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## Record Breaking Number Of Voters

A record breaking number of voters came out locally on Election Day which resulted in a high number of incumbents losing their seats to first time challengers.

The Holly Ridge polling location reached 600 voters on election day, breaking the previous record of 375 voters for a municipal election. Three new members of the Holly Ridge council now include Josh Patti, Aaron Ritter and Phil Misciagno. The incumbents, Rena Bragg, Pamala Hall and Dexter Sholar all lost their seats. With 9 candidates for the 3 seats it was hard to tell who was going to win until the announcement was made shortly after the polls closed.

Ken Bradshaw, who ran for Holly Ridge Council and plans to run again in two years, was standing with the others when the results were announced. "Well, I'm sorry I didn't win this time but I sure did meet a lot of great people while running and I will certainly keep going to all the meetings and will stay involved." Chelsea Kurtz, a Holly Ridge candidate with the 4th highest votes, echoed Mr. Bradshaw and mentioned that she might be interested in becoming a member of the Holly Ridge planning board. Nick Tripp, also a candidate, currently is on the Holly Ridge Planning Board.

North Topsail Beach voters put new comer Laura Olszewski in office with

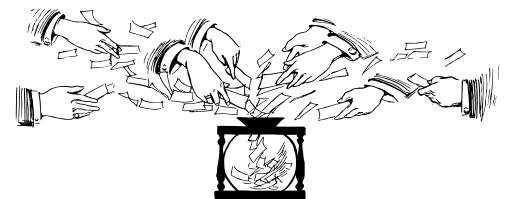
incumbent Connie Pletl, and Tom Leonard won his seat for the unexpired term.

Teresa Batts maintained her position as Mayor of Surf City, which was an appointed position when former Mayor Doug Medlin resigned. Surf City also replaced two of its long term councilmen, Buddy Fowler and Don Helms, when Alicia Hawley and Trudy Solomon topped them in votes. John Koloski won his bid for election after being appointed to fill Teresa Batt's council seat when she became Mayor.

Pender County board of elections stated that almost 24% of all registered voters came out on election day, the

highest number of people voting, as compared to surrounding counties and previous elections.

Topsail Beach members ran unopposed.



Stop by and see us at the Topsail Chamber Flotilla & Christmas Market on December 9th!

### TOWN OF HOLLY RIDGE COUNCIL MEMBER (VOTE FOR 3) Precincts Reported: 2 of 2 [View Contest Details](#)

NAME ON BALLOT	PARTY	BALLOT COUNT	PERCENT
Joshua Patti		376	20.94%
Aaron Ritter		366	20.38%
Phil Misciagno		332	18.49%
Chelsea Kurtz		174	9.69%
Pamala Hall		140	7.80%
Dexter Sholar		114	6.35%
Ken Bradshaw		111	6.18%
Rena J. Bragg		96	5.35%
Nicholas T. Tripp		83	4.62%
Write-In (Miscellaneous)		4	0.22%

### TOWN OF SURF CITY MAYOR (VOTE FOR 1) Precincts Reported: 1 of 1 [View Contest Details](#)

NAME ON BALLOT	PARTY	BALLOT COUNT	PERCENT
Teresa Batts		60	76.92%
Marc Caldwell		18	23.08%

### TOWN OF SURF CITY COUNCIL MEMBER (VOTE FOR 3) Precincts Reported: 1 of 1 [View Contest Details](#)

NAME ON BALLOT	PARTY	BALLOT COUNT	PERCENT
Trudy Solomon		52	23.42%
Alicia Hawley		50	22.52%
John Koloski		36	16.22%
William J. (Buddy) Fowler		27	12.16%
Cheryl Crane Hunter		22	9.91%
Heather Allen		17	7.66%
Donald Ray Helms		17	7.66%
Write-In (Miscellaneous)		1	0.45%

## Upcoming Events

- Nov.10, Downtown Burgaw Classic Car Cruise-In
- Nov. 11, Veterans Day Ceremony, Burgaw Train Depot
- Nov. 11, Moores Creek National Battlefield Candlelight Tour
- Nov. 18, Surf City Tree Lighting
- Nov. 18-19, Christmas in Pender Festival of Trees in Hampstead
- Nov. 25, Shop Small Saturday
- Nov. 25, Burgaw's Annual Christmas Tree Lighting
- Nov.25-26, Festival of Trees Hosted by the Pender Arts Council
- Nov. 25, Topsail Beach Parade and Tree Lighting
- Dec. 1, Hampstead Tree Lighting
- Dec.2, Atkinson Christmas Parade
- Dec. 2, Pender Historical Society Home Tour
- Dec.8, Christmas Twinkle Light Hike w/Mrs. Claus
- Dec. 9, Burgaw's 75th Annual Christmas Parade
- Dec. 9, Topsail Chamber Flotilla & Christmas Market
- Dec. 11, Burgaw's Brightest Light Decorating Contest
- Dec. 16, Town of Burgaw Breakfast with Santa
- Christmas on the Square
- Gingerbread House Display
- Dec. 31, New Year's Eve Blueberry Drop





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# Topsail Times

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*Have a  
Happy  
Thanksgiving!*

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# But The Bald Eagle Isn't Bald

By Dorothy Royal

Funny but strange:

1. The last day of 2023 will be 123123
2. On the new Marketplace Health Care insurance application you now have to answer questions in three new categories: "Sex assigned at birth, gender identity and sexual orientation". Under the question "Sex assigned at birth" the answers include: Female, Male, A sex not listed, and Not sure. Is there another gender that nature doesn't know about? Under Gender Identity the answers include: Female, male, transgender female, transgender male or A gender Identity that is not listed. What gender is that? Under the question sexual orientation the answers include: Lesbian or gay, Straight, Bisexual, a sexual orientation that is not listed or not sure. None of these questions were required for the last 247 years and we survived. What we need is the answer "None of your business".
3. Most people don't realize that Daylight Savings Time is utilized for 8 months out of the year.
4. In response to a California community locating 2 female fruit flies that lay eggs inside fruit and vegetables, 2.5 million sterile male fruit flies will be dropped on a 9 square mile circular area.
5. Did you know that monarch butterflies migrate 2,500 miles, averaging 100 miles a day at elevations of 1,000 feet.

A Monarch butterfly only lives long enough to migrate once.

Little did we know, as a society, that almost 100 types of birds had named themselves in such a way that the AOS (American Ornithological Society) has taken it upon themselves to right this wrong in 2024. How dare birds, that travel over the United States and Canada, choose to identify themselves with names that might offend someone. Shameful feathered creatures! How dare we let birds name themselves in the first place! Oh, wait. Maybe that's wrong. Maybe humans named these birds. Maybe these very birds don't even know the human names for their species. Maybe this is just a pile of bird poop that doesn't need to even take up one more minute of your time!

Whose name has already been changed? Back in 2020 the AOS renamed a songbird found in the prairies that had been named after a naturalist, John P. McCown. Why was the name changed? Because Mr. McCown became a general in the Confederate Army during the Civil War. Really people? Is this really an issue?

What names are not scheduled to be changed? The bald eagle. Now this bird is certainly not bald and doesn't that offend everyone who is bald?

What about some birds that really got dealt a terrible name, what about them? How about the blue footed booby of the Galapagos islands? Nope – keep your

name. Did you know in Peru there is a bird called the Andean cock-of-the-rock? Nope, they keep their name too. How about my favorite, the Tit Mouse and it's cousin the American Bushtit? (Canada has the Tufted Titmouse, too) Sorry, your names are staying. Himalayan Snowcock – keep your name. What about the always exciting Satanic Goatsucker of Indonesia? Keeping its name too.

I'm sure the birds of the world watch over the humans with wonder, and shouldn't they? Look how entertaining we humans are.

Remember knowledge is power, humans take themselves way too seriously, and it is okay to laugh and we should do it more often.



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# Letter To The Editor

**By Matthew Griffith**  
Parent of a 2nd grader in Surf City Elementary

My daughter is a 2nd grader at Surf City Elementary. This year, we started the school year excited and encouraged because she was assigned a classroom with a teacher who previous students and families were beyond happy with. As the first couple of weeks passed, we noticed a change in my daughters attitude about going to school and when we started to investigate, we quickly learned why.

As it turns out, there are several students in my daughter's class who lack the necessary skills to participate in an integrated classroom setting. What I mean by that is there are several kids who disrupt class, hit others (including the teacher), spit on kids, talk over the teacher, yell/scream, and the kids in class who do not have this issue are paying the price. My daughter comes home from school daily upset about what she witnessed at school. She states that the teacher cannot teach due to the chaos in class, she cannot complete her work or ask questions because she "can't

think" and the teacher doesn't check on me when I raise my hand because the other kids are being bad."

More to this story...the highly regarded teacher that started the year in this classroom decided to quit, or as I've heard from various people on the inside that are familiar with the matter, she was forced to resign for some unknown reason. Word on the street is that the administrators didn't like the fact that she had gotten visibly upset in front of the class. Idk if that is 100% factual, but either way, this teacher is no longer employed by PCS because of the daily struggle inside this classroom that she was left to deal with ALONE and with NO SUPPORT from school administration.

My wife and I, along with several other parents of kids in this classroom, have tried and tried to talk to this Principal, the various BOE members, and even the Superintendent, but all we get in return is a bunch of jargon and BS!! NOTHING HAS BEEN DONE TO CORRECT THIS. There is now a long-term sub in the classroom and limited instruction is happening! It has turned into a daily babysitting routine for this teacher in my

opinion.

I am SICK AND TIRED of sending my 7-year-old daughter to school every morning in LITERAL TEARS because she says her "class is crazy."

This is a little, innocent girl who LOVED SCHOOL every other day before this year started.

Yesterday was the final straw. My daughter came home from school and informed us that one of the "problem children" punched another student IN 2ND GRADE, and "fought them on the ground". So that's what we're doing in 2nd grade now. No learning is taking place. My daughter who is trying to learn math and improve her reading is left unassisted and ignored because certain children who cannot behave must be

included in this classroom, so everyone is equal...AND I'M ABSOLUTELY DONE!

My daughter is home today, and I refuse to send her back to the classroom until our worthless SCE ADMINISTRATION AND OUR BOARD OF EDUCATION COME UP WITH A PLAN OF ACTION AND IMPLEMENT A RESOLUTION SO THESE KIDS CAN LEARN IN SCHOOL!!!!

I hate to write this post here, but those charged with educating our children (administration and board of education) ignore us, refuse to hold a normal conversation without spewing some political jargon, refuse to act and are FAILING MY CHILD AND HER CLASSMATES! DO SOMETHING!

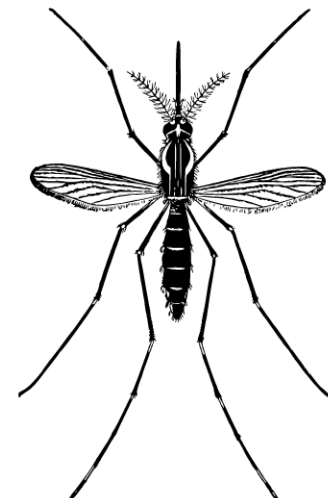



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# Coastal Common Sense

By Kim McGahey

Joe Biden's world is a mess. Just like Obama said years ago, anything Biden touches in his 50 years in office he screws up. And his tenure in the current office is no exception. The false promise he made to unify America has resulted in nothing but chaos at home and abroad.

The demise started with the unplanned scramble to exit Afghanistan that caused the eventual forfeiture of the highly strategic Bagram Airbase and billions of dollars in military weapons to the Islamists, and the awful tragic deaths of 13 American soldiers. The world watched live on TV the incompetence of the feckless OBiden administration as freedom fighters literally clung to their only airborne escape. Sadly, they were to be discarded by the OBiden generals as human trash on the runway.

The metaphor did not fall short on the rest of the international bad guys. Putin, Xi and the Iranian mullahs quickly concluded that Washington would not support its allies and that Secretary of State Blinken's vacant threats to stand down held no real consequences. He has repeatedly blinked when the red lines have been drawn in the sand.

So the playground bullies seized the moment of weakness to invade Ukraine, Israel and now likely have their military targets set on Taiwan. OBiden's ineffective foreign appeasement policy has done nothing to deter the bad

behavior by the bad guys. It has instead sent the signal around the globe that there are no negative consequences for aggression and it's open season on American interests.

The OBiden policy of Talk Tough With No Stick (as opposed to Teddy Roosevelt's Walk Softly and Carry A Big Stick) is wreaking havoc at home, too. Our once secure southern border has become a wide open super highway for malcontents from around the world who have received the Mayorkas Message loud and clear that there will be no punishment for illegal entry into those battered border states.

Despite the repeated false claims from the Department of Homeland Security that the border is secure, thousands of illegal aliens pour across that frontier and into cities around the country every day. It's just a matter of time before the barbarians cross the Rubicon en masse and storm the helpless border guards in an unchecked invasion into Texas, Arizona and New Mexico knowing no punishment awaits them.

These intruders seek economic freedom and prosperity which is the hallmark of American capitalism, but Biden has even screwed that up. He has taken a roaring bonfire of an economy and doused it with water. When all he had to do was sit back and let the animal spirits rip, he unwisely reversed course and inserted his central planning Keynesian policies into the Coronaphobia pandemic recovery and

subsequently cause soaring inflation, meteoric consumer price increases, rising interest rates and doubt among Wall Street investors and Main Street business owners. Like the amateur golfer that makes an easy hole hard, Bidenomics turned a robust economy into a sputtering dud. And we are all paying the price for his ineptitude.

The list of Biden's missteps goes beyond the space in this column: the cult of climate change hysteria, identity politics dividing the country, soaring

government debt, greater deep state control, drag queens in the Navy, the weaponized FBI arresting parents and pastors, the unconstitutional partisan prosecution of political opponents, rampant smash and grab crime in blue cities and more.

Obama was right: everything Biden touches he screws up. Let's hope we can vote our way out of this morass and back to greatness in the free and fair coming elections.

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# The Public Is Invited To Attend The Southern Lights At The Gardens Of Southeastern North Carolina This Winter!

As the holiday season approaches, the excitement is building at The Gardens of Southeastern North Carolina! We are proud to present The Southern Lights, an event that promises to light up the hearts of families and individuals of all ages. The magic begins on November 18 and continues through December 23, making it the perfect way to kick off your holiday festivities.

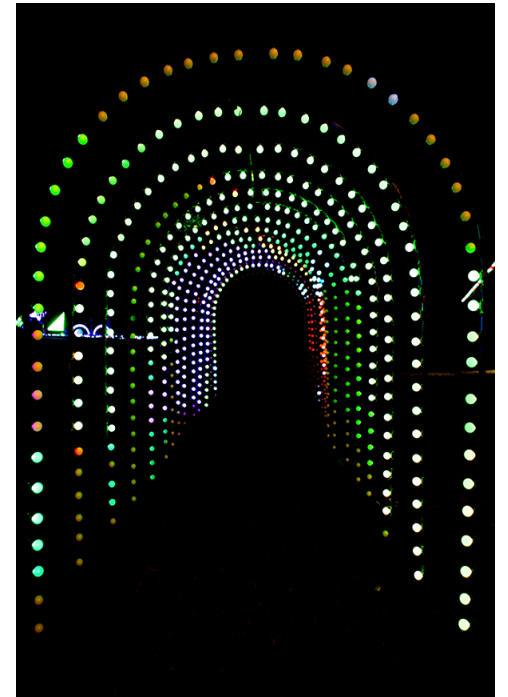
The Southern Lights is a collaborative masterpiece with Patriot Illumination, ensuring a holiday experience like no other. The Gardens of SENC will be transformed into a wonderland of lights, featuring your favorite holiday characters and a delightful array of walk-through lights. It's an event designed to be enjoyed by everyone, from the youngest to the oldest members of your family.

Beyond the enchanting lights, The Southern Lights offers a host of activities to keep the whole family engaged. Gather around inviting firepits to roast marshmallows and create lasting memories. Grab a wood-fired pizza, made in-house, or try one of the food trucks. And there's something for everyone at the cash bar, with a selection of imported wines, beer, and soda.

The event will feature live performances by talented artists, ensuring there's never a dull moment. Join us for a special, limited-time showing of Elf on December 2nd! Santa Claus himself will be making an appearance and there are more exciting announcements to come, possibly involving more special guest appearances!

For those eager to be among the very first to witness the grand illumination, don't miss the Southern Lights Launch Party on November 18th, 2023. From 5 pm to 8 pm, you can revel in the mesmerizing light display, indulge in wood-fired pizza, enjoy libations from the bar, and groove to the rhythm of live music. Tickets for this captivating event include one alcoholic beverage and delectable light hors d'oeuvres. Dress in your finest winter garden party attire and experience an unforgettable night in the garden under the stars.

To find out all the details, dates, and information about ticket reservations, visit [www.TheSouthernLightsNC.com](http://www.TheSouthernLightsNC.com). The Gardens of Southeastern North Carolina invites you to join in the holiday festivities, creating cherished memories with your loved ones that will light up your season.



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# Healing Your Inner Parts From Trauma

**By Jennifer Baker LPC RPT ACS**

Walk toward your parts; they have something valuable to say. They are here to protect and help you-even though at times it may not feel that way.

We all have different parts within our psyche and personality. When trauma occurs, it impacts certain vulnerable inner parts.

Common wounded parts include:

- The Abandoned Child: Feels emotionally neglected or uncared for.
- The Angry Protector: Tries to defend you aggressively due to fear.
- The Fearful Child: Feels scared, helpless, and small.
- The People Pleaser: Seeks love through being perfect.

Trauma can make these parts feel stuck in the past, continually re-experiencing painful emotions. Healing involves bringing compassion and resources to wounded parts.

Useful approaches for you to use include:

- Providing a sense of safety - Parts feel secure opening up when safe. Create internal and external conditions where vulnerable parts can emerge without fear.
- Active listening - Let wounded parts fully express their feelings and needs without judgment.

- Validation - Acknowledge the part's emotions make sense given their role and past trauma.

- Grieving - Help parts process sadness and loss from past betrayal or neglect. Inner dialogue - Have adult parts comfort child parts, set boundaries, and offer perspective.

- Integrating opposites - Build cooperation between extreme parts like the angry protector and abandoned child.

- Meeting unmet needs - Nurture parts through activities that fulfill their wishes. For example, connect with others to help the abandoned child feel cared about.

We act according to which part is most active in a situation, which can feel really confusing sometimes and perhaps even out of context. Difficulties happen when we over-identify with wounded parts like the inner critic or under-identify with resourceful parts like the nurturer. Imagine what you could accomplish if you practiced radical acceptance of your inner world!

### Get to Know Your Inner Heroes

We also all have unique parts in our inner world that serve protective, essential roles. Learning about them, listening to them, and accepting what they have to offer brings self-compassion and healing.

**The Protector:** This part works hard to keep you safe from harm, both real and imagined. It alerts you to potential threats and helps you set boundaries. Thank this vigilant part for trying to defend you.

**The Nurturer:** The nurturer offers you warmth, care, and validation during tough times. It reminds you to practice self-care. Appreciate this source of kindness within you.

**The Wise Guide:** Your inner mentor provides clarity with a big-picture perspective on problems. It encourages learning from experiences. Listen to this part for insight.

**The Inner Champion:** This part motivates you to persist in the face of challenge. It believes in your strength and ability. Draw on its sense of empowerment.

Getting to know these inner heroes allows you to cultivate their qualities like compassion, courage, wisdom, and vision. Their voices guide you towards well-being and help you integrate your whole self.

In therapy, identifying the different parts allows integrating them for balance. Some ways to help integrate them include EMDR, Ego States, SE, or other parts work. It literally 'takes a village' to navigate the daily stressors, painful histories, or traumas in order to

progress to the point of integration into your narrative.

You could gain more agency over your inner world as you get to know each part. Parts can also learn to work together rather than being in conflict.

Exploring your inner diversity provides self-understanding and emotional healing. All parts have value and deserve compassion. Therapy helps achieve an internal team working in harmony. With patience and compassion, you can help even your most wounded parts become sources of healing and wholeness.



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# From Beach To Beech

By Becky Borneman

We left Surf City and arrived at Beech Mountain. I secretly planned this trip for Jeff and I to go and relax for a few days. Once I told him where we were going he was just as excited as I was.

But there is a twist to this vacation. Growing up we would travel 12 hours from Florida to Beech Mountain, one week in January and one week in July, to my grandparent's ski condo. The memories I have with my cousins, parents, grandparents and even great grandparents are vast. We would ski, ice skate, grab lunch at Fred's, explore Linville Falls during the winter and enjoy Tweetsie Railroad, Grandfather Mountain, Blowing Rock and Banner Elk in the summer. We would cram all 8 of us at one time in the small 2 bedroom condo. And we were happy as could be.

The twist is, I was able to locate their exact condo and rent it for us this week. When I walked in, I teared up sharing with Jeff each flashback that popped up. How us kids would pile up on blow up mattresses, where we had our first snowball fight. I almost slept on the sofa for old time's sake instead of in the

bedroom.

As I look out from one balcony and see the old man's face that gave Grandfather Mountain its name, I realize my grandparents may be gone, but the memories that were made here and the bonds we made with our cousins and other family are something I'll never forget.

So this Thanksgiving I challenge you to create or keep up tradition with making family memories. They're so important and truly molded me, for better or for worse, into the person I am today!

Please email me your fun memories that you or are creating now. I love hearing your stories too!

Becky@coralcottageboutiques.com



I would like to thank the Town of North Topsail Beach for bestowing us with the honor of hosting their candidate forum. We appreciated the opportunity.

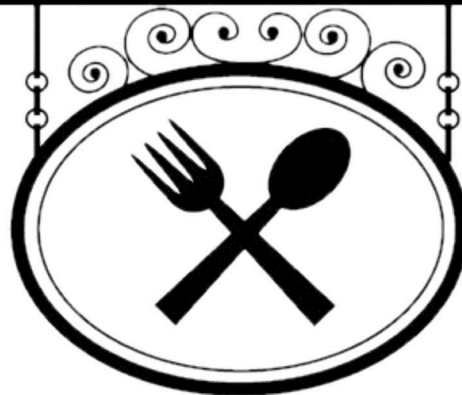
- *Topsail Times Newspaper*



I would like to thank all the candidates who ran for office. This is what makes, and keeps, America great!

- *Dorothy Rojal*

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## A Holly Plaza

The Holly Ridge Town Council has been busy dealing with a surplus of emergency meetings to find temporary housing for 98 residents of the subsidized Holly Plaza community, while tests for mold are done. Briana Paull, a resident and mother, complained about living conditions that included mushrooms growing inside her home.

At an emergency town meeting on October 6th, residents of the Holly Plaza broke out in tears out of frustration for the failings of the current management company to correct issues. Residents stated that they were told not to complain by the current management company, or they would lose their housing. Conditions got so bad they decided it was worth the risk to reach out directly to the Town as a group.

The Town of Holly Ridge owns the property but is forbidden from operating it. The HUD approved management company currently in place has given their 60-day notice to end their management contract.

During a series of emergency meetings, the Town of Holly Ridge

council voted to approve \$200,000.00 to be used toward emergency housing of 43 families while mold testing is done. The funding will provide up to 30 days of housing at the Homes2Suite hotel in Jacksonville. Many residents accepted the offer or sought alternative housing to vacate the premises so that testing can begin.

An estimated 7,000 tests will be conducted and upon receipt of results will determine if any tenants can return.

Holly Ridge Grant Writer, Ms. Frankenfield, spoke with many of the families that resided in Holly Plaza and said she was very concerned for the health of all the residents. Ms. Frankenfield had presented the council with options for rehousing during a closed session. Homes2Suite in Jacksonville offered residents a kitchenette and would allow pets and was able to accommodate a large group of families. Transportation to schools for the children would be provided by Onslow County to make sure there was no disruption in education.

## Small Businesses

The word "recession" is missing in most media platforms, but most small businesses are feeling it firsthand and in a bad way. Two local businesses in Sneads Ferry, Salty Sistas Restaurant and Bakery and The Crooked Lotus have reached out on social media asking for help. The community has heard the call and Salty Sista's restaurant thanked the community for the 168 orders before 5:30 pm that came in. The problem is that this may be a short-term answer to a much larger problem.

Several area businesses are stating that their sales are down 30-70% from last year alone. With more people now living in our local areas why are the numbers so low?

Area businesses have struggled through hurricanes, Covid restrictions and lack of help for the last few years. Many are closing their doors or altering their schedules to give their overworked staff a break.

Surf City BBQ owners Rebecca and Guy Royal are closing for the entire month of December, something they have never had to do before, just to give their staff much needed time to rest.

Their last day open will be the Wednesday before Thanksgiving and they plan to reopen in January.

How can you help? Easy. Shop local. Every time you drive by a business you need to understand they depend on people walking through the door to stay open.



Rebecca and Guy Royal of Surf City BBQ



Sierra Rademacher



New Holly Ridge Councilmen: Phil, Aaron and Josh from left to right

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# Community Updates

## Sneads Ferry Store Manager Receives Prestigious CVS Health Company Recognition

WOONSOCKET, R.I., November 9, 2023 – Jay Gillespie, Store Manager at the CVS Pharmacy on Highway 210 in Sneads Ferry, NC, was awarded a 2023 Paragon Award from CVS Health. The annual Paragon Awards recognize the best of the best among CVS Health’s colleagues and are among the highest honors awarded by the company.

Paragon Award recipients are chosen for their commitment to company values and for their dedication to fulfilling CVS Health’s purpose: bringing our heart to every moment of your health. At the same time, they have demonstrated their ability to deliver outstanding business results, lead their teams to excellence,

and make substantial contributions to the communities where they live and work. They are considered role models for the entire company.

A retired U.S. Marine, Jay joined CVS Pharmacy eight years ago to start his second career. Gillespie, a loving father and husband is passionate about creating simplicity for his team to help them better serve their customers at his busy store. Despite having to overcome injuries from his time in combat, Jay is known for navigating the challenges he faces with a positive attitude that inspires trust in his team members and the customers they support.

Beyond his store team, Gillespie is equally committed to the military community in North Carolina where he leads the Retail Work Experience Externship program to support military personnel as they transition to civilian life, encouraging many to also consider CVS Health for their second careers.

“Jay really is such a huge part of this Marine community here in Sneads Ferry,” said Charona Remillard, District Leader at CVS Pharmacy. “He does an amazing job connecting with those individuals and his colleagues. He is so driven and focused, and it comes from deep inside, establishing a relationship with customers and colleagues on a

personal level and it allows him to be the extraordinary leader we look for at CVS.”

Every year, CVS Health honors Paragon Award winners from its thousands of store managers, pharmacists, nurse practitioners and pharmacy benefits management employees. The winners were nominated by their supervisors and eventually voted on by CVS Health’s senior leaders. The 2023 Retail Paragon Award winners are being recognized in October as part of the company’s National Customer Service Week activities.

## Onslow County Sheriff's Office Public Service Announcement

We are again receiving numerous complaints from citizens saying that they are receiving phone calls and texts from what appears to be the Onslow County Sheriff’s Office phone number.

**\*\*THIS IS A SCAM!\*\***

The scammers are identifying themselves as an employee with Onslow County Sheriff’s Office and that they have a warrant for the citizen’s arrest. Or, they claim they have a subpoena to serve on the citizen, they have a bench warrant for failing to appear in court on a previous charge or they are claiming

the citizen missed jury duty. They are giving names of actual Sheriff’s Office employees.

The scammer is requesting the victim to meet them at an assigned place to take care of the issue(s), usually by way of giving the scammer money, gift cards or cryptocurrency.

**Again, THIS IS A SCAM!**

Onslow County Sheriff’s Office NEVER requests money when calling anyone to inform them of warrants or other court processes.

We ask that anyone this to please help spread the word, especially to senior citizens throughout Onslow County.

Sheriff Thomas states: “If you get a phone call from anyone wanting money, gift cards or cryptocurrency, to hang up immediately and call the Sheriff’s Office.”

Crime Stoppers offers cash reward of up to \$5,000 for information that is deemed of value or assistance to law enforcement. Information can also be anonymously texted via Text-A-Tip by

typing TIP4CSJAX and your message to 274637 (CRIMES). Callers to Crime Stoppers may remain anonymous and never have to reveal their identity.



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- D. R. Royal

# Healing Trauma By Setting Healthy Boundaries

By Jennifer Baker LPC RPT ACS



The grass isn't always greener on the other side. But if you water your own lawn, seed it, and give it lots of sunshine, it will definitely grow and thrive.

Trauma survivors often struggle with poor boundaries, leaving them feeling unprotected, disappointed in themselves and others, and often with an emotional hangover. Trauma recovery and/or being a survivor means restoring boundaries to regain a sense of safety.

### How Trauma Damages Boundaries

Prolonged trauma erodes boundaries around physical/emotional safety, time, identity, and trust in self and others, creates maladaptive patterns of survival, negative cognitions and beliefs about the world, cognitive distortions around current events in your life, and a baseline of generalized anxiety, shutdown or despair.

This may impair the connection to the body's boundary signals. If you cannot get a felt sense of danger resolved through communication, then action, next, in polyvagal theory terms, trauma triggers a "freeze" response, shutting down the ventral vagal nerve that regulates social engagement and boundary control (Dana, 2018).

Parts like the wounded inner child or angry protector may take over, unable to detect boundary violations and wreak havoc on our lives and sense of self (Schwartz, 2021). In ego state language, the traumatized child mode displaces the healthy adult mode needed for boundaries in the present.

### Ways To Get Regulated

Somatic Experiencing focuses on retuning awareness of inner sensory cues indicating crossed boundaries so they can be communicated (Levine, 2010). EMDR targets maladaptive trauma responses hindering boundary-setting (Shapiro, 2018).

### Importance of Boundaries in Trauma Recovery

Reclaiming boundaries enables survivors to regain autonomy, power, and self-protection after trauma (Bremmer, 2022).

Steps include:

- Noticing inner signals of unease using body awareness
- Affirming needs and limits to others without shame or guilt
- Communicating boundaries clearly and calmly
- Setting consequences for repeated violations
- Choosing relationships respecting limits
- Offering self-compassion when attempts to create boundaries may fail

With a mindful effort to integrate these approaches, trauma survivors can reestablish healthy boundaries and feel safer. This journey could reclaim what trauma took away; any unmet developmental needs may be rediscovered and resolved, and the therapeutic journey and relationship could act as a mold for current and future healthy relationships.

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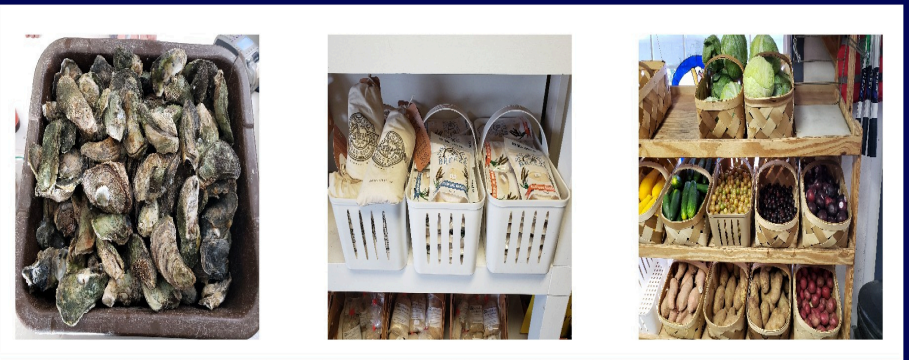
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## Coastal Soul Professionals Honors Loved Ones With Cancer Patient Cleanings

### LOCAL CLEANING COMPANY MAKING A DIFFERENCE

Coastal Soul Professionals, LLC has partnered with Cleaning for a Reason, a nonprofit providing free home cleaning services to cancer patients across the United States and Canada. Owners Samantha and Bryan Christmas have a deep personal connection to cancer, which fuels their unwavering dedication to supporting Cleaning for a Reason and aiding cancer patients.



"Cancer has touched both my husband and me in profound ways," Samantha Christmas shared. "We've lost cherished family members to this relentless disease.

My grandmother, Cynthia, fought ovarian cancer but succumbed to it in 2014 at 59. Two years later, my grandfather lost his battle with pancreatic cancer at 61. In 2018, my father's life was cut short by colorectal cancer at just 53."

"My husband Bryan faced cancer at a young age but emerged as a survivor. Tragically, his uncle, Jimmy, couldn't overcome cancer's grasp. These personal losses have fueled our determination to join forces with Cleaning for a Reason. We've experienced firsthand how cancer affects not only the patient but the entire family. Through our partnership, we aim to honor our loved ones' memories and support those currently battling cancer - letting them know they are not alone in their journey."

Through partnership with Cleaning for a Reason, Coastal Soul Professionals support two cancer patients' homes each month for two consecutive months free

of charge. This is an ongoing service to patients residing in Hampstead, Jacksonville, Holly Ridge, Sneads Ferry and Topsail Island.

### About Coastal Souls Professionals, LLC

Established in 2023 by Samantha and Bryan Christmas, Coastal Soul Professionals has emerged as a prominent provider of residential and commercial cleaning services. The company places a strong emphasis on both client satisfaction and community welfare. Their mission revolves around more than just cleaning spaces; it's about leaving an enduring positive impact on the world, striving to make it a better place, one cleaning at a time. To learn more about this company, go to their Facebook page.

### About Cleaning for a Reason

Cleaning for a Reason partners with more than 1,200 residential cleaners throughout the United States and Canada to offer free house cleaning to any household battling cancer. Since 2006, the nonprofit and its partners have donated more than \$17 million in services, helping more than 50,000 cancer patients. In 2017, Cleaning for a Reason was adopted by ISSA Charities, the charitable arm of ISSA, the worldwide cleaning industry association. To apply for services, to join as a cleaning partner, or to support the work of Cleaning for a Reason, visit [cleaningforareason.org](http://cleaningforareason.org).



## WGU's Teachers College Commemorates American Education Week 2023 with Scholarships for North Carolinians

### Nation's largest college of education provides special financial aid opportunities to help address national teacher shortage

DURHAM, N.C. (Nov. 6, 2023) — The Teachers College at Western Governors University's (WGU) School of Education will mark American Education Week (Nov. 13-17, 2023) by announcing its WGU Loves Teachers and Become a Teacher scholarship programs for current and future education professionals who wish to pursue bachelor's or master's degrees. WGU is an accredited online university with nearly 8,000 graduates and 991 current Teachers College students in North Carolina.

Each WGU Loves Teachers and Become a Teacher scholarship is valued up to \$4,000 and designed to help current teachers improve their skill set in the classroom or move into administration, and support future teachers in obtaining the required credentials to start a rewarding career as an educator. The accredited, nonprofit college's commitment to keeping costs lowered reduces the need for student borrowing, resulting in average graduate debt that is about half the national average. As a nonprofit school, WGU's tuition is around \$8,000 per year, and students can accelerate at their own pace with the approval of their program mentor.

According to [teachersshortages.com](http://teachersshortages.com), North Carolina had 3,619 K-12 teaching vacancies across the state for the 2022-2023 school year. That equates to about 24 vacancies for every 10,000 students, placing North Carolina in the third quartile nationally for teacher vacancies. Additionally, North Carolina had 3,618 underqualified teachers last academic year, representing individuals who were not fully certified to state standards (e.g., provisional, temporary or emergency certification, long-term substitutes, etc.).

"WGU is committed to helping states attract, retain and advance qualified teachers across the spectrum of urban to rural areas," said Ben Coulter, Ed.D., who serves as chancellor of WGU North Carolina and director of the Southeast Region for WGU. "We help by providing access, support, financial assistance, mentorships and teacher placements enabling full-time students or working adults to fulfill their desire to become teachers and lead the next generation of students in North Carolina."

In the last 20 years, WGU's Teachers College has conferred degrees to more than 91,000 graduates across all 50 states, including more than 1,500 in North Carolina. The college provides a broad portfolio of dozens of degree pathways in a student-centered, competency-based model with flexible scheduling to learn where and when students want within each six-month term. This enables students to progress through their courses as soon as they

demonstrate skills mastery.

Prospective and enrolling WGU students may apply for the WGU Loves Teachers and the Become a Teacher scholarship by visiting [www.wgu.edu/aww](http://www.wgu.edu/aww).

WGU's Teachers College programs have been continuously accredited since 2006. They are currently accredited by both the Council for the Accreditation of Educator Preparation (CAEP) and the Association for Advancing Quality in

Educator Preparation (AAQEP), a prestigious combination of accreditations. To learn more about WGU's Teachers College and its academic programs, visit [www.wgu.edu/online-teaching-degrees](http://www.wgu.edu/online-teaching-degrees).



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