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Volume IV, Issue 7

FREE!

HOT HOT Summer Ahead

How to stay cool, protect yourself and your pets, and be able to afford the hot season ahead.

- 1. Water is key. Cool water for both you and your pets. Water plants at night but be aware of water shortages due to lack of rain that may restrict yard sprinklers.
- 2. Condense your space. If you live in a large home but only use one or two rooms, adjust the household temperature a bit higher (if you have central A/C) and add a window AC (if possible) to your bedroom or main gathering area. This can apply to office space as well.
- 3. Fans. Moving air is always better for keeping your skin cooler (and your pets will appreciate it too).
- 4. Fill a large bowl with ice and water and let your hands or feet soak. This is a quick way to help cool down if feeling overheated.
- 5. Shade. Trees are an amazing way to keep a home cooler but unfortunately, more and more landscaping is done without large trees. Awnings and curtains can help

block the sun's heat rays, making it easier to keep your home comfortable. Keeping an umbrella around is another great way to get shade and keep yourself cooler. Don't be embarrassed, it's your health and comfort here.

- 6. Get your AC unit a yearly checkup. No need to waste money on something not working right.
- 7. Light colored cotton clothing. Synthetic and polyester fabrics may hold in heat, making things worse.
- 8. Change your linens. Light weight sheets and towels are easier to clean, hold in less heat and put less burden on you for cleaning.
- 9. Condense laundry loads and do laundry at night. Now is not the time to wash heavy and bulky items. Hang blankets, heavy towels and comforters outside to dry. This is not a new idea, just one that most people have forgotten.
- 10. Keep a cooler around that can hold a bag or two of ice. In an emergency, you can fill the cooler with ice and water and position a fan (place fan on top of a chair or low table and not where it can fall into the water) to blow

the air on top of the ice toward you. This is a quick way to stay cool if your AC stops working.

- 11. Turn off unused items like electronics. The DVD player or spare computer may not need to be one 24/7. Empty out the overflow freezer and only keep things that you will use. No need to pay to keep a turkey from 1999 frozen.
- 12. Keep bottles of water and a large clean towel in your vehicle. Towels can be used for emergency shade if needed.
- 13. Use sunblock OFTEN and stay out of the direct sun if possible. Skin cancer is no joke.
- 14. Animals feel heat too. A pet owner must understand that dogs and cats don't sweat they pant. Without real shade and accessibility to cool and plentiful water, outdoor pets can be overwhelmed by the excessive heat. Want to take the dog on the boat or to the beach? Make sure they have fresh water to drink and a place to get out of the sun.
- 15. Limit outdoor activities, including sports. Try to schedule events in the morning or late in the afternoon.
 - 16. Keep plenty of water

- 17. Heat Cramps: muscle pain or spasms can be felt in arms, legs or stomach. Seek cooler location, replenish fluids with electrolytes and shed extra clothing.
- 18. Heat exhaustion: heavy sweating, illness, cramps, paleness, dizziness and/or vomiting can occur. Get somewhere cool, get in a cool bath, replenish fluids and call for help.
- 19. Heat stroke: If your internal body temperature gets too high (103 degrees) call 911 immediately. You may have a rapid and strong pulse, confusion, red or flush skin coloring and confusion. Time is of the essence! Cool your body however possible while waiting for help. Get in a cool bath or submerge hands and feet in ice water, get in a vehicle with COLD AC, cover body in ice packs (with thin cloth between them and you). You must get your body temperature down as quickly as possible.
- 20. And the most important of all NEVER LEAVE A PERSON OR PET in a hot car. Death can come swiftly and is completely avoidable.



Highest temperatures observed during the summer 1952 heat wave



Asheville, NC	98	Fayetteville, NC	105	Columbia, SC	107
Hickory, NC	105*	Wilmington, NC	104*	Florence, SC	104
Charlotte, NC	103	New Bern, NC	106*	Myrtle Beach, SC	104*
Greensboro, NC	101	Hatteras, NC	97*	Georgetown, SC	104
Raleigh, NC	105*	Greenville-Spartanburg, SC	104	Charleston, SC	101

^{*} red highlight indicates all-time record high temperature for this location



Topsail Times

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Pender County Tourism



Table of Contents

Topsail Gun Gal	3				
Bonus Gun Gal	4				
Brunswick Search and Rescue visits Coastal Elementary	5				
Coastal Common Sense	8				
11th Signature Garden First Cicada Bobblehead Unveiled	9				
Holly Ridge Municipal Budget	10				
Surf City Flow: A New Wave of Wellness Hits the Shore	11				
An Empowered Person Gets That This, Too, Shall Pass					
Pender County Receives America 250 NC Grant	16				
Pender County Emergency Management Conducts Drill	16				
Blueberry Festival Photos	16				
Recipe Word Search Local Photography	18				

For the year of 2024, Topsail Times Newspaper will be printing ONE publication a month.

TOPSAIL TIMES Newspaper

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Topsail Gun Gal

By Dorothy Royal

The Supreme Court, by a vote of 6-3, stated that the ATF (Alcohol, Tobacco and Firearms) agency had overstepped its boundaries in 2018 when it created a law banning Bump Fire Stocks. The ATF does not make laws, it enforces them. The now famous, Bump Fire Stock, was perfectly legal in the eyes of the ATF from 2008 until 2017 until political pressure, brought on by the Trump Administration, led them to make an abrupt decision. A man in Texas who had purchased two of the Bump Fire Stocks. surrendered them, as he was told to do, and then started a lawsuit against the ATF's overreach. That lawsuit went all the way to the Supreme Court recently, and with their decision, the ATF's ban was revoked.

The past attempt to lump the Bump Fire Stock in with machine guns failed. A machine gun, by definition, is a firearm where one pull of the trigger will cause multiple rounds of ammo to be expelled. A semi-automatic firearm requires one pull of the trigger for each bullet fired. A Bump Fire stock still requires the user to pull the trigger for each bullet fired.

Therefore, it does not make the firearm a machine gun. Does the accessory allow the user to fire more ammo quickly? Yes, but in most cases, there is very little accuracy and after a few 30 round magazines the barrel can

get very hot, leading to issues with the firearm.

Two of the Supreme Court justices, who voted to maintain the ATF Ban, wrote that any item that can allow a firearm to shoot 400-800 rounds per minute should not be allowed. In simple terms, you would have to shoot 27 magazines (that held 30 rounds each) in a minute. Just so you know - the typical AR-15 used in the USA by civilians is designed to shoot 45-60 rounds per minute before needing a cool down. Rapid fire can lead to issues and malfunctions due to overheating.

For those of you who may be concerned about the possible revitalization of the retail market for Bump Fire Stocks, Slide Fire Solutions went out of business in May of 2018.

Just so you know - World Record Holder, Jerry Miculek, can fire a revolver 8 times in one second and hit the target each time.

In a vote of 8-1, the Supreme Court did uphold the restriction against gun possession by people that are currently under a Domestic Violence Restraining Order. Approximately 75% of those polled agreed, people accused of domestic violence and under a restraining order should not be in possession of a firearm.

After this Supreme Court decision, it is likely that the lawyers representing President Biden's son, who was just convicted of possession of a firearm by someone under the influence of drugs, may attempt to challenge whether it should be against the law for people under the influence to possess a firearm.

What ever happened to common sense? If a person occasionally has a drink (which is legal) or smokes marijuana (which is now legal in SEVERAL states), should their right to own a firearm be removed? Of course not. If a person is involved in criminal behavior and is using drugs, should that be different? Sorry, but yes. Criminal behavior is the key. Law abiding and criminal behavior are two different things.

Hunter Biden lied on a federal form. Hunter Biden was using crack cocaine (which to my knowledge is still considered illegal). Will he go to jail? Most likely not.

Small towns, in at least six rural counties in Maine, have been invaded by illegal Chinese marijuana growers. Some data reveals that between 100 and 260 properties have been purchased in the last three years by Chinese groups. These properties are then modified to become "grow houses" for an illegal crime organization. When the crops are ready, vans appear, load up and head off, many to Brooklyn, New York. One report stated that a 2,500 square foot home could be modified to grow enough marijuana to bring in over a million dollars a year.

So where is all that money going? That should be the real concern.

In 2020, an array of monoliths began appearing around the globe. Unknown in origin, the strange and "otherworldly" structures were discovered in some very hard to reach places and without any sign of how they were moved and installed. Recently the Las Vegas police department reported that one of the monoliths had been removed to keep hikers and spectators from getting injured in their attempt to reach the item. The curious item, which is less than 80" tall and about a foot wide, is being stored in an undisclosed location. The only information revealed by the removal team is that it appeared to be made from a reflective sheet metal and that it had been secured in the ground with rebar and concrete. The monolith was first sighted in 2020 by hikers. To date no one knows how it got there.

Remember knowledge is power, criminals are not law abiding, and the UFO's keep dropping off monoliths, but forget to attach the instructions. Maybe there is an app for that.





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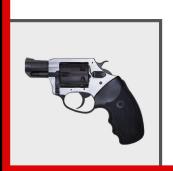
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July 2024

Bonus Gun Gal

By Dorothy Royal

13 brands of Ice Cream are being recalled for Listeria. Several brands were sold in stores and to businesses. 300 types of canned coffee are being recalled over botulism. The coffee products can be identified as "Distributed by Snapchill Coffee" on the labels of cans. Make sure you destroy that coffee. Dams are breaking and flooding large communities. Extreme heat is impacting millions across the country and the electrical companies are asking that people raise the inside temperature (when not home) to 84 degrees and for people to sleep in 78degree temps (never going to happen in my house).

On Wednesday, June 26, 2024 the Supreme Court's media department accidentally posted a document online about the future of Abortion Regulations in Idaho. In the document it was stated that the Members of the Supreme Court believed that they were brought into the fight too quickly and should have taken

more time to make decisions. Isn't that refreshing? Way too many decisions are made across our country "too quickly" and without the proper amount of review and input. Wouldn't that be nice if this became a trend? Hey, small town councils, you don't have to rush into anything! Take your time. Listen and learn.

A fireball crossed the skies on Tuesday, June 25th around 9:30pm and was seen in North Carolina, South Carolina, Virginia, West Virginia, Maryland, Delaware and New Jersey. Aliens visiting for the 4th of July or perhaps some space junk falling from the heavens. Unfortunately, the more we put up there, the more will eventually come down. I wonder what kind of homeowner's insurance policy covers falling space debris.

No coffee, no ice cream, fireballs and the Supreme court admitting things are being rushed. I don't know about you, but that sounds like the start of a crazy phase of our society. What a great way to celebrate our independence! Remember knowledge is power, humans need coffee and ice cream, and the Supreme Court is still made up of people, and sometimes those people realize their weaknesses.







Record High Temperature Raleigh, NC

June 26th, 2024



The temperature at Raleigh, NC yesterday afternoon was 103°F, which broke the old record high of 102° set in 1952.







Record High Minimum Temperature Raleigh, NC

June 26th, 2024



The minimum temperature at Raleigh, NC was 77 degrees, which breaks the previous record high minimum temperature of 76 degrees set in 1902.





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July 2024

Brunswick Search and Rescue visits Coastal Elementary

By Dotty Harding

On June 10, Brunswick Search and Rescue (BSAR) members Marci and Brian Anderson and Brian Smith were honored to share our Hug-A-Tree and survive program with 102 fifth graders at Coastal Elementary School. The Anderson's and Brian Smith are residents of Onslow County and have been presenting the program to summer programs in Onslow, Pender and Brunswick counties for a couple of years so being welcomed into the regular school system is a big deal. They hope to be able to expand the program beyond the heat of the summer because if there is space available every presentation comes with a K9 demonstration of how they are used in searching for lost and missing persons.

The program teaches children how not to get lost but if they do, what to do in order to stay safe until rescuers arrive. Each child is given a "survival" kit that includes a rain poncho (to stay warm and dry), a pocket mirror (to use to signal for help), a whistle to use to alert searchers, and a couple of items to remember what they learned during our presentation. All items in the packet were donated by BSAR and largely funded by grants from several southeastern North Carolina entities including Brunswick Electric Membership Cooperative and Sea Trail Garden Club. BSAR members also addressed using K9s in search and what to do if you find yourself in the woods for an extended period of time including how to deter woodland creatures. The kids were very attentive, asked great

questions and appreciated K9 Champ's demonstration on how a search dog finds a lost person, alerts and leads their handler to the lost person.

BSAR emphasized the basics of the program which include: 1) Always tell an adult where you are going; 2)If you feel lost stay in one place; 3) Keep warm and dry; 4) Help searchers by answering their calls; 5) When in the woods carry a "To Go" bag that includes something to keep you warm and dry, a whistle, water and something reflective like a mirror or blank DVD; 6) A search dog may be the one who finds you first, if you hear a bell start to yell; and, 7) A search dog will not stay with you, it will run and get its handler and come back to you so stay where you are.

BSAR members always enjoy presenting to the children and our greatest hope is that our message is received and that it potentially saves lives.

BSAR is a 501(c-3) non-profit organization that is 100 percent staffed by volunteers. We have participated in over 400 callouts in NC, SC and adjacent states since 1999. If you would like to know more about the work BSAR does in your community, visit our website www.brunswicksar.org, follow us on Facebook, or contact BSAR Chief, Doug Dawson at BSARChief@gmail.com. If you are interested in having BSAR representatives visit your organization to present the Hug-A-Tree program please contact Marci Anderson at treasurerbsar@gmail.com.



K9 Champ working a lost person problem



rian Smith and Brian Anderson hand out



BSAR member Marci Anderson with the 5th grade class at Coastal Elementary

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Coastal Common Sense

By Kim McGahey

Joe Biden's Department of Injustice has created the Frankenstein of an already monstrous administration by elevating Meritless Garland to the powerful position of Attorney General. As the second most influential person in this tyrannical government, Garland has proven over and over how to use the varied legal resources of his expansive department to destroy American liberty. And the targets of his censorship are always conservative Republicans.

His highest profile legal and political atrocity is the single-minded take down of Donald Trump. Starting with the unconstitutional and highly irregular FBI raid on the former President's personal residence last August and continuing through the four current unethical indictments by four completely politicized Democrat prosecutors, Garland has made it his career ambition to eliminate Trump from contention in November's presidential election. President Trump accurately characterizes this cumulative lawfare on-slaught as overt election interference.

Garland not only authorized the illegal armed FBI search and seizure operation at Mar-A-Lago, but then looked the other way when more credible classified document charges

were brought against his boss in the White House. In Delaware, however, no armed FBI raid, no midnight search warrants, no pawing through Jill's underwear drawer. Like Obi-Wan Kenobi said, "These aren't the droids you're looking for!"

Garland further tarnished any credibility he may have had before Mitch McConnell luckily prevented his Supreme Court appointment, by weaponizing his palace guards at the FBI against conservative parents at school board meetings, non-violent pastor protesters at abortion clinics and registered Republicans in catholic churches across the country.

Anytime there is a MAGA hat anywhere near the U.S. Capitol building, or other peaceful patriotic protest, the FBI brownshirts show up with their domestic terrorist watch list and start illegal searches of cell phones in that vicinity. 70 year old grandmothers are sentenced to jail time for waving American flags on Constitution Avenue, but somehow the guy who planted the bomb outside DNC headquarters on January 6 can't be located, much less prosecuted.

Suffering from a psychological disorder known as Projection, the Garland propaganda desks at the New York Times and Washington Post lash out and accuse any such conservative attempts at free speech as threats to democracy orchestrated by their later day Hitler, Donald Trump. Nobody is allowed to question the actions or intentions of Garland's deep state intel house of cards.

Any such reasonable doubts are met with falsely righteous indignation by the AG and a clandestine pre-dawn visit from his pitbulls at the FBI. Ask Steve Bannon, Peter Navarro and Ashli Babbitt's widowed husband about the totalitarian tactics of this tyrannical chief law enforcement official. He'll accuse you of everything he is guilty of; making Eric Holder and Janet Reno look like Romeo and Juliet.

There are a hundred legitimate reasons not to re-elect Joe Biden. But the most compelling has to be to remove Garland from his position of power and White House protection, and replace him with a fair-minded department head. An Attorney General with knowledge, integrity and a true heart for service to we the people would quickly clean up the corruption that is now pervasive under Garland's watch. Trump straightened out the Supreme Court and he'll do the same to the Justice Department.

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July 2024 Volume IV, Issue 7

Proven Winners Welcomes 11th Signature Garden

The Gardens of Southeastern North Carolina in Willard, North Carolina, has earned the prestigious designation of Proven Winners® Signature Garden®, making it the 11th of these high-profile properties in the U.S.

Thanks to the trust and support in Proven Winners demonstrated by The Gardens of Southeastern North Carolina leadership and staff, wholesale nursery and garden center Johnson Nursery and the gardens' development team, this new Signature Garden will leverage its conservation goals with its expansion plan to broaden awareness and attendance for those who will enjoy the nature trails, waterways and wooded areas in their future plans.

"The diverse balance of ornamental horticulture, engaging nature and a healthy calendar of agrotourism events promise to make The Gardens of Southeastern North Carolina a showcase destination for Proven Winners products and gardening ideas," says Josh Miller, Proven Winners landscape manager.

The Signature Garden certification is awarded to high-profile properties that demonstrate a strict set of criteria including high visibility, demographic synergies and a commitment to quality landscape presentation. Visitor traffic and revenues are enhanced by improved guest interest, garden tours, additional event opportunities and visitor appreciation.

"Signature Gardens serve many purposes for both their stewards and their visitors," Miller says. "For the stewards, it is their proud expression of ornamental gardening excellence because they know and appreciate that Proven Winners is committed to introducing plants with the best garden performance. There are many positive takeaways for the visitors, whether they are local residents who visit often, industry professionals passing through to make decisions for the following season or garden tourists who are looking for their next destination."

Johnson Nursery was founded in 1981 by David Johnson, who quickly realized that he needed a space to see the plants the nursery was growing at maturity. This desire for a display garden led him to establishThe Gardens of Southeastern North Carolina on an adjacent property. Now a nonprofit, the gardens' mission is "to improve lives by cultivating inspiration," and is open to visitors, garden clubs, families and professionals, inviting everyone to appreciate the beauty of nature. Encompassing acres of native hardwood forest, walking trails, creeks, agricultural fields and more, the expansive property is sure to attract visitors year-round with its engaging events and beautiful grounds.

"Being a Gold Key grower for Spring Meadow Nursery, we have all this diversity - more than we could have ever imagined," Johnson says. "It really amplifies the need for a garden because we want to know what does well here. We want to be able to speak to our customers knowledgably and tell them why Proven Winners has a better hydrangea. It's one thing to see a pretty picture and one thing to grow them in a 3-gallon container, but having them in the ground for us is really beneficial. So now we know, and our sales teams know, and our customers can see the end

The new Signature Garden is now the fourth in North Carolina along with Creekside Gardens, Pinehurst Resort and Harrah's Cherokee Resort. It's a one-of-akind experience that showcases a wide spectrum of garden applications, allowing visitors to see a comprehensive display of Proven Winners genetics, including solutions to many common garden issues like dry shade and heavy root competition. The new Signature Garden includes varieties like Supertunia® Royal Magenta® Petunia, Color Coded® 'One in a Melon' Echinacea, Pugster Blue® Buddleia, Pillow Talk® Gardenia, ColorBlaze® Wicked Hot® Coleus, Luscious® Berry Blend™ Lantana, Sprinter® Buxus, Superbena® Stormburst Verbena, Jazz Hands® Pink Loropetalum, Superbells® Doublette Love Swept™ Calibrachoa, Let's Dance Can Do! Hydrangea macrophylla and Puffer Fish Hydrangea paniculata.

"This Proven Winners Signature Garden is important to the Southeast and features a full complement of Proven Winners plant varieties that thrive in the Southeast region," says Tom Ewing, Proven Winnerslandscape program developer. "Unique to this garden is the fact that it is adjacent to Johnson Nursery's retail location, providing visitors a local source for displayed plant materials within the garden."

Learn more about this and other Proven Winners Signature Gardens at bit.ly/signaturegarden

Proven Winners is a global plant brand that introduces the industry's leading annuals, perennials, shrubs,

trees, and houseplants to the market through a network of top propagators. It combines extensive experience, innovative thinking and world-class customer service to ensure professional growers and home gardeners have the most efficient tools and dynamic growing solutions for ongoing success. Look for Proven Winners products in garden centers throughout North America in their signature white branded container. More information about Proven Winners is available at provenwinners.com.

The Gardens of Southeastern North Carolina is a non-profit botanical garden committed to improving lives and nurturing creativity through the wonders of nature. Encompassing more than 300 acres in collaboration with Johnson Nursery, its goal is to become a top-tier destination and event venue for plant and nature enthusiasts, families and individuals of all ages. More information about The Gardens of Southeastern North Carolina is available at thegardensofsenc.com.



First Cicada Bobblehead Unveiled

On June 21st, the National Bobblehead Hall of Fame and Museum unveiled a limited-edition Cicada Bobblehead. Due to an unusual overlap of the lifecycles of two broods of cicadas, trillions of the insects are expected to emerge in the United States by the end of June, especially in the Midwest as well as parts of the southern and eastern portions of the United States. The 13year and 17-year cicadas only emerge in these regions of the U.S. in the same year every 221 years, with 2024 being the first such year since 1803. The first Cicada Bobblehead is being produced by the National Bobblehead Hall of Fame and

Positioned on a base bearing its name across the front with a grass-like texture on top, the cicada bobblehead features

its prominent red eyes set wide apart, short antennae, and membranous wings. The bobbleheads, which will be individually numbered, are only available through the National Bobblehead Hall of Fame and Museum's Online Store, Expected to ship in November, the bobbleheads cost \$30 each, plus a flat-rate shipping charge of \$8 per order.

The periodical cicada spends most of its life underground, emerging after 13 or 17 years depending on the species to transform, reproduce, and ultimately die over the space of just a few days. Huge populations of the insects have synced up to emerge within the same window of time to give them the best chance of successfully finding a mate and producing young before they are eaten

by predators or expire naturally. These populations are called broods, and for the first time since 1803, two of them the 17-year Brook XIII, concentrated in northern Illinois, and the 13-year Brood XIX found in southern Illinois, Missouri, Arkansas, and throughout the Southeast - are emerging together.

Soil temperature is what tells the cicadas when it's time to emerge. Once the soil reaches a temperature of about 64 degrees at a depth of 12-18 inches, the great emergence is triggered. In ideal habitat conditions, as many as 1.5 million cicadas can appear in any given acre. However, that number is lower in many areas depending on the number of trees, local chemical use, human development, and number of impervious surfaces. The mating call of male cicadas has been known to be extremely loud. To humans, it might sound obnoxious or unpleasant, but it's an important way for cicadas to

find each other to reproduce in a short amount of time. The calls can reach 80-100 decibels - equal to the sound of a garbage disposal, lawn mower, or a jackhammer. Cicadas are largely harmless to humans, but their appearance is welcome in places where people routinely snack on them as a low-cost source of calories and protein. Up to two billion people regularly eat insects, especially in South and Central America, Asia, Africa, Australia, and New Zealand, Cicadas, when available, are among the most popular.

"We're excited to create this bobblehead celebrating the triumphant return of the cicada," National Bobblehead Hall of Fame and Museum cofounder and CEO Phil Sklar said. "The sounds of summer have taken on a new meaning in 2024 with the arrival of the popular insects. This bobblehead is a must-have for cicada lovers everywhere!"

Holly Ridge Municipal Budget

By Joshua Patti Holly Ridge Councilman

Completing the Holly Ridge Municipal Budget was a dynamic experience rooted in collaboration and compromise. While the process was not always easy and garnered questions, this budget aligns well with my vision of the town and reflects its current and future needs. I went into this budget season trying to keep an open mind by pushing for the Town Manager to have more responsibility to construct a draft budget without initial council intervention. In the past, council was part of the entire process, from start to finish, often leading to confusion and substantial time wasted. This year, the Town Manager and staff worked together to deliver a draft budget. Council, received the budget to analyze ahead of deliberation and collaboration. Subsequently, through two budget workshops and multiple drafts, I do believe a strong budget has been created. Looking to the future, one caveat I will be looking into is the need to have a more specific breakdown of line item spending. It is not sufficient to lump departmental spending in totality, rather, it would be more prudent to include each line item cost for each department. The same can be said for revenue. Overall, however, town staff, council, and all stakeholders worked hard to deliver a strong, forward thinking budget.

While the budget highlights included in the article and the graphic are not all inclusive, they do represent what I believe are the key takeaways and "wins" of the 2024/2025 budget.

Constructing a budget that balances

fiscal responsibility with ambitious growth goals required extensive deliberation among stakeholders. My commitment to maintaining the tax rate at \$.34 per 100 valuation exemplifies the dedication to fiscal prudence while ensuring residents receive essential services and infrastructure improvements. The tax rate remains one of the lowest in the area. A significant highlight of this year's budget is the introduction of a 24/7 fire medic service, aimed at enhancing emergency medical response capabilities throughout our community. This initiative not only prioritizes public safety but also underscores the forward-thinking approach to healthcare provision.

Moreover, the budget incorporates strategic investments in technology upgrades essential for municipal operations to keep pace with Holly Ridge's expanding needs. Funds allocated for road improvements signify our commitment to enhancing transportation infrastructure, fostering smoother commutes and safer journeys for all residents. One particularly highlighted aspect of the budget, which garnered substantial attention and will continue to do so, is the enhancement of programs, activities, and amenities within our Parks and Recreation Department. These enhancements are designed to enrich community life, promote healthy lifestyles, and cultivate recreational opportunities that appeal to residents of all ages.

In essence, the Holly Ridge Municipal Budget represents a balanced blueprint for sustainable growth and community enrichment, reflecting an unwavering commitment to the future prosperity of Holly Ridge.



Town of Holly Ridge 2024-2025 BUDGET Highlights



No Tax Increase

A certified 24-hour fire paramedic with all necessary fire/medical equipment will be available exclusively for Holly

Paramedic

01.





03. Emergency Services

medical care.

HRFR are adding a full time firefighter and Turkey Creek will establish more manpower for weekend coverage.

Taxes will remain steady at

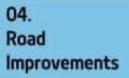
surrounding communities. .

\$0.34 per 100 valuation.

Nearly \$0.07 below

Funding is earmarked to address, update, and improve all roads within Hally Ridge. Beginning Spring 2025.

Ridge. Offering more advanced







05. Grants

Targeted plan to acquire at least ten grants this fiscal year. Monies are planned for a contracted grant writing service.

To keep pace with the growing population, two additional officers were approved to keep our community safe.

06. Additional Police Officers

Additional Staff





Technology Upgrades

Much needed upgrades to the towns technology infrastructure include: a new interactive website, fiber optics for live streaming meetings, and remote work options.

Additional public works employee is included as well as a part-time Parks and Recreation employee to help affer more services and programs.

09. of Parks

Expansion of Parks and Rec Programs

Continued expansion of pickle ball, kickball, sip and paint, etc. while also adding movies in the park, programs for kids, and more support for summer camps, to name just a few.

Funding for police community outreach programs: camp with a cop, coffee with a cop, and various other opportunities for the community to get to know the Holly Ridge Police Department..

10.
Police Community
Outreach



Low Cost Spay/Neuter Vouchers



OCPAW has been awarded another Spay/Neuter Voucher
Grant through the NC Community Foundation Dallas
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Surf City Flow: A New Wave of Wellness Hits the Shore

By Kimberly Frankenfield

Surf City has recently welcomed a vibrant addition to its community: Surf City Flow, a yoga studio and wellness empowerment space that promises more than just physical fitness. Nestled next to Food Lion on Route 50, Surf City Flow invites locals and visitors alike to experience a sanctuary where mind, body, and community converge.

A Haven for the Senses

Stepping through the doors of Surf City Flow is an experience for all the senses - the calming scents of lavender and eucalyptus, the plush velvet curtains separating the studio space from the more private spa area, and the handpainted floors adding an unexpected touch of whimsy. Whether the speakers are gently playing sitar music for Savasana or pulsating with upbeat rhythms, there's a harmony of calm and energy that greets every visitor.

From Vision to Reality: Fidel Forde's Journey

At the helm of Surf City Flow is Fidel Forde, a man whose journey to yoga entrepreneurship is as inspiring as the studio itself. Originally hailing from a career in a Washington D.C. consulting firm, Fidel's path took an unexpected turn with each relocation necessitated by his wife's military career as a Clinical Neuropsychologist in the U.S. Navy. She also serves as the Department Head of The Intrepid Spirit Center at Camp LeJeune, and together, they have

INSURANCE SERVICES

navigated ten relocations with their four children. As a first generation African-Jamaican, male military spouse, and an enthusiastic non-conformist, each move has only enriched Fidel's understanding of the universal need for inclusive spaces.

"Opening Surf City Flow is so important to me because community means everything. We couldn't have opened our doors without the support of community." With the constant military relocations, Fidel shares, "I know what it is like to not fit, feel welcome or be able to settle. It's hard when you are new to an area and just want to belong. I wanted to create a space where everyone feels a sense of belonging, regardless of how they look, what shape they are in, or where they come from. We have more commonalities than differences, and any differences we have is the uniqueness that gives community flavor"

More Than Yoga: Empowerment and Connection

Surf City Flow isn't just about yoga classes—it's a hub for empowerment and connection. Fidel is not just a yoga teacher, but also a certified life coach, motivational speaker, massage therapist, and author. Beyond the traditional yoga sessions, the studio hosts events that promote holistic wellness, including life coaching sessions, sound baths, and Forde's one-of-a-kind Let It Be Messy experience. which involves a blend of

paint, movement, therapy, and play. Flow is also open for classes where community members can teach and share their unique skills with others.

Embracing Diversity and Inclusivity

Surf City Flow stands out not only for its serene atmosphere and comprehensive wellness offerings but also for its commitment to diversity and inclusivity. Fidel's background and personal experiences infuse the studio's ethos, ensuring that it serves as a welcoming space for individuals who may feel marginalized or underrepresented in mainstream wellness communities.

The Future of Surf City Flow

Looking ahead, Surf City Flow plans to expand its offerings with new classes, workshops, and retreats designed to cater to the diverse needs of its growing community. Whether you're seeking to deepen your yoga practice, connect with like-minded individuals, or simply unwind in a tranquil setting, Surf City Flow promises to be a haven where wellness meets connection.

As Fidel prepares to lead his 100th beach yoga class, reflecting on the milestones and challenges that have shaped his journey, he remains committed to his mission of fostering a supportive community where individuals can embark on a journey of self-discovery and empowerment, supported by a community that celebrates diversity and embraces all who seek solace and

strength.

"I'm so passionate and care so much about this work. I've been in the yoga, massage, and wellness space for over 12 years. I've dedicated my life to the wellness field - encouraging, equipping, and empowering people to be the best version of themselves."

As Surf City Flow continues to make waves in the local wellness scene, one thing is clear: its impact extends far beyond its walls, creating ripples of positivity and inspiration throughout the community and beyond.

www.surfcityflow.com

www.fidelforde.com





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An Empowered Person Gets That This, Too, Shall Pass

By Diane Henderson

In the mid-seventies, when I was young, and little and lithe, I did an interpretive creative dance routine for churches and other religious organizations. I did it in leotards and sometimes, if I was feeling rebellious, I would do it braless. One Sunday morning I was performing at an early morning service at a Lutheran Church. While waiting for my cue to go on, I sat behind a wall that housed the pulpit on the other side. It had not been a good weekend, a good week, or even a good month. I sat there brooding about my plight, listening to the congregation singing wonderful, uplifting music accompanied by piano and guitar. Suddenly, I noticed that in front of me was the outside wall of the church. It was made of different colors of stone set in concrete in no particular pattern. It was beautiful the way the sun was

shining at that particular moment. I was led to get up from my chair, move to the wall, close my eyes, and start running my fingers over the stone and cement. The sensations that I felt were smooth patches and rough spots. It came to me that this wall was a symbol of my life. My life consisted of brightly colored smooth spots and dreary rough patches. As my fingers continued on their path, it further occurred to me that the smooth spots were much larger than the rough ones, and the key to getting through the rough patches was to simply keep moving---there is always a smooth patch either north, south, east, or west. And, the last awareness I had was that as a whole my life is beautiful...just like the wall. This last awareness is really hard to remember when in the middle of a rough patch.

Author, Linda Richardson says that we have four zones from which we operate: Dead Zone - Comfort Zone - Stretch Zone - Panic Zone

Many of us tend to get into a dead zone when we get into those rough patches of life. We bury our heads in the sand, we wallow in our pain, we wait for someone to come and rescue us, we wait for the other person to change, we wait until someone sees our greatness and offers us another job, etc., etc., etc.. Sometimes it is just a state of mind, "This is my life, and this problem will never end so I will grin and bear it." To stay in this dead zone greatly prolongs the rough patch. The more proactive you are to keep yourself moving, the sooner you will be skimming on the smooth surfaces again.

f you are experiencing a rough patch with your family life, your business, your peers, your clients, your money, or your health...KEEP MOVING. First, look inward without blame and ask yourself:

What does it say about me that this situation is going on?

What kind of changes do I have to make to speed this process up?

What am I afraid of that keeps me in this rough space?

Whose responsibility is it to fix this? What are all of the things I could do to fix what is not right in my life?

Am I willing to do what it takes to make things better?

If not, why not?

Am I comfortable in my discomfort?

After you have answered these questions, get up and DO something. Talk with a friend, search the web, take a vacation, find a therapist, hire a coach, make a decision, or do something different on your own. The rough patches will probably pass even if you just wait it out, but in most situations, you have the power to speed up the process. You will feel much, much better about yourself if you are proactive about the problems.









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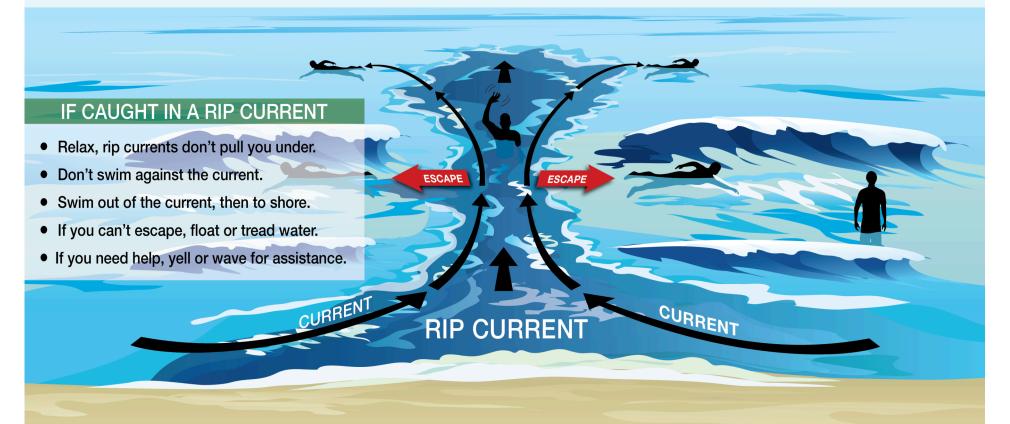


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Portuguese
Man-of-War
Jellyfish Sting
Treatment

Should you get stung by a man-of-war these are steps you can take.

- 1. Get out of the water to stop any further stings. The tentacles can be very long.
- 2. Warn other swimmers about the jellyfish.
- 3. Using tweezers, remove any tentacles still attached to the skin
- 4. Use warm water to rinse area for about 20 minutes
- 5. Apply a hot pack to the area after rinsing and take over the counter pain reliever.
- 6. Seek immediate medical attention if any sign of major reaction occurs or if a large area of your body was stung.
- 7. Pain should subside within a few hours. Red marks may last up to a few weeks.

July 2024

Pender County Receives America 250 NC Grant

Pender County has received a \$10,000 grant from North Carolina's America 250 NC initiative for a project to commemorate the nation's 250th anniversary in 2026.

America 250 NC is North Carolina's commemoration of the United States' 250th anniversary, led by the N.C. Department of Natural and Cultural Resources.

The America 250 Pender County Committee will play a vital role in organizing and coordinating the celebrations and activities commemorating America's 250th anniversary in Pender County.

"The goals and purpose of celebrating America 250 in Pender County are historical, educational, and cultural," said Tourism Director Olivia Dawson. "Celebrating the 250th anniversary of America will be a monumental occasion that calls for a grand and meaningful celebration. This milestone marks two and a half centuries of history, progress, and the enduring spirit of the nation."

The committee will plan and coordinate a range of events, initiatives, and projects that mark the America 250 celebrations in Pender County. This includes historical exhibitions, educational programs, community festivals, and patriotic ceremonies.

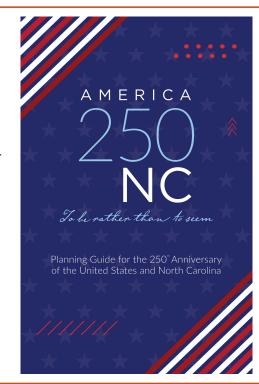
The committee aims to highlight and preserve Pender County's rich historical and cultural heritage as part of the America 250 celebrations. This may include organizing historical tours, exhibits, lectures, and performances that showcase the county's contributions to American history and culture.

Moores Creek National Battlefield holds significant historical importance in Pender County, especially in the context of celebrating America's 250th anniversary.

The N.C. Department of Natural and Cultural Resources' America 250 NC initiative recently dispersed nearly \$900,000 in grant funds across 34 counties in the state. The grant program is designed to spark commemoration programs and activities at the local level.

"These America 250 grants will serve as catalysts for local participation in the nationwide commemoration of our nation's founding," said DNCR Secretary Reid Wilson. "We look forward to working with communities across the state to build a memorable and meaningful celebration for all North Carolinians."

To participate or join the committee, contact tourism@pendercountync.gov. For more information about America 250 NC, visit america 250.nc.gov.



Pender County Emergency Management Conducts Comprehensive Hurricane Activation Drill

Pender County Emergency
Management conducted a
comprehensive activation drill today at
the Emergency Operations Center. The
exercise involved various county
agencies and emergency services in
preparation for hurricane season.
Tommy Batson, the county's Director of
Emergency Management, led the
exercise.

"One hurricane can turn an entire year upside down," said Batson, emphasizing the critical importance of preparedness.

The drill involved a collaborative effort from various county departments and services, meticulously coordinating responsibilities and ensuring

preparedness to respond swiftly and effectively in anticipation of an approaching storm.

With forecasters projecting an "extremely active" 2024 hurricane season, the annual drill had even higher stakes than usual

Steven Pfaff, meteorologist-in-Charge at the National Weather Service in Wilmington, addressed participants, highlighting key information released by the National Oceanic and Atmospheric Administration (NOAA) at the start of the hurricane season. Pfaff emphasized the need to not rely solely on the Saffir-Simpson Scale, which measures wind speed but does not account for other

hazardous factors like storm surge and rainfall flooding. He referenced Hurricane Florence, where extensive damage occurred due to heavy rainfall and flooding despite being a Category 1 storm on the Saffir-Simpson Scale.

The exercise reinforced the collaborative efforts needed to ensure the safety and preparedness of Pender County residents during a hurricane. Participants practiced emergency communication protocols, logistical planning for potential evacuations, and strategic deployment of resources to support affected communities.

Additionally, we want to remind citizens to prepare for hurricane season.

Please create a checklist, gather water and non-perishable food, and sign up now for communication apps to stay informed and connected during emergencies.



Blueberry Festival Photos







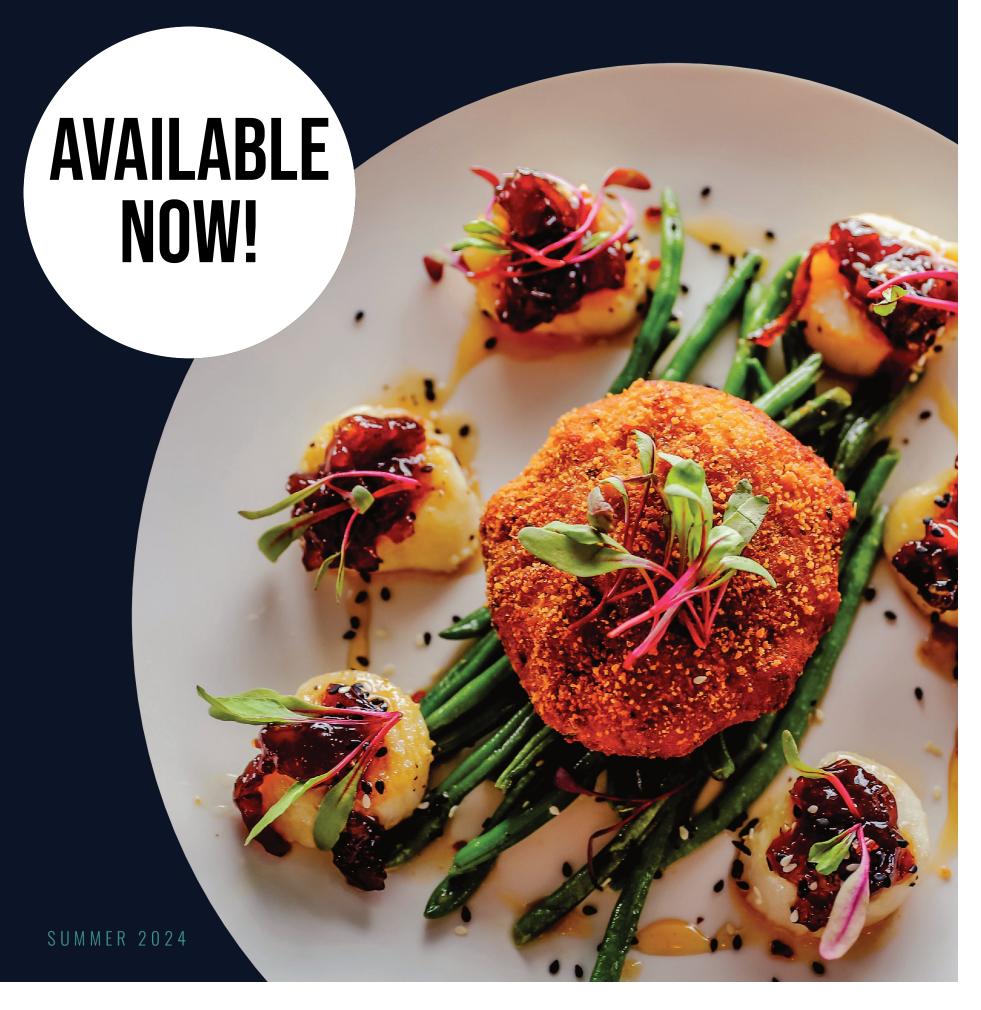




TASTEOFTOPSALL

EAT - SHOP - PLAY - RELAX

SNEADS FERRY - NORTH TOPSAIL - SURF CITY - TOPSAIL - HOLLY RIDGE - HAMPSTEAD



PAGE 18 TOPSAIL TIMES

July 2024 Volume IV, Issue 7

Roast Beef and Cheddar Sliders



4 tablespoons butter, melted, divided
1 (12 roll) package Hawaiian rolls, split in half horizontally
12 ounces deli roast beef
1/2 cup thin tangy BBQ sauce, such as Arby's® Original Sauce
1 cup Cheddar cheese sauce
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
2 teaspoons everything bagel seasoning

Step one:

Preheat the oven to 350 degrees F (175 degrees C). Brush the bottom and sides of a 9x13-inch baking dish with melted butter until lightly coated.

Step two:

Place bottom half of rolls in baking dish and top evenly with roast beef slices. Drizzle BBQ sauce evenly over roast beef and dollop cheese sauce evenly over the top. Place top roll halves on top.

Step three:

Stir together remaining butter, garlic powder, and onion powder and brush evenly over bun tops. Sprinkle with bagel seasoning.

Step four:

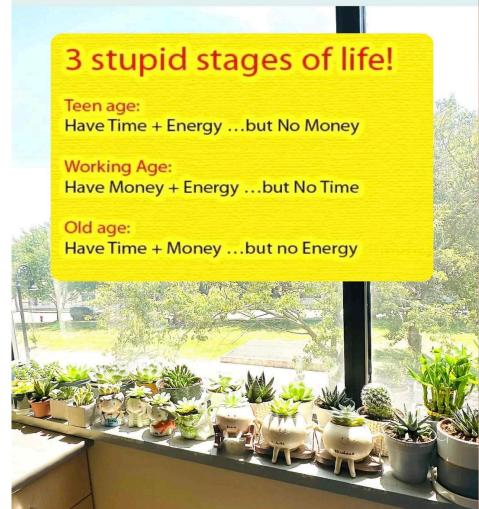
Bake in the preheated oven until the center is warm and melted, and bread is toasted and golden brown, 12 to 14 minutes.

Fourth of July

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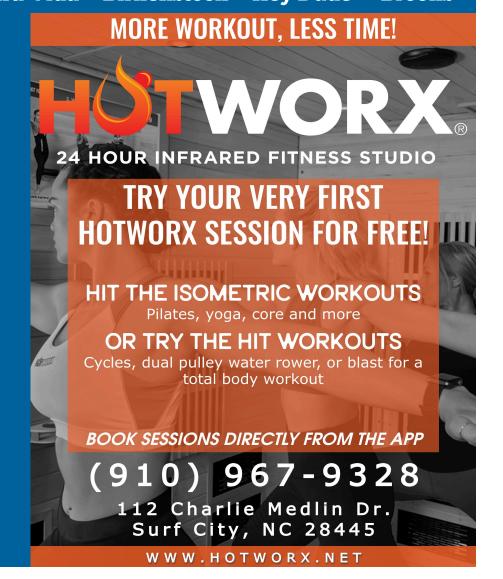
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