. Surfers wore these necklaces for protection in the ocean and gave them to their boyfriends and girlfriends as a sign of going steady too!

St Christopher is the symbol of safe travel and protection. He has been worn by pilots and drivers, mariners and surfers, explorers, travelers... anyone who

feels they need protection. I find it interesting that he is not mentioned in the Bible. Most of the details of his life have been lost, so his legend has been passed down through storytelling and tradition.

In the Catholic school I attended we learned about St Christopher. I was taught that he was a large, tall man who helped a group of people cross a treacherous river. One of those people was a child and during his journey across the river he has this child on his shoulder. It became increasingly difficult to go on the further he got. He finally made it and the child was safely put down on the dry ground. St Christopher said that even the weight of the world couldn't weigh as much as that child. The child revealed himself as Christ and that

Christopher had indeed carried the weight of the world across that river. In fact, Christopher translates to "Christ bearer" which may refer to the legend of the giant man carrying the Christ Child across the water.

I've had many St Christopher necklaces and they all mean something to me because they were given to me by different people. It represents love and safety that is shown from the giver to the receiver.

Still popular since the '60 and besides the meaning behind it, they're beautiful too! I always ask people what they plan on doing with their necklace. A few of the responses I've gotten have been to wear for a little extra protection while surfing, to wear for good luck, to exchange among friends, to hang from

their rear view mirror and (my favorite) to pass along to a stranger. What better gift can you give someone than a gift that tells them you wish them safe travel and protection?

We have these colorful, fun necklaces available at Coral Cottage in Surf City and Fancy Flamingo in Hampstead.



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Sea Turtle Hospital News



By Karen Sota

Our turtles welcome you back! We'll reopen for public tours on a limited schedule beginning Friday, March 4th. Throughout the month of March you can visit us on Fridays and Saturdays from 11 AM – 1 PM.

To book your tour log on to our website (www.seaturtlehospital.org) and follow the prompts. 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 and to continue our commitment to keep you and our staff safe as we work our way through Covid. Our southeastern NC counties are still considered high transmission areas and we are requiring masks for everyone except children under 5 years of age – no exceptions.

We have twenty-nine patients on-site, most of them in Sea Turtle Bay completing their recovery and hoping for a ticket to warmer waters. Greens Belle and Rosemary are now sharing a "duplex" tank immediately inside the Turtle Bay doors. After a short territorial dispute they've become BTF's – Best Turtle Friends. We suspect Belle may have an ulterior motive though.

Rosemary still receives a small ration of fish with her morning veggies while Belle (who is zaftig, to put it kindly) is

served only veggies. We think the reason Belle hangs out by the divider so much is that she's hoping some fish will accidentally come floating her way. Those big innocent turtle eyes, and big turtle hips can't fool us.

The turtles still housed in Sick Bay require specialized treatment before they can move to a coveted spot in Turtle Bay. They're part of our "colors" group, named after Crayola crayons. They all receive daily swims in our therapy pool to facilitate strength and range of motion. Several of them get along quite well and you can see them enjoying their time together. Others, not so much, so they are scheduled for solo swims.

Now for the really exciting announcement: our gift shop has been totally renovated and it's open for browsing and shopping. And you can visit the gift shop without taking the tour by entering through the single door to the left of our main entrance. We have all of your favorites plus a plethora of gift items, including some from local artisans. And of course, our adoption table is open and ready for you to adopt your favorite turtle from your visit. Take home their photo, adoption certificate and, depending on level of adoption, one of our premium gift shop items. All adoption and gift shop proceeds go directly to the care of our patients.

SEA TURTLE HOSPITAL OPEN FOR TOURS

The hospital will be opening to the public in March. Tours will be available on Fridays and Saturdays from 11 AM – 1 PM. Tickets must be purchased in advance through our website www.seaturtlehospital.org

Our totally renovated gift shop and adoption center will be open to everyone during tour hours and you will not have to take a tour to shop and adopt. Please be aware that as eastern NC is still considered a high transmission area for Covid we will continue to require masks for everyone except children under the age of 5. Hope to see you soon.



Renovated gift shop

COLD STUN SEASON CONTINUES

Although the spring weather appears to be trying to get here, we're still not done with cold-stuns. At this point the turtles are not so much cold as they are severely debilitated from prior cold-stunning. This year it seems to have hit the larger loggerheads particularly hard. Please be our extra eyes for spotting any turtle in distress. Don't assume a turtle is beyond help because it can't move. They are stunned motionless.

If you spot anything unusual, 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 meet you to retrieve the turtle that will then be brought to us for follow-up.

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.



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The Circle of Life

By Carol Ann Ross

Special to the Topsail Times

Walking along the beach a while back I spotted a starfish. I bent over to pick it up and noticed that it still had a bit of movement in the long arms of its body. Yes, it was still alive, yet I placed it gently into my shell bag. Part of me thought that perhaps I should throw the critter back into the ocean to have a chance at life and I thought about the little story I'd read several times, posted on Facebook, about throwing starfish back into the ocean, back into the surf, to give it a chance at life. It was all designed to make me feel guilty.

Well, bless my heart and call me Woke, but I did a little research on starfish and their lives and the ocean. I've lived by the ocean all of my life and watched a whole bunch of stuff just sitting in a boat or on the dunes. It's amazing what experience teaches. There is no way that throwing a starfish into the surf is going to save its life. You can gather all the live starfish you want off the shore, motor them all out BEYOND the surf, and throw them in the water, then they will have a chance. But throwing them from the shore isn't going to do a thing, except make you feel good about something that isn't real.



Seagull eating starfish



House being consumed by the ocean

Photos provided by Carol Ann Ross

Starfish do not have the ability to move past the tides or rushing water, they simply don't have the strength. Eventually if you throw a starfish back into the surf, it will end up back on the shore. And eventually again, will become food for crabs and seagulls who will tear their little bodies apart as they eat them. Doesn't sound pretty, does it, but it is the circle of life.

This reminds me of a little story told to me by my friend Dorothy Royal a few years ago. It goes something like this-A lady comes into the shop, all shook up. It was her families' first time to Topsail Island and she was livid, felt she had

been misled by the pretty pictures and articles about our little island. She swore she would never come back. "What's the problem?" Dorothy asked.

"If I would have known there were sharks here, I would have never come." was her reply. Well, DUH!

Mother Nature is a mysterious and beautiful entity. Understanding, or at least trying to understand her, is not only important but respectful. Knowledge is one's best defense, along with experience and a willingness to learn.

I've spent my whole life in wonder of the ocean. Why do starfish come to

shore? "Why do sharks bite? And as Skeeter Davis asked in a song, "why does the sea rush to shore?" Well, it is their characteristic nature to do so.

I often wonder about our little barrier island too, about how it changes, why it changes, and have come to the conclusion that since I am NOT God, that I should expect the ocean and our barrier island to do as it does. The shoreline will always shift because shifting is a property of barrier islands. No matter how much sand they pull from our continental shelf to restore the shore, storms will come and return it to its natural state. It's a fact. Wishing it away won't make it change, neither will the attitude that it's not right or fair. The fact is also that these nourishments cost millions of dollars per mile, yet last only about three years. And so it goes.

Meanwhile, starfish are still being thrown back from the shore to make people feel less guilty and the belief that even the ocean is under our control, exists.



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The Marian Way

By Marian Taylor

Hello, my name is Marian Taylor and the creator of **The Marian Way** which offers simple lifestyle solutions that will bring you less stress and more joy. I am passionate about sharing tools and tips that gift you back the freedom of time by reducing the excess that you have in your home and office. I recently bought a home in the Top Sail area, and I have fallen in love with the community. I hope you enjoy my articles and I look forward to sharing my tips with you and exploring your beautiful community.

Whether you are in the workplace, an at home parent, or retired, most everyone can agree that the home they dream of should be a place to unwind, a place of calm and relaxation. If you want to change your lifestyle from chaos to calm then the best way is to remove the excess that is clogging your space, mind, and spirit. I believe that you cannot be an organized carefree person without first reducing the excess stuff and personal belongings that are clogging your space.

The **Marian Way** is to only have in your immediate space what you use every day. For instance, if your kitchen gadget drawer is overflowing ask yourself what gadgets are used every day. Chances are there are a lot of multiples or gadgets that you use at certain times of the year. If you are limited on space, do you really need a turkey baster in the drawer when you only use it in November and or December? A better location would be to store the baster either in your roaster pan or with the November or December holiday decorations. This will alleviate wasting valuable time digging through the excess in your gadget drawer.



With that, here are 3 more solutions to help you reduce the excess in your home.

1. **The number one question I always get is...where do I start?** I recommend starting with the smallest job first so that you don't become overwhelmed and quit. If the area where you need to reduce the excess is large, I recommend breaking it down in small manageable sections. Set a timer for 15 minutes and move quickly to beat the clock. If you still have time and energy, then set the timer for another 15.
2. **A place for everything and everything in its place.** I'm sure you have heard this age old saying one or more times, but it is so true. I used to have an excess of cheaters (magnifying reading glasses), yet I could never find any. I designated a drawer where I would return the glasses when I was finished using them. I have now reduced that number to two. When everything has a home, you save time and money because you can easily locate items that you need rather than running to the store to purchase another.
3. **Clear your dumping ground.** A dumping ground is an area where you tend to leave items that pile up. It is the flat area that catches all your papers, mail, keys, eyeglasses, and more. Create a daily habit of clearing your dumping ground before you make dinner or before bed.



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

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Teeth Talk

By Becky Moore, RDH

Looks like February came and went like a flash! Did you know that February is Children's Dental Education Month? It is the one month we celebrate early education and awareness catered towards our children. We all know education is the key to prevention, and it is one of my passions to educate and bring awareness to help the youngest of our population.

Let's start from the very beginning. An infant's primary (or baby) teeth begin forming while the baby is still in the womb. It is important for the expectant mom to have good healthy food consumption and oral habits during this time. This ensures that the baby will have the best outcome for developing proper tissues and teeth. This is many times easier said than done, and if you've ever been pregnant you understand what I mean!

Good oral care for the infant begins before the first tooth ever erupts. It is a good idea to use a washcloth to clean the gums two times a day. This will remove any bacteria and sugars that are laying on the gum tissue, and it also prepares the baby for the daily habit of cleaning their mouth. Once the first tooth erupts, a soft toothbrush with tap water can be used to clean the teeth for the recommended two times per day.

These good habits will prepare the child for their first dental visit which should be scheduled by their first birthday. The first dental visit will likely be a short meet and greet to peek at the erupted teeth and to offer an opportunity to apply a mineral called fluoride which protects the teeth from tooth decay. This is a great opportunity for the child to build awareness and trust in their dentist to ensure a lifetime of good oral health.

As the child grows and becomes more independent, it is important to let the child start brushing their own teeth, but also very helpful when a parent supervises. The main concern with letting the child do all the brushing themselves at such an early age is the dexterity limitations. This opportunity can be a fun way to build interest in brushing while the parent makes sure that the teeth are properly cleaned. Another way to make brushing fun is to have a two minute timer available so that adequate time brushing is observed. It is important to consult with your dental professional to determine at what age to start using a fluoride toothpaste. My professional opinion is not to use fluoride toothpaste until the child can spit because too much fluoride can be harmful to a young child and damage the teeth. Don't forget, a pea size amount of toothpaste is all that

is needed when brushing to clean the teeth!

Once the child is old enough, it is important to begin flossing to clean between the teeth. Flossing can be done the "old-fashioned way" with fingers and floss but also can be done with floss aids. When flossing is implemented into the daily oral hygiene regimen, we expect it to become a natural daily hygiene routine. This will make a dramatic difference in the health of the teeth and gums over a lifetime.

Another important point is to have good healthy snack options available. Fresh fruits and vegetables are a great choice. Raw apples, raw carrots, and even cheese are good options for cleaning the teeth and supplying good fuel for a growing body. In addition, drinking water is very important as well. Drinking tap water after snacks helps to raise the pH levels in the mouth so the acid-forming bacteria are reduced and less likely to cause cavities. Be mindful, most public water sources supply fluoride which aids in tooth development and formation of healthy, strong tooth structures, but bottled water likely does not supply that mineral. This is also a very important topic to discuss with your dental provider.

Another valuable option for the prevention of cavities is by applying a sealant. A sealant is a material that covers the groovy part of the teeth and can prevent sugar from getting down where our toothbrush bristles never reach. This procedure can be performed by your dental provider and is most commonly recommended for the permanent molars. Sometimes cavities form despite our best efforts to clean and fluoride, and once a cavity forms, we are unable to do a simple sealant to prevent tooth decay.

The lack of thorough dental education and awareness is a real issue, and children continue to suffer on a daily basis. The Center for Disease Control and Prevention states that cavities are one of the most common childhood diseases in America. The real consequences of untreated cavities are speaking issues, inability to consume healthy foods, and interrupted learning.

Because the primary teeth help guide the adult teeth into the proper placement, if a baby tooth is lost prematurely due to decay, then there is a risk that the permanent tooth will be affected also. The good news is that this tooth disease is preventable with a few subtle changes in habits and education. So, I encourage you to have your child establish care with a dental provider.

There are many options in our area, and we are blessed with many local dentists. Pender County also has a community dental clinic available in Burgaw. There also is a mobile dental unit that goes to our local Pender County schools with a well-known dentist from our area. Ask your friends and neighbors for a good referral and get started today!

Dental education is a smart investment to make in your child's oral wellness, as well as their overall health.



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OCPAW:

ILLNESS OR DEATH IS ASSOCIATED TO GRAIN-FREE DIETS IN DOGS.

By Dotty Harding

Caroline Coile, PhD wrote in the AKC Family Dog magazine the following:

It was a routine vet visit for Oliver, Julie Carter's 3½-year-old Golden Retriever. At least, it was until the vet listened to Oliver's heart and uttered the sentence that would change her life: "He has a heart murmur."

It was February 2018, and Carter had also brought in an interesting article from the Morris Animal Foundation website noting a disturbing upswing in the number of Golden Retrievers diagnosed with dilated cardiomyopathy (DCM). These dogs had in common two things: They had a deficiency of taurine, an amino acid, in their blood and they were fed dog foods from companies often with unusual, grain-free, or legume-rich ingredient lists.

In 2018, veterinary cardiologists started noticing higher than usual numbers of dogs with DCM. At Tufts University, Lisa Freeman, DVM, Ph.D., DACVIM, a board-certified veterinary nutritionist with a research emphasis on nutritional effects of heart disease, reported an alarming number of these dogs were eating what she called BEG (boutique, exotic-ingredient, or grain-free) diets.

Freeman collaborated with several veterinary cardiologists and alerted the Food and Drug Administration (FDA).

In July 2018, the FDA announced it had found sufficient evidence to investigate.

In November 2018, Freeman and her collaborators issued a commentary published in the Journal of the American Veterinary Medical Association. It would become one of the most downloaded articles in the history of that publication.

Oliver is undoubtedly the best-known DCM victim. "Deciding to be proactive and educate others about this life-threatening disease was a quick and easy decision to make," Carter recalls. "When Oliver was diagnosed in February 2018, there was very little information accessible to the public about canine nutritional DCM. Shortly after Oliver's diagnosis, I dubbed him the 'Face of Dilated Cardiomyopathy,' hoping that putting a face to this horrible disease would get the attention of dog owners and make it easier to educate them. "While Oliver is often recognized as the Face of DCM, he is not alone," says Carter. "There are hundreds of other dogs suffering and dying from this preventable disease. ... I have seen firsthand how many of these heartbroken families are crumbling under the emotional, physical, and financial weight that comes along with this diagnosis."

In the Guide to **Grain Free Dog Food**, Leigh Burkett, DVM wrote the following.

Before we talk about grain-free dog food, you need to know which grains are commonly used in dog foods.

These include: wheat, corn, rice, oats, barley, rye and soy.

Whole grains provide an important nutritional resource for your dog, including B vitamins, iron, magnesium, selenium, carbohydrates for energy, and fiber to aid in digestion. You may have heard that grain-free dog food has more meat because it makes up for the lack of grains.

Grain-free diets are not all meat, although they may have a higher proportion of meat in them. As we've learned, they also substitute some of those grains with other carbohydrates.

Very few dogs have allergies to the grains in dog foods. The vast majority of food allergies are to the food's protein source (meat).

(FDA) has opened an investigation into the development of dilated cardiomyopathy in dogs that are fed grain-free diets.

Dilated cardiomyopathy is a heart condition resulting in an enlarged heart and thinning of the heart muscle. This weakens the heart and can lead to heart failure and death.

The FDA opened this investigation due to the rising incidence of dilated cardiomyopathy. They have found that with the 1100+ dogs studied, 90% of the products fed were labeled as grain-free diets.

Conditions and symptoms that DCM can lead to are congested heart failure, heart murmurs, arrhythmias, collapse

episodes and exercise intolerance.

Consult with your veterinarian regarding any of these symptoms and the best dietary choices for your dog.



To report a pet food complaint, follow these steps below:

Visit <https://www.fda.gov>

Select "Animal and Veterinary" on the home page under *Products We Regulate*

Select "Safety & Health" under *Navigate the Animal & Veterinary Section*

Select "Report a Problem with Animal Products"

Select "Pet Food Complaints" under *Animal Feed and Pet Food Events*

You can also call North Carolina's Consumer Complaint Coordinators at 404-253-1169



Only dogs who are truly allergic to grains should eat grain-free dog food.

Photo Credit: Sally Anscombe/Getty Images



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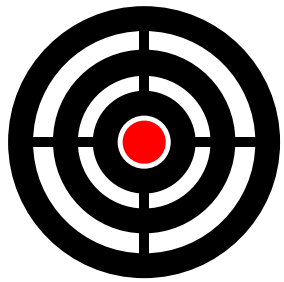


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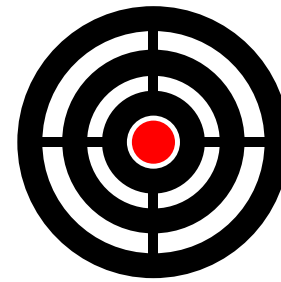
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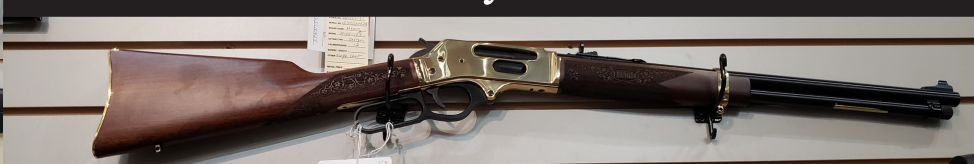
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The Ama Spa

By Lise Gore

On my way to the beach or to the bridge to walk my dogs I've passed by the Ama Spa and each time I say, "One of these days I'm going to stop and treat myself."

I finally did it. Perhaps my thinking about it made it feel like visiting a place I had been before but I think the real credit goes to Anna, Brandon and Rebecca Batts who owns the spa.

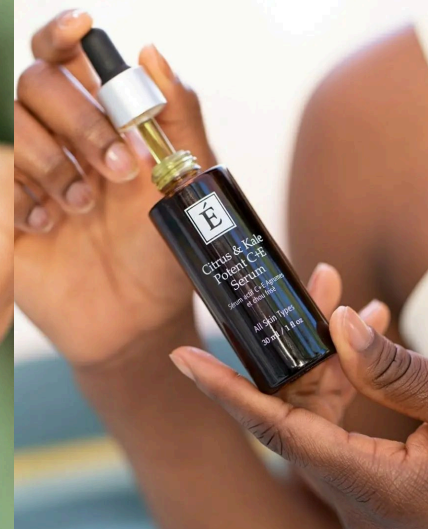
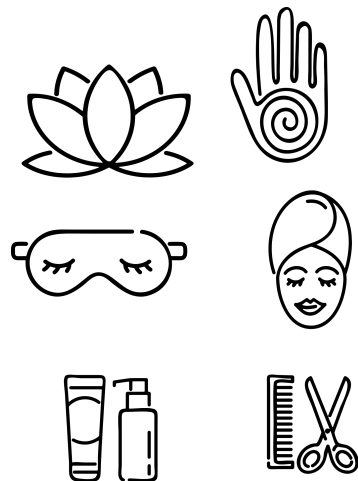
The entire atmosphere of the Spa is welcoming, comfortable and inviting. The spa offers eight rooms with a variety of spa treatments and relaxation areas. Services offered are Finnish Sauna, Swiss shower, Swiss Vichy Steam Room, body treatments with steam, aromatherapy, various massage styles, organic facials, depilatory, traditional spa foot soaks and Belle Sculpt body and several facial treatments. These are not all of their services and I encourage you to go to their website which lists their many services. I also found the website really easy to navigate. The website will have the latest specials as well.

They provide a diverse variety of therapy focused on healing the body and mind together through relaxation techniques. The motto of the spa seems to be "How can I help you feel better?"

The Spa also carries Gold Level Eminence Organic Skin Care products so you can continue the spa experience when you get home. Refreshing and rejuvenating the Eminence product line is a Global awareness company with an earth friendly reputation for stewardship.

I chose the Ayurvedic Massage and it is everything they advertise. After a particularly stressful day Anna managed to make me forget the anxiety, the slow driver I was behind on the way to Sneads Ferry earlier in the day and the way my dogs misbehaved on the beach on our walk this morning.

I am really glad I stopped and I have no doubt when I visit again it will be like coming back to see friends.



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Hooves and Harmony

By Lise Gore

"There's something about the outside of a horse that is good for the inside of a man."

Corinna Stone of Hooves and Harmony knows this to be a fact. It is part of her philosophy in teaching and in life. Her riding program and lessons are based on the fundamentals of teamwork between rider and horse. The children she teaches learn the basics of leadership and the mutual respect between animal and child enables these kids to take those lessons into their daily social interactions with siblings, classmates and even their parents.

Learning to overcome obstacles with patience and understanding is something we would like for our children to learn. In fact, it is a lesson some adults could learn.

Marti Dias was pleasantly surprised when her son Dylan told her, "Mom, I think horse riding lessons are teaching me patience because Gabriel is really annoying me right now but I'm having patience with him". Gabriel is Dylan's younger brother who is certain to appreciate that patience.

It's a tremendous statement when a child is learning such lessons but also that they have that kind of ability for self examination. That too, can be attributed

to the interaction between horse and child. A child that may be bored at school will never be bored on a horse.

Horses don't allow that. They demand the respect of their rider and the by-product of this is a confidence tempered with a certain humility that allows you to know your place on the team.

The fact that Corinna does this with rescued horses makes her program only a little short of miraculous. Her rescue and rehab program includes the horse who started the program, Harmony.

Harmony is retired at this point for medical reasons. She has cancer and recently had a stroke but she is still available for some love from the kids.

Another horse, Apollo, seems to have found the perfect home. He stands patient and nothing short of regal while little boys brush him, clean his hooves and saddle him in the way that only little boys can do. It's an amazing thing to watch as he encourages them while Corinna instructs in a soft voice.

Corinna will be quick to tell you that horses saved her life. Perhaps that is why she is intent on saving them. Anxiety, depression, the issues that so often weigh us down as humans, and our life experiences are often healed by our interaction with animals. Corinna is definitely a steward for the animals she saves and they are her medicine.

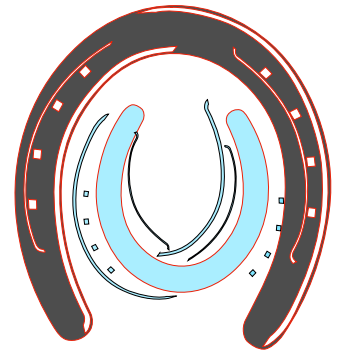
"Give, give" Dylan asked Apollo for his hoof and when Apollo offered the hoof a little boy beamed with a delight equal to any Christmas morning.

When he told his little brother Gabriel, "You use this brush and brush the other side," Gabriel obliged without any argument. Well, if you have children, you realize that can only be called a small miracle.

Hooves and Harmony originated in Greenville, NC but they are currently relocating to their new location in Jacksonville. They offer several different options in lessons including, Mommy and Me lessons and family lessons.

In a world where television, games and the world around us offers very little harmony it was certainly nice to meet some kids who gave me hope, a woman who has dedicated her life to helping others and a proud Mom whose children are learning life lessons from a horse who finally knows he can trust some of the human race.

And a horse whose name says everything, Harmony.



"There's something about the outside of a horse that is good for the inside of a man."
- Winston Churchill



Simply Homemade Recipes

Beef Goulash Soup

- 1-1/2 Lb Stew Beef Cut Into Bite Size Pieces
- 2-1/2 Lbs Potatoes Peeled & Diced
- 1 Lb Tomatoes Chopped
- 1/2 Lb Onions Chopped
- 7-1/2 Cups Water
- 1 Tbsp Paprika
- 2 Tbsp Butter
- 2 Tsp Salt



Saute the onions in butter until golden brown. Remove from heat, add paprika. Add meat and replace saucepan on heat. Stirring constantly, fry meat until most of juices evaporate. Add 5 cups of water, salt and continue cooking for 2 hours or until meat is tender. Add 2-1/2 cups water and potatoes, cook until potatoes are tender. Add tomatoes and cook for additional 10 minutes.

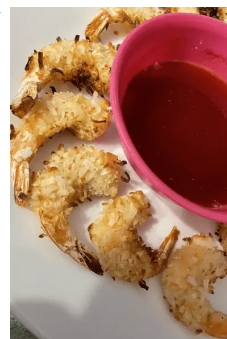
Photo courtesy of Delicious.com.au

Recipes courtesy of
Town of Holly Ridge
Liberty Fountain Cookbook
Volume II

(available for purchase at City Cafe!)

Air Fried Coconut Shrimp

- 12 ounces uncooked medium shrimp, peeled and deveined
- 1-1/2 teaspoons ground black pepper
- 2/3 cup unsweetened flaked coconut
- 2 teaspoons chopped fresh cilantro
- 1/2 teaspoon kosher salt, divided
- 1 serrano chile, thinly sliced
- 1/3 cup panko bread crumbs
- 1/2 cup all-purpose flour
- 1/4 cup lime juice
- 1/4 cup honey
- Cooking spray
- 2 large eggs



Stir together flour and pepper in shallow dish. Lightly beat eggs in a second shallow dish. Stir together coconut and panko in a third shallow dish. Hold each shrimp by the tail, dredge in flour mixture, and shake off excess. Then dip floured shrimp in egg, and allow any excess to drip off. Finally, dredge in coconut mixture, pressing to adhere. Place on a plate. Coat shrimp well with cooking spray. Preheat air fryer to 400 degrees F (200 degrees C). Place 1/2 the shrimp in the air fryer and cook about 3 minutes. Turn shrimp over and continue cooking until golden, about 3 minutes more. Season with 1/4 teaspoon salt. Repeat with remaining shrimp. Meanwhile, whisk together honey, lime juice, and serrano chile in small bowl for the dip. Sprinkle fried shrimp with cilantro and serve with dip.

Recipe and photo courtesy of AllRecipes.com

Chicken Teriyaki

- 2 Whole Boneless Chicken Breasts
- 1 Green Pepper Diced (Optional)
- 1 Small Onion Thinly Sliced
- Salt & Pepper To Taste
- 2 Tbsp Oil



Marinade:

- 1 Tbsp Dry Sherry
- 2 Tbsp Soy Sauce
- 1 Tbsp Sugar

Pierce skin of chicken with fork to help absorb marinade. Plunge chicken into boiling water for a few minutes. Dry. Heat 2 tablespoons oil and saute chicken over high heat until browned. Drain off oil, pour in marinade and cook, covered for 7 to 8 minutes over low heat. Remove cover and cook, shaking pan over medium heat until marinade is almost evaporated. Cool and slice to serve. Saute onion and green peppers in remaining oil, sprinkle with salt and pepper to taste. Serve as a garnish on chicken. Serve with hot white rice. Can substitute chicken for duck or pork.

Photo courtesy of TheRoastedRoot.net

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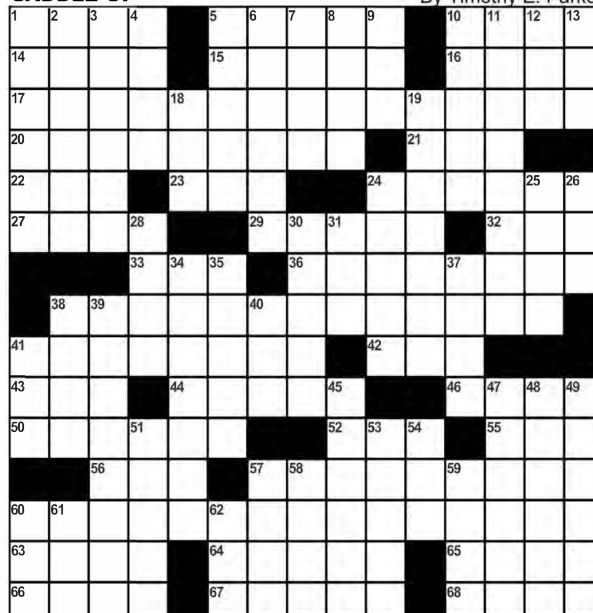
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ACROSS

- Old sorcerer
- It's waved before musicians
- Bounce back, in a way
- Milky birthstone
- ancient Greek marketplace
- Blooper
- It's attractive in cartoons?
- Many French immigrants
- It plays it
- Under a doctor's care
- Some widths for printers
- Harangue
- Some deer
- Anklebone
- Intense anger
- "Right there, that's it"
- Private, as information
- Old-fashioned mode of transportation
- Birthright
- 'Neath counterpart
- Important time
- "You did ___ nice job"
- Dutch cheese
- Detonating device
- Smartphone program
- Contraction before "seen worse"
- Crumb on a dinner table
- It prevents embarrassment
- Activity seen at Pimlico
- Miscellaneous assortment
- Mysterious ancient letters
- "Bus Stop" playwright William
- Unskilled working stiff
- Daisy variety
- They are chipped on golf courses

SADDLE UP

By Timothy E. Parker



DOWN

- Angora coat
- Classic Harlem venue
- Use mouthwash, e.g.
- "... or ___!"
- It holds water
- Horried
- Warner Bros. creation
- Assayers' subjects
- '60s conflict site
- "Doctor Dolittle" actress Samantha
- Participating in a certain line dance
- Farmer's tool
- Many a time
- "... ___ he drove out of sight"
- Under debate
- Engine supercharger
- Heavy cart
- Slippery sea creature
- Bombay dress
- Sleeper's breathing problem
- Trailed no one
- Ancient goddess of fertility
- Got wind of
- Shrek, e.g.
- "Catch!"
- Handel bars?
- Cause of wrinkles
- Cool, old-school
- Servile servant
- Kind of inspiration
- Exact retribution for
- Integrates
- Improper lighting?
- As such
- Letters of pressure
- Imitation, as fur
- Unflattering facial marks
- Mine entrance
- Bounce
- "Bravo, bullfighter!"
- Generic family nickname



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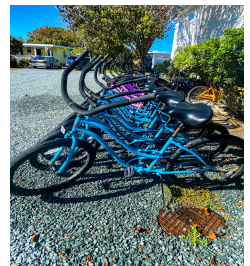
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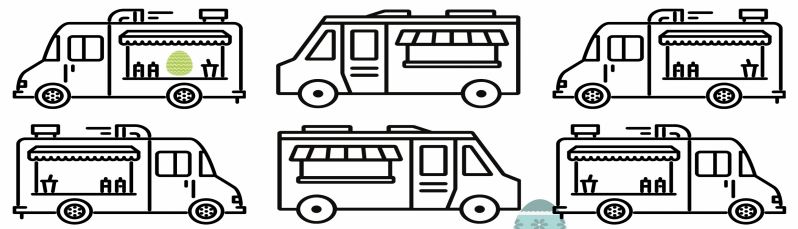
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Answer To Our Last Crossword Puzzle

WE SHALL OVERCOME

By Richard Auer

1	A	T	O	P		T	O	A	D		C	L	A	I	M
14	B	A	B	U		O	L	L	A		H	E	N	R	I
17	E	X	I	T		N	E	A	R		A	C	T	O	N
20	L	I	T	T		L	E	O	R		N	O	T	H	I
					23	S	O	P		24	S	A	T		
25	C	A	B			G	O	E	R		T	I	P	P	E
36	O	G	R	E		E	V	E	N		L	E	A	V	E
41	S	H	O	R	T	M	E	M	O	R	Y	S	P	A	N
44	T	A	I	G	A			S	A	G	O		T	A	D
47	A	S	L	O	P	E		P	O	O	L		L	E	E
					52	I	L	O		54	T	E	A		
56	R	U	N	T	O	F	T	H	E	L	I	T	T	E	R
65	I	S	A	A	C			H	O	N	E		L	A	D
68	D	E	B	R	A			E	M	I	T		A	L	G
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