



### TOPSAIL ISLAND, HOLLY RIDGE, HAMPSTEAD AND SNEADS FERRY

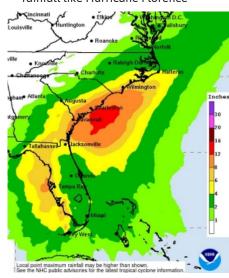
August 2024

**American-Owned.** Free Press.

**Volume IV, Issue 8** 

## **Hurricanes and Festivals**

Hurricane Debby made landfall on the gulf coast of Florida on August 5th and is scheduled to spend the next several days dropping record breaking amounts of rainfall up the East Coast of the United States. In fears that the storm may produce rainfall like Hurricane Florence



(2018), several areas are taking Debby seriously. All low-lying areas, such as Charleston, South Carolina, are preparing for the worst. With any slowmoving system, flooding is always a threat, especially well after the storm has moved on and accumulated rainfall begins to overflow the rivers and waterways. Widespread wind damage may not be as big a threat with Debby as she is forecasted to become a tropical storm and then a depression, but tornados will always be a concern.

With the start of what is predicted to be an active Hurricane season, the ground being saturated will always be a major issue with storms that may follow behind. The names next in line will be Ernesto and Francine. The North Carolina coastal area is no stranger to damaging storms that start with "F" like Floyd, Fran and Florence. Maybe we should pay attention to Francine, but let's hope not. Holly Ridge's Liberty Festival is held

on the Saturday of Labor Day and this

year, that date falls as the last day in August. With the festival having venders, food trucks and activities for kids, the evening will be completed with a firework show.

Sneads Ferry will be hosting the 53rd Shrimp Festival from September 26th through the 28th. The festival will include a parade, live music, great food, venders, and a firework show. For more information go to

www.sneads ferry shrimp festival.org.

Hurricane Names for 2024	
Francine	Oscar
Isaac	Patty
Joyce	Rafael
Kirk	
Milton	
Nadine	



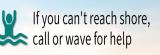
## **Caught in a Rip Current?** Here's How to Survive



Relax, stay calm and float to
 conserve energy



Swim out of the current by following the shoreline or breaking waves, then at an angle toward the beach



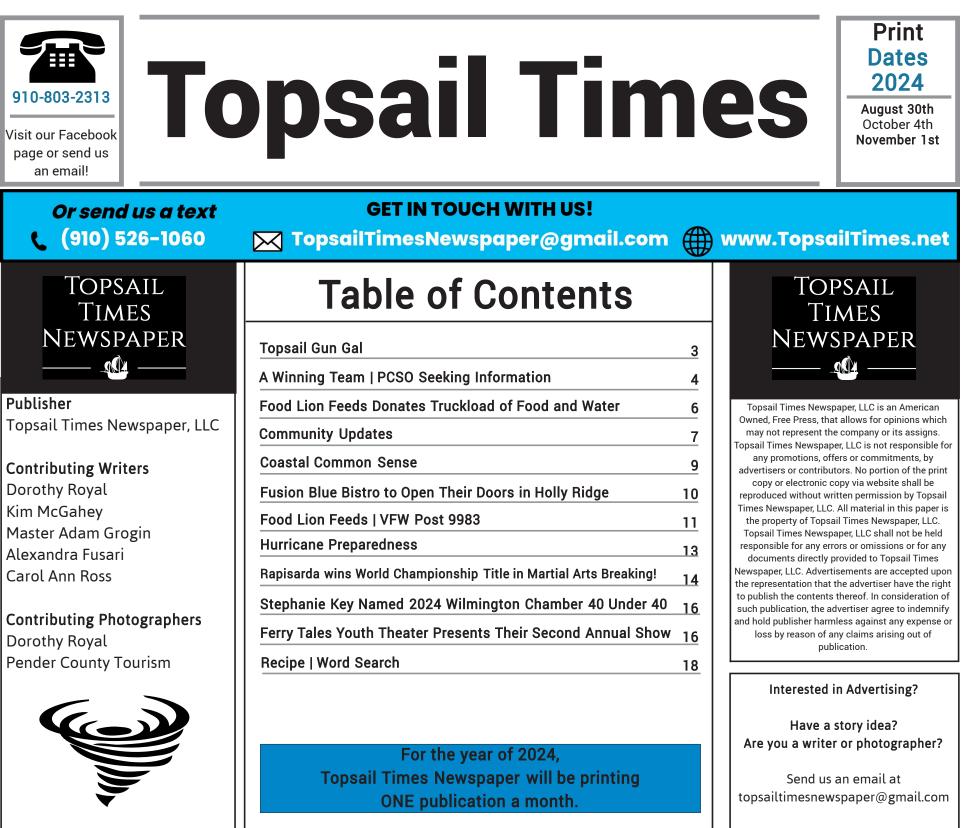
Do not swim against the current



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#### August 2024

## **Topsail Gun Gal**

#### **By Dorothy Royal**

S&W has created something small, high capacity, and easy to carry. The new Bodyguard 2.0 pistol (yes, the original is still available) is designed for conceal carry, but should make a good range gun as well. Double the capacity of the original, the new 2.0 version fits 12 rounds in a double stack magazine that takes up very little room. The grip is lengthened and is comfortable for most hands, large and small. With a highly visible front site, quick eye acquisition is possible, even in an emergency. I must admit when I saw this firearm for the first time, I had to laugh. It looks like a fullsize pistol had been put in the dryer and shrunk, but once you get over the size, you realize the features make this firearm ideal for conceal and carry. Priced at under \$500, they are currently in high demand but worth a look.

As a quick recap of the North Carolina firearm purchasing laws - a buyer no longer is required to have a purchase permit to buy a handgun. Background checks are now done by the FFL (Federal Firearm Licensee) at the time of the purchase, as was already done when purchasing a long gun. The only exception to this background check is a person who has a North Carolina Conceal & Carry Permit. A photo ID is also required at the time of purchase. To purchase a handgun, a person must be 21 years of age or older, a resident of North Carolina and be able to pass a background check. (Active military stationed in NC can purchase with additional requirements). To purchase a long gun a person must be 18 years of age or older, have a photo ID and pass a background check.

North Carolina does not have a firearm registry, which means the only people that have the information about your firearms is you and where you obtained them from (in the case of a gunshop or FFL). Unfortunately, this becomes an issue when a person has a loss or theft of a firearm and may have inherited the firearm or purchased one from a private person (or out of state). The best advice I can offer is for everyone who owns firearms is to take photos of the firearms, including their boxes that have the serial number, model number and make printed on them and email them to yourself, storing them for easy access. Checking your firearms monthly can ensure that they are safely stored and in good condition. Rust and pitting can damage a firearm beyond repair so making sure you have them stored in a low humidity environment and well oiled.

Growing up, I don't recall people talking about politics all the time. I don't remember neighbors being grouped together based on who they would vote for. I remember people choosing candidates and supporting them. I don't recall people voting "against" someone by voting for a candidate, regardless of who they were.

Is that a new thing? Do people detest one person so much that they would use their vote, not in support of someone, but against someone? How odd that is. On HBO's Real Time with Bill Maher, the host stated that he would rather vote for a head in a jar of blue liquid than for Donald Trump. How is that good for the country?

Remember knowledge is power, S&W created a really great option for Conceal Carry, and I am not voting for a head in a jar of blue liquid, and neither should you.





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Volume IV, Issue 8

## **A Winning Team**

#### **By Carol Ann Ross**

As far as I know, Dee Dee Paliotti is the only girl who ever swung out over the Intracoastal Waterway on a rope tied to the old swing bridge. Wow! Decades later, I'm still awed by that. She, like most of the kids who grew up on the island, spent her days galloping up and down sand dunes (back when we had them), exploring the marsh and jumping out of bumblebee towers. Inquisitive minds like hers do not stop seeking to be thrilled by life. Oh, they may slow down a bit, but there are somethings about some people... they have to keep moving, doing, and experiencing.

Here it is blank years since she rode that bridge and she's still putting herself out there to compete against who? Well, personally, I think she competes against herself. And just how does she do that, you may ask. Well, Ms. Paliotti has become one of the winningest pool players in our area.

Dee Dee has been playing pool for decades. In the 90s she and her league won competitive trips to Las Vegas, ten years in a row. That's quite impressive considering how many players she has had to outscore.

Though loving the game, Ms. Paliotti put the game and competition on hold while she worked for the USPS. Now, after 20 years away from the game, she has come back to the sport she has always loved.

"I'm up at night going over shots and sometimes I go to the pool table and reshoot shots, thinking how I could have done them better or differently." She (and her leagues) keeps winning too. While in Las Vegas in 2021, Dee Dee won the women's record for fastest break at 24.6 MPH. And then when the league was in Vegas in 2024, they won third place. Remember, this is competition between all USA and Canadian leagues.

Ms. Paliotti plays locally with Down East, APA (Pender and Onslow counties) and Coastal Carolina (New Hanover and Myrtle Beach). The leagues have several different skill levels at which to compete; all ages are eligible for competition. Presently ages range from 18 to 85. So, readers, do not let age or ability stop you from pursuing this sport. Skill levels range from beginners to level seven, so anybody can play.

There are all kinds of people who participate in these pool playing leagues, men and women; they come from all walks of life. And yes, that is one of the reasons why Dee Dee likes being part of the pool playing world. The diversity and the chance to meet and talk with people from all over the country is exciting and fulfilling. Like I said, the girl loves everything the game has to offer.

Every Tuesday night the various leagues meet at one of the local establishments- Lorelei's, Salty Dawg, Tortuga's, and Oasis-to play a few games of pool. It is competition and it is serious business. Dee Dee likes competition. "I like the challenge of playing someone who is better than me." She says.

At these games players acquire points for each game won. The more points you win, the better the odds of winning the trip to Vegas where the competition broadens to winners from all over the USA and Canada. In the last three years, Dee Dee and the league she plays for have been to Las Vegas twice. That's a pretty good record. Kudos to Dee Dee and to the Down East and Coastal Carolina leagues. Keep on keepin' on.







## **PCSO Seeking Information**

On Sunday, August 4, 2024, at approximately 8:13 pm, the Pender County Sheriff's Office responded to Donnie's Mini Mart regarding an armed robbery that occurred in the parking lot located on US Hwy 117 in Burgaw, North Carolina.

During this incident, an armed subject used a handgun to rob two individuals at gunpoint of their wallets and cash. The suspect was described as a dark-skinned, Spanish-speaking male, short and heavyset. The suspect was wearing a red coat, black pants, a red wig, and a black mask. The suspect left driving a 2004-2009 Mazda 3, white in color, with a 30-day temporary tag. The suspect fled traveling south on US 117 towards the Rocky Point area. The suspect's vehicle has minor damage on the rear passenger's side, with a gash behind the back passenger's side tire. Also, operating the vehicle with a spare tire on the front passenger's side. Anyone with any information

regarding the identity of the suspect or with any knowledge of this incident is asked to contact Detective S. English with the Pender County Sheriff's Office at 910-259-1599 in regard to case number 2024-02149."







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#### TOPSAIL TIMES Volume IV, Issue 8

#### PAGE 6 August 2024

## Food Lion Feeds Donates Truckload of Food and Water to Nourish Neighbors

#### **By Alexandra Fusari**

Food Lion Feeds is responding to the needs of neighbors impacted by Tropical Storm Debby and providing bottled water and snacks. The donation will benefit neighbors in North Carolina who may experience flooding or power outages. Providing support to American Red Cross and several county- and stateoperated shelters, Food Lion Feeds delivered a truckload of 19 pallets of water and more than 12,000 units of Food Lion sandwich crackers and breakfast bars. The Food Lion brand bottle water equals more than 40,000 pounds or nearly 4,000 gallons. Food Lion Feeds was founded in 2014 by Food Lion to address food insecurity in the towns and cities it serves.

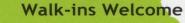
"At Food Lion, we care for the towns and cities we serve because we know our neighbors and associates count on us every day," said Kevin Durkee, Manager, Food Lion Feeds, Food Lion. "Giving back to our communities during times of need is an important part of demonstrating care. We are grateful to partner with the American Red Cross to nourish our North Carolina neighbors impacted by Tropical Storm Debby." Photo: A semi-trailer of water provided by Food Lion Feeds arrives at the American Red Cross warehouse located in Roxboro, NC. The water will be distributed to shelters across North Carolina to nourish neighbors impacted by Tropical Storm Debby.



# Live and Local REAL TALK



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#### August 2024



# Tavish Wetherill

#### December 16, 2000 - July 27, 2024

Tavish Wetherill, age 23, died at home on July 27, 2024, after a long illness.

He passed while surrounded by his mother, father, and brother. His two windows were opened after his final breath, and his spirit was released.

Tavish's life came in two parts: before and after age 14. The springtime part of his life was fulfilling. He had a natural, kind personality and readily excelled in school. He was surrounded by nature and roamed in the woods behind his house and enjoyed many long days at the beach, mostly at the Point at the southern end of Topsail Island. He spent several summers in the mountains and grew deeply fond of the surrounding trees and hills.

A proficient and creative artist, he created comic books and excelled in portraits. In the second phase of his life he met adversity, yet his inner core remained unchanged and undaunted. He graduated from high school with honors and attended Appalachian State University. Instilled with a love of learning, he took additional classes at Cape Fear Community College in Surf City. With a keen desire to improve, he grew stronger and more fluid exercising at the local gyms and came to love his kind and dedicated trainers, and appreciate the encouragement and camaraderie of those who worked out. He enjoyed travel and adventure, jetting around the country and two continents.

Tavish leaves behind his mother Alison Wetherill, father Sean and brother Nevin of Surf City, NC, grandparents Bill and Karen Wetherill of Wilmington, NC, his uncle William and aunt MacKenzie Wetherill also of Wilmington and their children, and many other family members.

His courage, joy, kindness, optimism and determination inspired all who knew him. He will forever be in our hearts. In lieu of flowers, please donate to Lower Cape Fear Lifecare.

### **Onslow County Sheriff's Office K9 Dart to get donation of body armor**

Onslow County Sheriff's Office, NC, K9 Dart will receive a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. K9 Dart's vest is sponsored by Douglas MacArthur of Clearfield, UT and will be embroidered with the sentiment "In memory of Erika K. MacArthur". Delivery is expected within eight to ten weeks.

Vested Interest in K9s, Inc., established in 2009, is a 501(c-3) charity whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. This potentially lifesaving body armor for four-legged K9 officers is U.S. made, custom fitted, and NIJ certified. Since its inception, Vested Interest in K9s, Inc. has provided over 5,707 vests to K9s in all 50 states at a value of \$6.9 million, made possible by both private and corporate donations.

The program is open to U.S. dogs that are at least 20 months old and actively employed and certified with law enforcement or related agencies. K9s with expired vests are also eligible to participate. There are an estimated 30,000 law enforcement K9s throughout the United States. Vested Interest in K9s, Inc. accepts taxdeductible contributions in any amount, while a single donation of \$985 will sponsor one vest. Each vest has a value of \$1800.00, weighs an average of 4-5 lb., and comes with a five-year warranty. For more information, or to learn about volunteer opportunities, please call 508-824-6978. Vested Interest in K9s, Inc. provides information, lists events, and accepts donations at www.vik9s.org, or you may mail your contribution to P.O. Box 9, East Taunton, MA 02718.



### Mornings with WomenConnect moves to new location

Mornings with WomenConnect, a Greater Topsail Area Chamber of Commerce & Tourism networking event, will meet on Aug. 22, at 7:30 a.m., at Southern Roots Grille.

"We launched *Mornings with WomenConnect* last year," said Executive Director Tammy Proctor. "The networking group has more than doubled in attendance. Southern Roots Grille graciously offered our growing networking group a large meeting room."

Mornings with WomenConnect is an offshoot of the Chamber's WomenConnect networking group that meets at noon at Nineteen Restaurant in Hampstead on the second Thursday of each month.

"Some women find it difficult to leave their businesses midday," said Proctor. "*Mornings with WomenConnect* is a wonderful alternative for those who want to network before heading to the office."

*Mornings with WomenConnect* meets on the fourth Thursday of each month, except on holidays. The networking event is open to Chamber members. Non-members are encouraged to attend, to get to know other women business owners and leaders.

"We hope non-members will see the value and benefits of Chamber

membership," added Proctor. There is no fee to attend *WomenConnect* or *Mornings with WomenConnect*. Attendees purchase meals from the menu at their own expense.

For more information contact the Chamber at 910-329-4446.



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## **Coastal Common Sense**

#### By Kim McGahey

"In order to form a more perfect union;" words that oversaw the continuous intellectual battle between the likes of John Adams and Thomas Jefferson and Abraham Lincoln and Sterphen Douglas. Not unlike the political separation in our country today, politics has always been an us versus them affair. And that's precisely how the Founders intended our constitutional republic to survive.

The co-exist bumper sticker on the back of the Subaru in Boulder, Colorado, Austin, Texas or Madison, Wisconsin holds little water when it comes to actually reaching across the aisle. Because when they reach out to shake your hand, the other hand is there to stab you in the back with the knife of political power.

Ever since the 1700's when American colonies revolted against royal oppression by King George, the governing decisions of our country have always been based on the allocation and exercise of power. The distribution of political power necessarily involved two sides wrestling over the ability to set public policy in favor of their ideology and at the expense of their opponents' competing opinions. The notion that we should all just get along has no basis in history, philosophy or religion. All the great civilizations prior to ours were only able to retain power over their populations through coercion and violence against the masses.

No basic education of the populace, much less any enlightened thought, was allowed for fear of the elites losing control over their subjects. An educated population would eventually seek individual liberties through intellectual discourse, philosophical debate and free choice. Violence was the only means for elites to maintain control of the people.

Some say that in order to be a good Christian you have to sacrifice your biblical morals and values to accommodate opposing viewpoints. Nowhere in Jesus' teaching does He advocate such an unfounded opinion. Instead, our Judeo-Christian heritage is based on biblical absolute right and wrong - not some squishy moral relativism co-existence creed that would have us accept whatever is politically expedient. We are strictly called to accept whatever is right, and treat our enemies with love.

And there-in lies the heart of the matter. Our contentious political divide today is predicated on one side making conservative public policy decisions derived from that Judeo-Christian tradition and the other side embracing policies generated by the progressive idea that there is not just one truth, but many truths that allow the ends to justify the means.

And the great debate rages on. Two sides battling it out to gain or retain political power over we the people. However, recently the war has taken on an ugly turn with the people in power weaponizing the resources of the government against their political opponents with impeachment, indictment, infringement of Constitutional rights and even attempted assassination. So, we each have the freedom to choose which side of the battle we'll fight for. You can vote on the right side of history, philosophy and religion that made our country the most benevolent, prosperous and free civilization in human history. Or you can vote for the selfish, immoral dark side that caused the deaths of millions of people and the downfall of all the world's greatest civilizations before us.



## Did You Hear? Bee Festival in Holly Ridge will be back April 26th, 2025

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#### PAGE 10 August 2024

## Fusion Blue Bistro to Open Their Doors in Holly Ridge August 2024

Chef Chris Gates, known to many locals as a top 24 runner up in the "Own Your Own" national restaurant contest held in 2023, has one of the most recognized food trucks in the area. Fusion Blue Cuisine. His extensive background includes being chef for six vears at "The Beach Shop" in Topsail Beach, executive chef at Ducks in Jacksonville, and also working as a chef for the movie studios in New York, Miami, Savannah, Charleson and Wilmington. The great news is he will now be opening his own brick and mortar restaurant, Fusion Blue Bistro in Holly Ridge.

Assistant Chef, Jimi Kelly, worked with Chef Chris at Figure Eight Yacht Club over the years then went on to Germany and Switzerland to perfect his craft.

With plans to open in August, the new restaurant takes over the location of Deli Works (which moved to Surf City) at 325 Sound Road, Holly Ridge.

The menu will include such items as: daily chef specials, fresh local fish and seafood, farm to table, grilled steaks, gourmet sandwiches, burgers, wraps, wings, salads and sushi.

Chef Chris plans to serve his amazing cuisine for lunch and dinner and to continue offering catering. Once the ABC permit is complete, Beer and wine will be offered as well as beer and wine dinner pairings. Fusion Blue Bistro will also offer a market for seasonings, rubs, local products, and for the pet lover, gourmet dog treats. There will be indoor dining and an outdoor area that will be kid and pet friendly. Live music may be on the menu as well (keep posted).

Chef Chris and his family will be working to offer cuisine Tuesday through Saturday.







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#### August 2024

## Food Lion Feeds: Doubling Meals and Impact to Address Childhood Hunger

#### **By Alexandra Fusari**

Partnership with customers and suppliers provides more than 36 million meals\*

In partnership with Food Lion customers and participating vendor partners, Food Lion Feeds helped provide more than 36 million meals\* through its Summers Without Hunger initiative, doubling its efforts of more than 17.5 million meals in 2023. The annual campaign earned support from customers, stepping up as catalysts for change. By purchasing specially designed reusable bags for \$3 at any Food Lion store, they joined the omnichannel retailer's fight to address childhood food insecurity and increase access to nutritious food during the summer.

Since the campaign began in 2019, customers have helped provide more than 97 million meals\*.

Food Lion Feeds was founded in 2014 by Food Lion to address food insecurity in the towns and cities it serves.

"With more than 22 million children in the U.S. relying on school meals during the academic year, we are deeply grateful for partners like Food Lion and their communities, who help to provide nutritious food to children during the summer by supporting additional programming," said Claire BabineauxFontenot, CEO of Feeding America. "By working together, we can support kids facing food insecurity and help to ensure they have the food they need to thrive." The campaign, which took place June

26 – July 23, benefited Feeding America®, the nation's largest domestic hunger relief organization, and local partner food banks throughout Food Lion's 10-state operating area.

Ten Food Lion suppliers generously matched the proceeds of all specially designed reusable bags purchased by customers: Campbell's, Coca-Cola, Frito-Lay, Gatorade, General Mills, Kellanova, Kraft Heinz, Knorr, Pepsi Beverages and Triscuit, thus doubling the impact. As a result, every bag purchased helped provide the equivalent of 60 meals.

"Going to bed hungry during the summer months is a reality for far too many children in the towns and cities we serve," said Kevin Durkee, Manager, Food Lion Feeds, Food Lion. "At Food Lion, we believe no one should have to choose between dinner and rent or gas and groceries. We are overwhelmed and grateful for the unwavering support of our valued customers and suppliers. Their support is crucial because each donation, no matter the amount, amplifies the impact of their contribution as we work together to catalyze change in addressing food insecurity." Through Food Lion Feeds, Food Lion has helped provide more than 1.2 billion meals to individuals and families since 2014 and has committed to donating 1.5 billion meals<sup>\*\*</sup> by 2025. For more information on Food Lion Feeds' commitment to ending hunger, visit foodlion.com/feeds.

\*\$1 helps provide at least 10 meals secured by Feeding America® on behalf of local partner food banks. Through the Summers Without Hunger campaign, Food Lion and participating vendors guarantee a minimum donation of \$200,000 (monetary equivalent of 2 million meals) from June 26 – July 23, 2024. \*\*Food Lion Feeds

helps address food insecurity by providing product, financial and equipment donations; disaster relief and recovery efforts; investing in capital campaign support for feeding agencies; and volunteer hours by associates. These investments are converted to a meal equivalent based on various meal equivalent formulas.

#### About Food Lion

Open

Food Lion is an omnichannel grocery retailer committed to nourishing its neighbors. More than 82,000 associates across 1,100+ stores deliver an easy, fresh and affordable shopping experience throughout 10 Southeastern and Mid-Atlantic

Local Stump

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Honey & Produce

states. With a focus on hunger relief, Food Lion is a pioneer in food rescue. In 2014, Food Lion Feeds was created and has since donated more than 1.2 billion meals to those who are food insecure. The retailer has committed to donate 1.5 billion meals by 2025.

Founded and based in Salisbury, N.C., since 1957, Food Lion is a company of Ahold Delhaize USA, the U.S. division of Zaandam-based Ahold Delhaize. For more information, visit foodlion.com. **About Feeding America** 

Feeding America is committed to an America where no one is hungry. We support tens of millions of people who experience food insecurity to get the food and resources they say they need to thrive as part of a nationwide network of food banks, statewide food bank associations, food pantries and meal programs. We also invest in innovative solutions to increase equitable access to nutritious food, advocate for legislation that improves food security and work to address factors that impact food security, such as health, cost of living and employment.

We partner with people experiencing food insecurity, policymakers, organizations and supporters, united with them in a movement to end hunger.

Visit FeedingAmerica.org to learn more.

#### VFW Post 9983 is Proud to Announce its 2024 - 2025 Youth and Education Awards Program

#### **By Walter Zabicki**

If you are a democracy loving high school student interested in a \$35k college scholarship, then the VFW's Voice of Democracy Patriotic Audio Essay Competition may be for you. This year's theme is, "IS AMERICA TODAY OUR FOREFATHERS VISION?"

If you are a middle school student interested in winning a \$5k scholarship, then you should participate in the VFW's Patriot's Pen written essay contest. This year's theme is "MY VOICE IN AMERICA'S DEMOCRACY."

If you are aware of an elementary, middle or high school teacher, who promotes civic responsibility, flag etiquette and patriotism, then nominate them for the VFW Smart/Maher National Citizenship Teacher of the Year Award.

For more information on these awards, please go to vfw.org, click on Community, Youth and Education, Youth Scholarships or Teacher of the Year. All nominations and entries are due to VFW Post 9983, 188 Hines Stump Sound Church Road, Holly Ridge, NC, NLT October 31, 2024.



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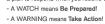
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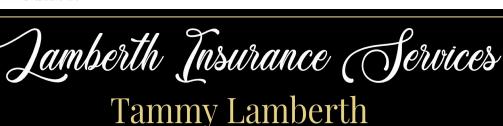


#### August 2024 Volume IV, Issue 8 **Hurricane Preparedness** Hurricane Preparedness Checklist American Red Cross Be Red Cross Ready Prepare so you can protect. **Protect Your Home** Flood .... Clean out drains, gutters and downspouts Consider elev ating the heating system, water heater and Hurricane Stockpile protective materials such as plastic sheeting and sandbags electric pane · Consider installing a sump pump with battery backup · Review insurance policies with your agency Preparedness Checklist What to Do: During anes and tropical storms are rotating storms that form over warm waters. These storms be high winds, heavy rain, storm surge (rise in water level), flooding and tornadoes. Climate change has caused hurricanes to strengthen faster and bring heavier rainfall. The most common cause of death during a hurricane is from drowning. These storms are dangerous and can damage places far inland If local authorities advise you to evacuate, go Determine your best protection for high right away. winds and flooding. But we can take action to prepare. Prepare now to protect yourself, your loved ones and your home Bring your Go-Kit Take shelter in a designated storm shelter or an interior room · Follow evacuation routes and do not try to take shortcuts for high winds. because they may be blocked. Check with local officials for shelter locations. Download the Stay away from glass windows and doors Move to higher ground before flooding begins Red Cross Emergency App to find shelters near you What to Do: Before ver walk, swim, or drive through floodwa nember, Turn Around! Don't Drown! Alerts you may receive include: Hurricane Watch & Wat Make Plans to Stay Safe Tropical Storm Watch & Warning, Extreme Wind Warning e your best prot ion from high winds and flooding What to Do: After ave a plan to evacuate and a plan to shelter safely. Storm Surge Watch & Warning, Flash Flood Watch & Warning, Flood Watch & Warning. If advised to evacuate, do so immediately Stay Safe **Cleanup Safely** You may have to leave your home quickly and go to a safe place. Know where you will go, how you will get there and where you Wait for officials to say it is safe before going back home. Avoid damaged or fallen power lines, poles and downed w Learn emergency skills Wear appropriate protective equipoggles and boots. Learn First Aid and CPR. Be ready to live without power. Utilities may be offline. Be ready will stay. They can electrocute you. · Clean and disinfect everything that got wet Plan well in advance if you will need help leaving of When cleaning heavy debris, work with a partner. Make sure that you have proper training before using equipment, to live without power, gas and water. Plan for your electrical Do not touch floodwaters because they may contain se public transportation. needs, including cell phones and medical equipment. Talk to pacteria and chemicals that can make you ill Mobile, manufactured, trailer homes and recreational vehicles your doctor. Plan for backup power - If power is out, use flashlights or battery-powered lanterns to such as chainsaws (RVs) are not safe in high wind events. Plan ahead by preparing to evacuate to a safe location. reduce fire risk. . Heart attacks are a leading cause of deaths after a hurricane Be aware of carbon monoxide poisoning. Prevent carbon monox poisoning. Gasoline, propane, natural gas or charcoal-burning Be mindful of overworking. • Cleaning up is a big job. Take breaks and take care of your Gather emergency supplies Gather food, water and medicine. Stores and pharmacies might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. F + Plan to shelter safely devices should never be used inside a home, basement, garage, Be ready to live without power, water, gas, phone and internet tent or camper - or even outside near an open window. Carbo for a long time. · Go-Kit: at least three days of supplies that you can carry with Take Care of Yourself kide can't be seen or smelled, but it can kill you fast. If you start ou. Include backup batteries and chargers for your devi cell phone, CPAP, wheelchair, etc.) Practice going to a designated safe shelter for high winds. The . It's normal to have a lot of bad feelings, stress or anxiety to feel sick, dizzy or weak, get to fresh air right away - do not delay. next best pro ction is a small room with no windows on the - Eat healthy food and get enough sleep to help you deal Stay-at-Home Kit: at least two weeks of supplies est level of a sturdy building that is not likely to flood. Stay Healthy · Have a 1-month supply of medication in a child-proof containe You can contact the Disaster Distress Helpline for free if you Be aware that flooding can happen quickly. Have a plan to and medical supplies or equipment. Keep personal, financial and medical records safe and easy to • When in doubt, throw it out! Throw out food that got wet or warm. evacuate fast before floodwaters reach you need to talk to someone. Call or text 1-800-985-5990. Create a personal support team of people you may assist and who can assist you. - Ask your healthcare provider or doctor about access (hard copies or securely backed up). Consider keeping a list erated medicines ricanes and flooding can make drinking water unsafe. edications and dosages on a small card to carry with you Monitor your local health department for information about Plan to stay connected drinking water safety. **Protect Your Home** Sign up for free emergency alerts from your local govern Ŀ Wind Plan to monitor local weather and news · Secure or bring inside outdoor items, such as lawn furniture and · Have a backup battery or a way to charge your cell phone. trash cans, that could be picked up by high winds and hurt someon • Anchor objects that would be unsafe to bring inside, such as Have a battery-powered radio during a power outage. Understand the types of alerts that you may receive and have Prepare so you can protect. | For more information, visit redcross.org/prepare | Download the Emergency App 💽 gas grills and propane tanks. a plan to respond when you receive them. Copyright © 2021 by the American National Red Cross. Version 1. 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**PAGE 13** 



In all my years of owning a home, business, and vehicles, I have never had an agent take such time and care to make sure all of my needs were met and that everything I treasure is protected. Tammy provides quarterly reviews and it is amazing how often things change that most people would just overlook.

- D. R. Royal

### **Rapisarda wins World Championship Title in Martial Arts Breaking!**

#### **By Master Adam Grogin**

Elana Rapisarda (22) from Stillwater, just returned from the US Open martial arts world championships in Orlando Florida. The US Open is the ONLY martial arts event featured on ESPN and other live streaming networks and is hosted each year on Disney Resort property. The competition hosts five thousand plus competitors from different styles of martial arts from around the world in a multitude of different competitive events. Rapisarda won her 2nd world title in Female Creative Open Breaking. Her first title was won in 2022. In this event, competitors must execute an array of different martial arts techniques, breaking all kind of materials from wood boards, to concrete bricks and event Louisville slugger baseball bats. Rapisarda executed an almost flawless routine, winning over the prestigious judges with not just her physical skill but

also her energy, presence and showmanship. Rapisarda is now deemed as a two time ISKA (International Sport Karate Association) World Champion, the highest level of recognition one can achieve in the world in the sport of competitive breaking.

In addition, the event awards a grand title of "Ultimate Breaker", which recognizes the competitor who performs and places the best across four different breaking categories. While a separate female division is offered for the creative open event, the other three power wood and power concrete breaking events do no offer separate female divisions. Rapisarda was the first female in history to take on all three power events, in divisions against the men, and compete for the Ultimate Breaker title. While she did not win this title, she still made history as the first female to attempt it and placed very well overall. In 2023, after her historical win in

2022, Rapisarda was invited to attempt a world breaking record on stage and live streamed on sports networks, to which she was able to set a new ISKA world breaking record. The first ISKA Female Breaking Record.

Rapisarda is currently balancing an active military career with her martial arts competitive career. She is a second lieutenant in the Marine Corps, working as a logistics officer. She is currently stationed at Camp Lejeune in North Carolina. Rapisarda trains at Pil-Sung Martial Arts in Albany NY, under World Champion and World Record holder, Master Adam Grogin. Grogin says that this second win is more impressive than her first, because Rapisarda had to commit to training long distance from him, utilizing virtual training sessions, video calls, and other techniques due to her military career locating her away from her home school. In addition, taking on the additional power events to chase

the Ultimate Breaker title, made this win more difficult and impressive as Rapisarda had to endure more stress on her body and be in a stronger condition for her body to withstand the stresses of the additional power breaking strikes on large stacks of concrete and wood.









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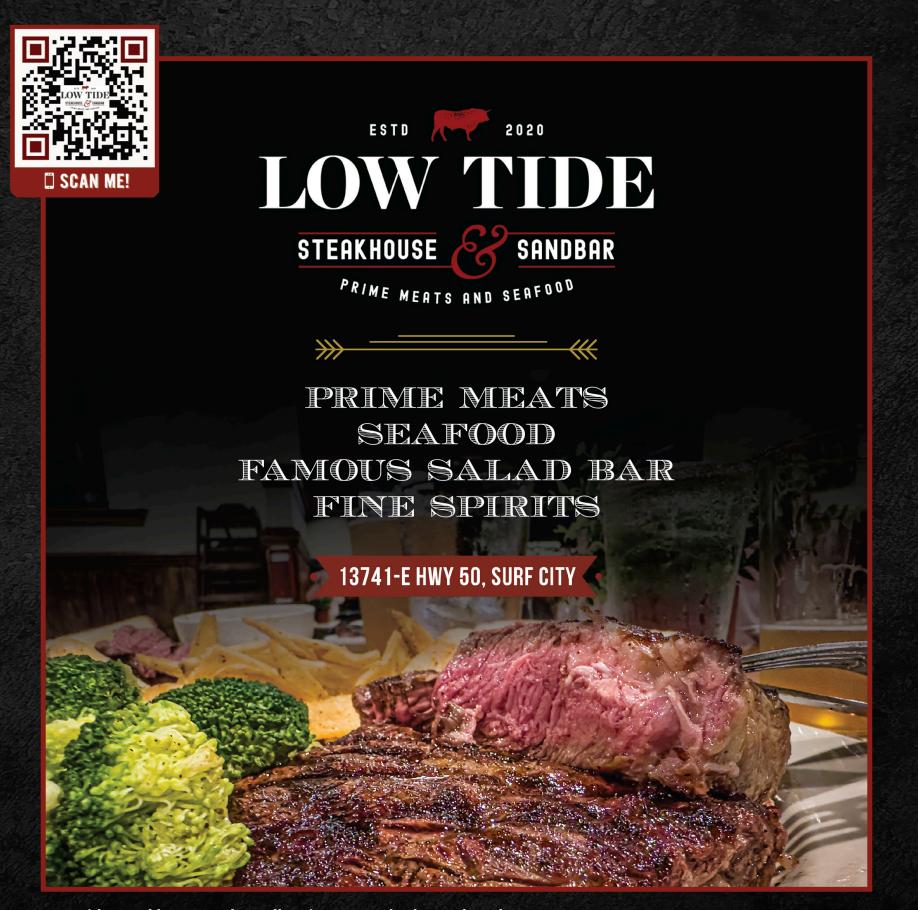




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#### TOPSAIL TIMES Volume IV, Issue 8

## Stephanie Key Named 2024 Wilmington Chamber 40 Under 40 and WILMA's Women to Watch

Pender County Tourism proudly announces that Stephanie Key has been honored as one of the 2024 Wilmington Chamber of Commerce 40 Under 40 awardees. This esteemed accolade celebrates young professionals in the Wilmington area who exhibit outstanding leadership, community involvement, and professional excellence.

Key has been an integral part of Pender County Tourism for the past decade, demonstrating exceptional dedication, creativity, and professionalism. Her contributions have significantly advanced the success and growth of tourism initiatives.

As the tourism assistant and creative director of The Ghostwalk of Pender's Past, Key has played a crucial role in promoting the county's rich heritage, natural beauty, and dynamic community events. Her innovative marketing strategies and dedication to enhancing the visitor experience have significantly boosted tourism in Pender County. Beyond her professional

achievements, Key is actively engaged in numerous community initiatives and organizations, showcasing her strong commitment to positively impacting the community. Her leadership and passion for community service have made her a standout among her peers.

In addition to this recognition, Key was honored as a finalist in the Public Sector category of WILMA's 2024 Women to Watch Awards. This award celebrates regional women who are influential, disruptive, and inspirational leaders. Thirty-five women are selected as finalists each year and features them in the fall issue of WILMA, digitally on WILMAmag.com, and across WILMA's social media platforms. Winners are announced at the annual Women to Watch Awards event, which will be held on September 6 at the Wilmington Convention Center.

"Stephanie's unwavering commitment to promoting Pender County is truly remarkable," said Olivia Dawson, director of Pender County Tourism. "Her innovative ideas, meticulous attention to detail, and collaborative spirit have enhanced our community's appeal to visitors and residents. From organizing successful events to engaging with local businesses and crafting compelling promotional materials, Stephanie's passion for showcasing Pender County is evident. We are proud to have her as a vital part of our team and look forward to her continued success and contributions."

"Pender County is extremely proud of Stephanie's achievements," said Michael Silverman, Pender County manager. "Her dual recognition by the Wilmington Chamber of Commerce and WILMA magazine highlights her exceptional commitment to public service and community engagement. She epitomizes the finest qualities of our county." The Wilmington Chamber of

Commerce 40 Under 40 awards program identifies and honors the next generation of leaders who are shaping the future of

FERRY TALES YOUTH THEATER

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the Wilmington region. Honorees are selected based on their professional accomplishments, community involvement, and demonstrated leadership.

Key will be formally recognized at the annual 40 Under 40 awards ceremony, which will be hosted by the Wilmington Chamber of Commerce later this year.



## Ferry Tales Youth Theater Presents Their Second Annual Dinner Theater Experience

Ferry Tales Youth Theater presents their second annual Dinner Theater Experience with a full-length production of You're A Good Man Charlie Brown September 5-8 at the Sneads Ferry Community Center.

Dinner will be Catered by Dunn's Barbecue. Join us for an unforgettable experience.

Tickets go on sale August 1 and are sold on-line only.

https://www.onthestage.tickets/ferrytales-youth-theater/individual-tickets

Ferry Tales Youth Theater is an arts education 501 (c) 3 providing classes, workshops & performance opportunities to youth in the Sneads Ferry area, including SE Onslow County & NE Pender County, ages 3 yrs to 17 yrs.

https://ferrytalesyouththeater.org/eventsand-shows

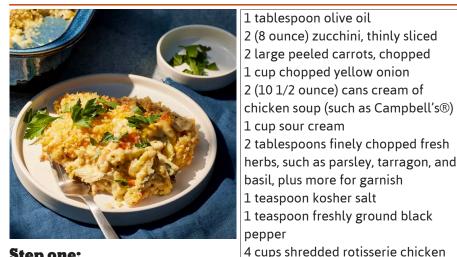


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### **Zucchini Chicken Casserole**



#### **Step one:**

Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Lightly spray a 9x13-inch baking dish with cooking spray; set aside.

#### **Step two:**

melted Heat oil in a large nonstick skillet over

medium-high heat. Add zucchini slices, carrots, and onion. Cook, stirring occasionally, until vegetables are softened, about 10 minutes. Remove from heat, and set aside.

breasts

4 ounces Cheddar cheese, shredded

1 1/4 cups panko breadcrumbs

(Japanese-style breadcrumbs)

2 1/2 tablespoons salted butter,

#### **Step three:**

Whisk together cream of chicken soup, sour cream, herbs, salt, and black pepper in a large bowl until evenly combined. Fold chicken and cooked zucchini mixture into cream of chicken soup mixture until evenly coated. Transfer to prepared baking dish, spreading into an even layer. Top with shredded Cheddar.

#### **Step four:**

Stir panko and butter together in a small bowl until fully combined. Sprinkle evenly over top of casserole.

#### **Step five:**

Bake in the preheated oven until Cheddar is melted, chicken mixture is bubbling around edges, and panko is golden brown, about 45 minutes. Garnish with additional fresh herbs.



Coconut **Strawberry** Vanilla Fudge **Rocky Road Cookie Dough** 

Neopolitan **Cotton Candy Hokey Pokey** Chocolate **Moose Tracks Green Tea** 

**Tiger Tail** Pecan Reeses Banana



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