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# TOPSAIL TIMES

TOPSAIL ISLAND, HOLLY RIDGE, HAMPSTEAD AND SNEADS FERRY




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# Meet Your Neighbor: Brandon Longo

**By Dorothy Royal**

Most local Onslow County communities are familiar with the new contracts between the County and the Fire Departments that serve them. If you were following the stories, you may be familiar with a local name, Chief Brandon Longo.

Chief Longo was one of the first to sit down with the county and work out a contract that was a win-win for both his department and the community it serves.

Brandon started his career in firefighting at the age of 16 as a volunteer with Turkey Creek Fire & Rescue. When he turned 21 and after achieving his EMT Certification, he moved to Holly Ridge Fire & Rescue, located in his hometown of Holly Ridge. Around the same time as joining Holly Ridge, he became a paid firefighter at Camp Lejeune. It is easy to see how this hard-working young man has made serving his community a real passion.

In 2012, Brandon became the Chief of the Holly Ridge Fire and Rescue and still holds that position today. His qualifications are noteworthy: Firefighter II, EMT, Inspector II, Instructor II, Fire Officer III, Hazmat Technician, Rescue Technician with includes High Angel, Confined Space, Driver Operator Pump and Aerial.

Married to his wife Heidi, he has three wonderful daughters, ages 9, 12 and 16 and enjoys playing golf with his dad and road trips with his family. Brandon's parents also call Holly Ridge home.















Dorothy ROYAL

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PAID FOR BY DOROTHY ROYAL FOR HOLLY RIDGE MAYOR

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# Topsail Gun Gal: Confusing Times and Traffic Circles

**By Dorothy Royal**

During the summer season, the Topsail Area receives an influx of thousands of visitors from all over the country. Driving has become an extreme sport and apparently there is a trophy for passing people. Stop lights, stop signs and traffic circles all become confusing. Red means stop. Red sign means stop. Traffic circles, first designed to test mice while under the influence of marijuana, have become something from the outer limits of our universe. Though everything in nature is round (yes, go ahead and ponder that for a moment), mankind likes things square or in straight lines. A traffic circle is neither square, nor in a straight line. The thought of sharing road space and safely merging are now things only done in European movies. The idea of not stopping causes panic. The idea of pacing yourself to allow others to safely enter the magic circle also feels foreign. How do those crazy Europeans do this? The traffic circle constructed on either side of the new Surf City High Rise bridge (yes, it will always be the new bridge) is rather narrow, which does not leave room for mistakes. Our vehicles now range from tiny to massive, how can they possibly work together? Toss in a crosswalk (also a new feature to Surf City) and you have a recipe for chaos.

How do you handle the chaos? Here is the best approach. Take a deep breath. Turn down your radio (yes smart alecks, it helps you to concentrate better). Take another deep breath and realize you are now entering the magic realm of the intracoastal waterway. Smile, you can do this. Don't be afraid to slow down a bit – but don't stop. Stopping throws off the entire balance. Glide toward it if you must and hope that the person in the circle already is practicing this new routine. You don't need turn signals; we are all going to the right. Look ahead, see where you will be departing from the magic circle. You got this. Be patient, be kind, and after all this realize that you have successfully made it around the tiny orb. Now smile once more and really mean it and let the salt air in that window! Whether coming or going, you are now crossing over one of the most beautiful natural settings in the world. Enjoy!

In the gun world, many of the higher courts, which uphold the laws of our country and abide by the Constitution, have been very busy lately when it comes to Second Amendment Issues.

Recently, and not without opposition, the Courts have declared that the following issues are unconstitutional:

1. Prohibiting people with Domestic Violence Restraining Orders from owning/possessing firearms.

2. Prohibiting non-violent felons from owning/possessing firearms.

3. Prohibiting citizens under the age of 21 from owning/possessing a firearm (including pistols)

All the new rulings are a result of the Supreme Court declaring that the Second Amendment does not end outside of a person's home. The right to protect oneself does not specify a location in the Constitution. Even with the recent rulings, current federal gun laws are still in place.

Other issues recently making the news are the overturning of the ATF strict regulation regarding the Bump Fire stock (which they had approved for over a decade) and the latest Pistol Brace ATF ruling. Courts around the country are challenging the legality of ATF to make laws, citing an abuse of power in most cases.

Marijuana use and possession will have to be addressed by ATF regarding the legality of both medical and recreational use across the country. Currently there is a question on the 4473 Federal form for purchase of a firearm that asks if a person is an unlawful user of Marijuana. See where that is a bit confusing? Yes, federally it is still considered illegal, but it is also legal in Washington, D.C. Hmmmm.

But in the words of President Biden as he concluded his gun control speech at the National Safer Communities Summit last week, "God save the Queen, man". Perhaps he didn't get the memo that the Queen is no longer with us? Or maybe he knows something we don't?

In the confusing times we live in, there is only one truth - that knowledge is power. You can never learn too much. You should never stop learning. Keep asking questions, keep poking the bear. The truth won't necessarily set you free, but it will help clear up all the "social media untruths" that spread like fire with no accountability.

Turn off the computer, turn off the TV and close your laptop. Take a walk, visit a neighbor, and celebrate your freedoms!

Canik, a brand of firearm I have written about before, has done it again. This time they came out with a nice compact, high-capacity firearm called "Prime". With a 3.64" barrel and a width of just 1.16", this sub-compact firearm is ideal for carry. 17 round capacity makes this 9mm model also a great range gun for practice. Priced at under $650.00, this firearm comes with a complete case that includes fitted holster, cleaning tools, additional backstraps, extra magazines and a fitted speed loader. Put this on your "wish" list and you won't be disappointed.




Is the middle class at risk of being eliminated? Doesn't it feel like there is a great push to make it impossible to stay in the middle class with all the financial burdens?

Vehicle Insurance increase, Homeowners Insurance increase, The Town of Surf City voted on a 30% property tax increase, ONWASA announcing a new increase for water and sewer. All these constant increases can only lead to one thing – the loss of the middle class. People will be forced to drop coverages, both on their homes and vehicles, leaving their investments vulnerable. Families will cut back on expendable spending, like eating at restaurants and buying new things.

These increases are not sustainable, not to most people. Any person with common sense knows that our area homes are given excessive tax values. How can a 30-year-old home that had a tax value of $180,000 suddenly have a value over $600,000? For the person who makes a living buying and selling, this is all great news, for the family that wants to live out their years in their "forever home" it is terrible news. My father always told me that when the overall tax value is increased, the tax rate is decreased to keep the tax amount the same. I once believed that (being he was one of the smartest people I ever knew) but now I know the truth. It just doesn't work that way. If homeowners must start making drastic cuts to afford to live, then perhaps the communities they live in need to start doing the same. The average person earns a wage and doesn't constantly get "cost of living" increases. A small business owner knows this better than anyone. A college professor recently told me that at the rate we are going right now, within two-four years the average family of four will need to make $100,000 a year to be able to afford to live in any of the coastal areas. How sad is that?

Remember knowledge is power, Constitutional Carry is a good thing, and the loss of the middle class may be right before our eyes – so pay attention.

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# Coastal Common Sense

**By Kim McGahey**

I am fearful of the John Wilkes Booth Syndrome that now plagues our culture. The notion that any unlawful act committed in defense of a person's political narrative de jour is somehow justified as a means of "saving democracy".

John Wilkes Booth was a southern Democrat who was convinced that Republican President Abraham Lincoln was an existential threat to the existence of the slavery economy in the South under the leadership of their president Jefferson Davis. The Emancipation Proclamation signed by Lincoln convinced Booth in his twisted mind that getting rid of Lincoln would certainly save the South.

Booth proceeded to hatch a plan whereby he and several co-conspirators would assassinate Lincoln and several other top United States government officials in a perverse plot to overthrow the North and save the South's archaic and now illegal slavery-based economy.

Booth's bullet found its target in Ford's Theatre and President Lincoln died of Booth's gunshot to the head. The damage had been done by this mentally deranged political zealot who was eager to make his mark on American history by saving the South from what he wrongly considered a dictator in the White House.

Even though we have not seen a successful Presidential assassination in many decades, the hateful save democracy rhetoric from the Left has incited two assassination attempts that we know of on Donald Trump and countless other acts of unlawful violence against their political opponents.

Supreme Court justices have been targeted in their homes by looney left wing zealots. Minnesota state representatives have been murdered recently by deranged individuals on the Left. Liberal U.S. Senators have physically attacked presidential cabinet members. From road blockades on Highway 101 in the Los Angeles riots to meaningless traffic clogging protests on the Surf City bridge; from senseless murders of CEOs on the streets of New York to burning TESLAS so leftie protesters can "have fun watching cars burn" - all in the demented, brainwashed, backwards name of saving democracy. It has become a meaningless slogan meant to rationalize unlawful violence and culturally disruptive hateful behavior.

John Adams, our second President, warned that our Republic is only good for a moral people and an amoral citizenry is subject to immediate tyranny if they don't acknowledge the rule of law given by nature's God.

This implies that a virtuous citizenry is essential for the long-term success and stability of our republican form of government. It requires public and private virtue: public virtue from our elected leaders in their civic engagement and private virtue by well-informed, individual character modeled after Christian biblical values in maintaining a free and just society.

Old blue hair leftovers from the 60's who are miserable with themselves have jumped on the hate Trump bandwagon and are taking out their destructive anger on the rest of our law-abiding country. The No Kings no minds Saturday on the Surf City bridge are unfortunately my baby boomer generation. We were handed a country built by people better than us and we've wasted it away on un-American ideology. And by electing feel good woke Democrats at all levels of government we have given tacit approval to liberal lunatics to run wild and raise hell in our cities and towns.

They are trying to fill a God sized hole in their hearts with all kinds of political, material and spiritual nonsense. Only when we put God back in our government, our schools and our kitchen tables will we eliminate what John Wilkes Booth said was his destiny. In reality, his destiny and ours is terminal tyranny without God in charge.

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# Food Lion Feeds Honors Hunger-Relief Advocates with Tenth Annual Feedys Awards

**By Alexandra Fusari**

Food Lion Feeds, Food Lion's hunger-relief platform, marked its 10th annual Feedys Awards by honoring a select group of food banks, volunteers, community leaders and Food Lion associates who make a meaningful impact in their communities. This year's honorees were recognized for their outstanding efforts and commitment to addressing food insecurity and helping nourish neighbors across the grocery retailer's 10-state footprint. Food Lion Feeds was founded in 2014 by Food Lion to address food insecurity in the towns and cities it serves.

"We believe no one should have to choose between dinner and rent, or gas and groceries," said Kevin Durkee, Manager, Food Lion Feeds, Food Lion. "That's why we're passionate about ending hunger in the towns and cities we serve. During a time when so many families face food insecurity, we are grateful to join forces to provide fresh, nutritious food to our community. The work of our associates and feeding partners is instrumental in our efforts to transform lives and feed families who are food insecure, and we are honored to demonstrate our appreciation and celebrate their meaningful contributions."

The following individuals and organizations were recognized for their efforts:

**The Food King Feeding Partner Award – The Agape Center New River Valley, Christiansburg, VA**

This award honors a feeding partner that demonstrates outstanding commitment through financial support, innovation, encouragement and motivation for others to take leadership roles in hunger relief programming and community involvement. Since its founding in 2019, The Agape Center New River Valley has grown from a single partnership to a network of 25 partner churches and 10 local businesses, demonstrating a capacity for collaboration and community engagement. By purchasing and remodeling an old school building, The Agape Center New River Valley has created a multi-purpose facility that distributes food and provides clothing, household goods and life skills education. Their growth has expanded from serving 175 families a month to more than 400. A recently secured grant allowed them to install a new cooler, enabling further expansion and earning it the distinction of being the only FDA-approved food bank in Christiansburg, VA.

**The Lion Heart Volunteer Award – Joseph Goodyear, Director, Livingstones Tabernacle-House of Bread, Hampstead, NC**

This award recognizes an individual who demonstrates outstanding skills in coordinating and motivating groups of donors and volunteers for hunger relief projects. Since 1999, under Joseph's leadership, Livingstones Tabernacle-House of Bread has distributed more than 1.5 million pounds of food, offering nourishment and hope to neighbors in need. The organization provides food, clothing, appliances, social services and vehicles to help families rebuild their lives. In 2024 alone, it provided more than 317,000 meals, operating seven days a week. Whether he's driving the church van to pick up donations or mentoring volunteers, Joseph leads by example, creating a welcoming environment where everyone feels valued and united by a shared purpose. His gift for bringing people together has cultivated a community of volunteers deeply connected to the mission and to one another.

**The Grand Lion for Good Vendor Award – Freshouse**

This award, presented to a Food Lion supplier, recognizes outstanding commitment to partnering with and participating in Food Lion Feeds' hunger relief projects. For many years, Freshouse has been dedicated to fighting hunger and supporting communities through the annual spring Food Lion Feeds Orange Bag Campaign. With every bag of fresh citrus purchased, customers nourish their own families and help provide another family with the food and resources they need to thrive. Freshouse provides fresh oranges, custom-printed bins and branded bags at no cost. Their contributions have enhanced the customer experience and fueled the success of the campaign. To date, Freshouse has donated more than $85,000 to Food Lion Feeds, translating into thousands of meals and hope for those in need.

**The Store that Roars Motivational Award – Food Lion at 5210 George Washington Hwy, Grafton, VA**

This award honors a Food Lion store that demonstrates outstanding skills in coordinating and motivating store associates, customers and volunteers to participate in hunger relief projects. With a team of associates committed to fighting food insecurity, this Food Lion store sold more than 7,000 Holidays Without Hunger boxes during Food Lion's holiday campaign, the highest total among all 1,100+ stores. Customer Service Manager Brette Taylor's leadership has been instrumental in this success. His ability to connect associates to the mission of hunger relief has created a store culture filled with energy, compassion and a drive to serve. In 2024, the store led the region in volunteer hours, supporting mobile pantries and hand-delivering groceries to more than 200 families in underserved neighborhoods. Its ongoing partnership with the Virginia Peninsula Food Bank, including numerous box-packing events, continues to bring hope and nourishment to countless families in need.

**The Meg Ham Caring for Our Communities Award – Kathy Whicker, Direct Store Delivery Receiver, Food Lion at 7760 North Point Blvd., Winston-Salem, NC**

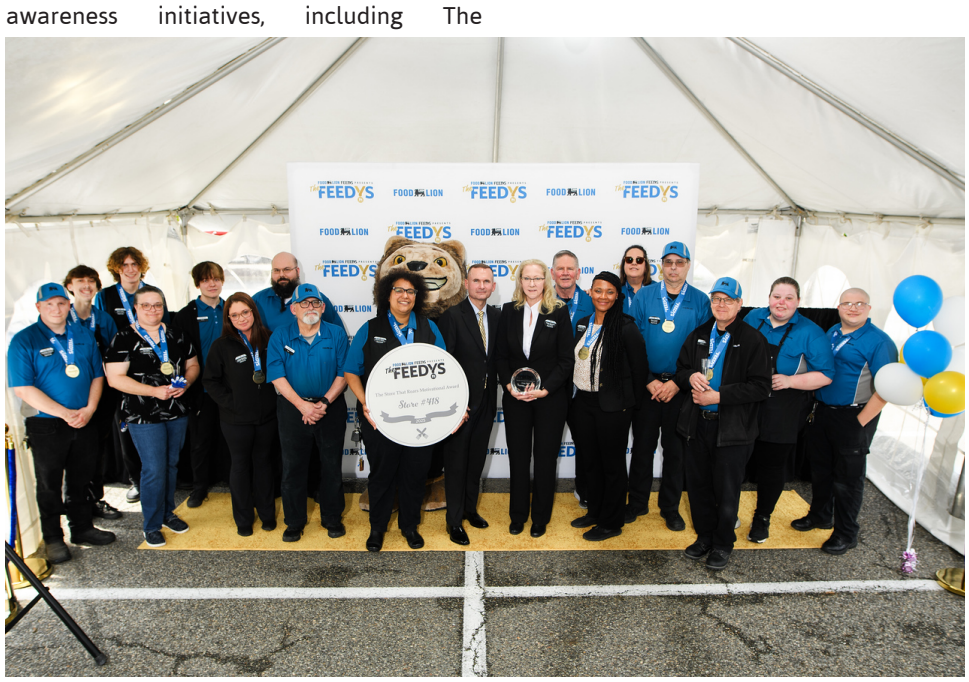
This award honors a Food Lion associate who demonstrates outstanding skills in coordinating and motivating store associates and volunteers for hunger relief projects. Food Lion Feeds recognizes Direct Store Delivery (DSD) Receiver Kathy Whicker for her exceptional efforts to combat hunger in her community. Her dedication is evident through her extensive volunteer work with organizations such as Second Harvest of Northwest NC, where she coordinates Food Lion volunteers for impactful events. Kathy also volunteers in teaching kitchens, where she empowers families by showing them how to prepare nutritious meals, equipping them with skills to set them up for success in life. She contributes to the Winston-Salem/Forsyth County Schools' Christmas Backpack Event, bringing holiday joy to children in need through thoughtful coordination and festive celebrations. Beyond seasonal efforts, Kathy has played a key role in hurricane relief, supported food pantry events at Winston-Salem State University and participated in hunger awareness initiatives, including The Shepherd's House Glow Walk.

**Special One-Time Good Neighbor Award – Kay Carter, CEO, Second Harvest Food Bank of Metrolina, Charlotte, NC**

This award honors an individual who has gone above and beyond to support neighboring feeding partners impacted by the devastation of Hurricane Helene. When the storm struck, causing widespread destruction, including the near-total loss of MANNA FoodBank in Asheville, NC, Second Harvest Food Bank of Metrolina, led by CEO Kay Carter, stepped up without hesitation. Three days after the storm, truckloads of food, water, containers and donations from national manufacturers were in route to Western North Carolina. Thanks to Kay's leadership, more than 750,000 pounds of food and essential supplies were delivered to the region. Her team also provided clothing, baby formula, cleaning supplies and other critical items to meet the urgent needs of the community. In addition to immediate relief, Kay's team helped connect MANNA FoodBank with skilled tradespeople to assist in rebuilding its facility. Through her advocacy, Kay rallied national vendors, organized food drives and secured corporate donations, ensuring that MANNA could continue its mission of feeding and uplifting its neighbors in western North Carolina.

Through Food Lion Feeds, Food Lion has helped to provide more than 1.5 billion meals to individuals and families since 2014 and has committed to donate 3 billion meals by 2032.

For more information on Food Lion Feeds' commitment to ending hunger, visit foodlion.com/feeds.

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# Caring for the Whole Body: Surf City Residents Receive Free Medical and Dental Care Through Local Mission

**By Becky Moore, RDH**

It was a simple blood pressure check, but it may have saved someone from an unnecessary hospital visit. During The Gathering Church's recent medical and dental bus event this past April, volunteer Jennifer Love-Burns met a man who wasn't feeling well. When he noticed the Baptist on Missions Medical Bus parked outside the church, he decided to stop by. Thanks to a quick check from the team, his blood pressure was evaluated on-site, providing him peace of mind and sparing him an emergency room trip.

Jennifer also witnessed patients being referred to local doctors for follow-up care—connections that will help these individuals receive ongoing medical attention long after the event concluded. "I'm so grateful for the team of volunteers who made this mission possible," she shared. "It's an honor to help meet real needs right here in our community."

Stories like this reflect the heart and purpose behind The Gathering Church's mission: to meet physical needs, offer prayer and hope, and make lasting impacts in Surf City and beyond.

This year's event, sponsored by The Gathering Church Missions in partnership with Baptist on Missions, marked the third annual dental mission—and the very first medical mission—held in Surf City. More than 50 dedicated volunteers—including greeters, medical professionals, dental providers, and support staff—generously gave their time and talents to make this event possible. Volunteers also prepared hot lunches and refreshments for attendees on both days, ensuring everyone felt welcomed and cared for. In the spirit of hospitality, the drivers and hosts who traveled with the buses were housed locally in Surf City and treated to dinner each evening.

The medical and dental buses, maintained in Cary, NC by Baptist on Missions, were brought to Surf City with a clear purpose: to meet the physical needs of the community while offering spiritual encouragement to all who desired it.

In total, 36 patients were cared for on the medical bus and 68 on the dental bus. The dental team provided services such as extractions, fillings, X-rays, and cleanings, while the medical bus offered comprehensive health screenings, including Hemoglobin A1C for diabetes, cholesterol and HDL levels, Body Mass Index calculations, depression screening, vital signs assessment, and heart disease risk evaluation.

Another meaningful part of this mission was the opportunity to provide free dental care to members of our community. This year, even more patients were able to receive much-needed dental cleanings—an essential service that helps prevent disease and promote overall health. It was truly a joy to welcome back familiar faces—patients who returned from previous years—and to meet many new friends from the community. These moments of connection are a reminder that this mission is about more than just providing care; it's about building lasting relationships, trust, and a sense of belonging with our neighbors.

The heart of this mission reflects the example set by Jesus when He empowered His disciples to care for both the spiritual and physical needs of others. As Matthew 10:1, 7–8 reminds us: "Heal the sick... cleanse the lepers... freely you have received, freely give." This scripture beautifully captures the spirit in which every volunteer served—with open hands, willing hearts, and a desire to give freely to those in need.

"We are deeply grateful for the opportunity to serve our neighbors in such meaningful ways," said Jennifer Love-Burns, at The Gathering Church. "It is incredible to see how this mission brings hope and healing to so many in our own backyard."

Mark your calendars now for next year's mission, scheduled for April 24 & 25, 2026, when The Gathering Church and Baptist on Missions will once again bring free medical and dental care to the Surf City community.



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**Fried Calamari** $13.95
Served with Marinara Sauce

**Fried Pickles** $11.95
Served with homemade Ranch

**Mozzarella Sticks** $11.95
Served with Marinara Sauce

**1 Dozen Clams** $15.95
Served with Hot Butter & Cocktail Sauce

### SALADS

**Small House Salad** $4.95
Cucumber, Tomato, Green Bell Pepper, Red Onion & Carrot

**Large House Salad** $8.95
Cucumber, Tomato, Green Bell Pepper, Red Onion & Carrot

**Small Caesar Salad** $4.95
Served with Dressing on the Side

**Large Caesar Salad** $8.95
Served with Dressing on the Side

**Salad Add-Ons**
$7 Chicken | $10 Shrimp | $14 Grouper

**Dressings:**
Blue Cheese, Ranch, Honey Mustard, Italian, Balsamic, 1000 Island & Oil/Vinegar

### STEAMER BUCKETS

**Steamer Bucket For One** $46.95

**Steamer Bucket For Two** $65.95

Snow Crab Legs, Clams, Shrimp, Andouille Sausage, Potatoes, Corn On The Cob W/ Old Bay.
Served with Hot Butter & Cocktail Sauce



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### SANDWICHES

SERVED WITH CHOICE OF ONE SIDE & LETTUCE, TOMATO, ONION

**Chicken Breast Sandwich** $16.95
Served Grilled, Blackened, or Fried

**Crab Cake Sandwich** $18.95
Served with Remoulade Sauce on Side

**Fish Tacos (3)** $17.95
Choice of Grouper or Shrimp | Pineapple Salsa

**Fried Flounder Sandwich** $17.95
Served with Tarter or Cocktail Sauce

**Grouper Sandwich** $19.95
Served Grilled, Blackened or Fried | Remoulade Sauce

**Tenderloin Hoagie** $16.95
Caramelized Mushrooms and Onions | Au Jus Sauce

***8oz Cheese Burger** $16.95
Choice of American, Cheddar, Pepper Jack or Swiss

### ENTREES

CHOICE OF 1 SIDE

**Shrimp Basket** $17.95
Served with Cocktail & Tarter Sauce

**Flounder Basket** $17.95
Served with Cocktail & Tarter Sauce

**Fried Oyster Basket** $19.95
Served with Cocktail & Tarter Sauce

### SIDES $3.95

French Fries, Fried Okra, Steamed Broccoli, Fried Green Beans, Fresh Green Beans with Bacon, Fried Zucchini Sticks, Rice Pilaf, Cole Slaw, Potato Salad
$1 Upcharge: House Salad & Caesar Salad

### DESSERTS

Ask Your Server About Our Rotating Desserts!

## JM'S ON THE WATER
## BEER & WINE

### BOTTLES

| | |
|---|---|
| BOLD ROCK | 4.25 |
| BUDLIGHT | 4.25 |
| BUDWEISER | 4.25 |
| CORONA | 4.25 |
| CORONA LIGHT | 4.25 |
| CORONA | 4.25 |
| PREMIERE | 4.25 |
| COORS BANQUET | 4.25 |
| COORS LIGHT | 4.25 |
| DOS EQUIS LAGER | 4.25 |
| HEINEKEN | 4.25 |
| HEINEKEN NA | 4.25 |
| LANDSHARK | 4.25 |
| MICHELOB ULTRA | 4.25 |
| MILLER HIGH LIFE | 5.5 |
| MILLER LIGHT | 4.25 |
| MODELO | 4.25 |
| RED STRIPE | 5.5 |
| YUENGLING | 4.25 |

### CANS

| | |
|---|---|
| BUSCH LIGHT | 2.25 |
| NATURAL LIGHT | 2.25 |
| TRULY | 4.25 |
| TWISTED TEA | 4.25 |
| WHITE CLAW | 4.25 |
| ROTATING SELTZER | MP |

### RED WINE

| | |
|---|---|
| ALTA VISTA MALBEC | 9\|32 |
| BONANZA CABERNET | 10\|36 |
| ELOUIN PINOT NOIR | 9\|32 |
| MEIOMI PINOT NOIR | 9\|32 |
| HOUSE (SILVER GATE): | |
| CABERNET | 7\|20 |
| MERLOT | 7\|20 |
| PINOT NOIR | 7\|20 |

### WHITE WINE

| | |
|---|---|
| CAPOSALDO PINOT GRIGIO | 8\|26 |
| LA CREMA CHARDONNAY | 8\|26 |
| LA CREMA ROSE | 9\|32 |
| MATUA SAUVIGNIN BLANC | 8\|26 |
| VILLA MOSCATO | 8\|26 |
| HOUSE (SILVER GATE): | |
| CHARDONNAY | 7\|26 |
| PINOT GRIGIO | 7\|26 |
| SAUVIGNON BLANC | 7\|26 |

ASK YOUR SERVER ABOUT OUR 20 ROTATING DRAFTS!

# SIGNATURE COCKTAILS

**THE LULA $8**
Malibu Rum, white Rum, orange juice, pineapple juice & grenadine

**JM'S SUNSET $8**
Vodka, peach schnapps, orange juice, & cranberry juice



**ISLAND GIRL $8**
Malibu Rum, orange Juice, pineapple juice & sprite



**MERMAID WATER $9**
Spiced rum, Malibu rum, blue curaçao, lime juice & pineapple juice.

**DAMN, THE WEATHER! $10**
Gin, Sweet Vermouth, Triple Sec & Orange Juice

**JM'S MIMOSA $8**
Aperol, Prosecco, orange juice & grenadine

**ROCK LOBSTER $10**
Raspberry liquor, whiskey & cranberry juice



**PINA COLADA MARTINI $9**
Vanilla vodka, Malibu rum, pineapple juice & simple syrup

# MANs Legacy Lives Here: A Community's Promise to Raider Families

**By Moises E. and Stephanie Navas**



Major Moises “Mo” A. Navas, a Marine Raider and father of four, trained hard, laughed often, and made countless memories along the shores of Topsail Beach. It was here where he and I served together in the Marine Corps and shared many weekends exploring the area. Though he didn’t grow up in Coastal Carolina, it became a place of peace and brotherhood for him, a backdrop to the quiet moments that balanced the intensity of service. On March 8, 2020, Mo was killed in combat in Iraq. His loss was felt not just across the Raider community, but right here, in the coastal towns where he had once built a life between deployments.

Yet out of grief, a promise emerged. Together with my family, we launched MANs Legacy Foundation to honor his spirit, one not defined by loss, but by legacy. Based in the Topsail area, the foundation stands distinctly for Raider families and their children, seeking to uplift them through education, recreation, and arts, stewarding youth through hardship and transition.

Our mission is simple and powerful: honor legacy, empower Raider kids. We provide grants so youngsters can pursue dance, jiu jitsu, cheer, art classes; activities that build resilience, self-confidence, and purpose. Every dollar is a tribute to Mo’s belief that true courage is passed on, not inherited.

The impact? Take the sweet story of a Raider family whose children flourished under jiu jitsu training supported by our grants. Or the young dancer whose competition fees were covered, easing the burden on her military parent striving to hold their world together. For the MARSOC children who didn’t choose this life, and continue carrying its weight, this work matters. We chose to create something in his honor that endures: a community, a lifeline, a place where Raider kids aren’t overlooked.

But the deepest strength of MANs Legacy comes from partnerships: with Marine Raider leadership, community volunteers, and local businesses in Sneads Ferry, Surf City, Hampstead, and beyond. The Marine Raider community lives here, with families attending all city functions, enjoying its beaches and parks. MANs Legacy is a way for the community to gives back to those children who bear this unimaginable weight.

If you’re a restaurant owner in Surf City, a gym manager in Sneads Ferry, or a small business leader in Wilmington, we invite you to partner with us. Your sponsorship can directly fund a child’s opportunity to pursue a dream. Your support can show these families that they are not forgotten. In a region so defined by service, we have a chance, and a responsibility, to lead in how we care for those left behind.

Join us. Visit manslegacyfoundation.org to donate, sponsor, or partner. Let’s make this community the strongest legacy we leave behind.

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# North Carolina Shrimpers Win Battle but do You Know What Shrimpers Have to go Through?

**By Deborah Swaney McKnight**
***Reproduced from Facebook***

Not much gets underneath my skin more than a "subject matter expert" who hasn't taken the time to actually do some research. I'm not claiming I know everything but I do try to have an informed opinion. I thought my blood was going to boil this morning as I read the arrogant comments from folks who aren't as knowledgeable as they believe themselves to be.

House Bill 442 is an example of corruption. That Senator David Craven ( R representing Randolph County) would add an amendment to a bill at the last minute, when no one was watching is an indictment of his integrity. I said what I said and I meant what I said.

For years, I've said that commercial fishermen were convenient scapegoats. Let's be honest. As a group, they don't have the same financial resources that the recreational sports fishing industry does. Salt life and Budweiser- just to name a couple - aren't contributing to commercial fishermen, where they certainly are supporting sports fishermen.

If the state of North Carolina was truly concerned about our fisheries, they would recognize how the runoff from development has been increasingly problematic, having a significant negative impact on estuaries in North Carolina. Poorly planned developments have led to increased erosion, which has led to more sediments in the runoff. These sediments harm fish by clogging their gills, reduces visibility for predators that hunt by sight and by reducing the light penetration needed by aquatic plants, etc. Nutrients like nitrogen and phosphorus from lawns and agricultural runoff and failing septic systems have led to algae growth and oxygen depletion. And don't forget the bacteria from overloaded sewage systems, which have introduced fecal bacteria into our estuaries.

The number of shrimpers have declined over the years while poorly planned developments have increased exponentially. I don't need a PhD to see a direct correlation between the rise of poorly planned housing developments, the rise of water pollution leading to estruary health concerns, and the demonization of commercial fishermen. I find it telling when some of the very people who have benefited from this development are also the ones shouting the loudest. It's a little like Nero watching Rome burn all the while blaming the problem on the folks being affected the most.

For those not familiar with shrimp nets: Nets are required to include turtle excluding devices, also known as TEDs. Single grid hard TEDs have an escape opening of at least 44 inches when stretched horizontally and 20 inches when stretched vertically. Parker Soft TEDs can have a 56 inch opening and Hooped Hard TEDs may have a thirty five inch by twenty seven inch opening.

Fish Excluder Devises or Bycatch Reduction Devises must have a minimum escape opening of six inches and a minimum leg length of twelve inches, which totals a minimum of thirty six square inches of escape area.

And then there's the trawl nets, which regulations require a minimum mesh length of one and 1 1/2 inches. There's also regulations regarding the overall size of trawnets, while tailbags have a minimum mesh length of one and three quarter inches.

Studies have shown that TEDs have a 97% effective rate in excluding turtles with shrimp loss rates anywhere from 1% - 6% while BRDs reduce fin fish bycatch by at least 40% and a 4% -11% loss in shrimp catch.

In 2015, the state of North Carolina was the only state to require the use of two fin fish excluders with each independently certified to reduce bycatch by at least thirty percent. In 2019, further regulations mandated specific BRD combinations that demonstrated 40% to 55% more bycatch reduction than previous requirements.

It's not like shrimpers are out there "burning down" the very areas they live and work. Common sense would dictate that of all people, they are more concerned with maintaining a healthy water / fish / shrimp environment.

It would have been nice if Senator Craven would have come to the coast and taken the time to educate himself - talk with the shrimpers, go out shrimping, look at the historical evidence that proves that trawling doesn't do the harm that the sports fishing supporters claim. It would have even been better if he would have worried about what was going on in his area of the state and left the elected officials who represent Eastern/Coastal North Carolina to handle the issues and concerns our area faces.

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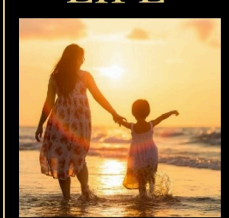
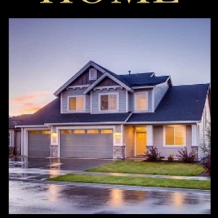

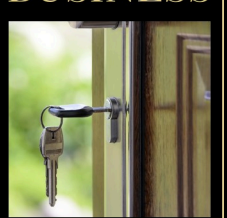
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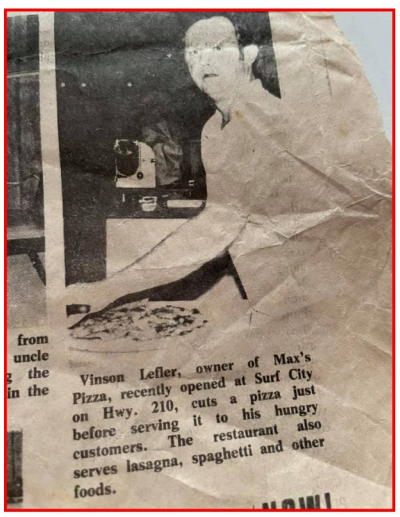

from uncle the in the

Vinson Lefler, owner of Max's Pizza, recently opened at Surf City on Hwy. 210, cuts a pizza just before serving it to his hungry customers. The restaurant also serves lasagna, spaghetti and other foods.



Laurie Lefler pitches in to clear away dishes during the rush hour Saturday evening at Max's Pizza in Surf City.



Max's Pizza, opened recently on Hwy. 210, Surf City, by Vinson and Laurie Lefler, was named for their younger son, Max.

Max says he is kept busy, washing dishes, cleaning and helping make salads. Here Max is helping Scott Ferguson make salads. Left to right are Scott and Max.



Donna Mills comes down from Burgaw to help her aunt and uncle at their pizza place during the weekend. Donna is a teacher in the County Public School system.

















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# North Carolina Coast Host Presents Donation in Honor of Stephanie Key

North Carolina Coast Host presented a check for $300 to the Karen Beasley Sea Turtle Rescue and Rehabilitation Center in honor of Stephanie Key.

"Stephanie, who passed away Feb. 7, served as our social media marketing chair," said Salem Clarke, president of NC Coast Host and the Tourism Director of Onslow County. "Stephanie was passionate about the sea turtle hospital, conservation, and environmental awareness."

"I think of Stephanie often," said Kathy Zagzebski, director of the Karen Beasley Sea Turtle Rescue and Rehabilitation Center. "She valued our conservation mission."

In addition to the donation by NC Coast Host members, an annual award has been established. The Stephanie Key Environmental Sustainability Award will honor tourism's environmentally friendly programs and initiatives. The award will be presented in January with the NC Coast Host Tourism Impact Awards.

"We will never forget Stephanie's impact as a tourism assistant and a supporter of NC Coast Host," added Clarke.

NC Coast Host is a membership organization that represents counties, towns, attractions, and lodging east of Interstate 95. The organization provides members with visibility through marketing on the website, https://www.coasthost-nc.com, co-op advertising, networking, and sharing of best practices.

For more information about NC Coast Host, contact NC Coast Host President Salem Clarke at 910-347-3141 Ext.222




*Pictured, left to right, are NC Coast Host President Salem Clarke, Karen Beasley Sea Turtle Rescue and Rehabilitation Director Kathy Zagzebski, NC Coast Host Treasurer and Bladen County Tourism Director Sheila Barefoot.*



# Topsail Home Watch has Earned Accreditation from the National Home Watch Association

**By Faith Luber**

Topsail Home Watch has earned accreditation for its Home Watch services from the National Home Watch Association for the eighth year. The NHWA was formed in 2009 in order to establish and maintain the highest industry standards for Home Watch and absentee homeowner services throughout the United States and Canada (www.nationalhomewatchassociation.org).

Home Watch is a visual inspection of a home or property, looking for obvious issues, which means that it is a service that "keeps an eye on things" at your vacation or primary home while you are not in residence. All principals of NHWA Accredited Member companies are background-checked, insured, and bonded.

The father-son team of Tim and Slater Powell has called the Topsail area home since 1983. With decades of local experience in property ownership, management, and service, they understand firsthand what homeowners need, especially when those homes are left unoccupied for long periods. Topsail Home Watch's service area has grown alongside the Topsail community, including seasonal residents, military personnel stationed nearby, and out-of-state owners. Many leave their homes unoccupied for weeks or months, making regular inspections critical to avoid unexpected damage from storms, water leaks, system failures, squatters, pests, and vandalism.

Living and working in a coastal zone—often in the "cone of uncertainty" during hurricane season—means properties need vigilant watch before and after storms. Topsail Home Watch provides various customized services, including VRBO/Airbnb assistance, contractor monitoring, delivery handling, and detailed pre- and post-storm checks.

Since retiring from a 34-year dental career, Tim has devoted himself to raising awareness about the importance of Home Watch. He often explains that this isn't property management or house sitting—it's a visual inspection of a home or property, looking for obvious issues and following strict NHWA protocols to identify issues before they become costly problems.

Tim and Slater live in the community they serve. Topsail Home Watch is fully insured, and Tim and Slater are background-checked and committed to upholding the highest standards. As long-time members of the Topsail Chamber of Commerce, they understand the trust it takes to hand over your keys—and they aim to exceed that trust with every visit.

Whether you're a seasonal resident, an active-duty service member, or an out-of-town property owner, Topsail Home Watch offers the peace of mind you deserve.

Topsail Home Watch serves Surf City, Topsail Beach, North Topsail, Hampstead, and Sneads Ferry. You can reach them at (910) 616-3394 or topsailhomewatch@gmail.com.
Learn more at their website, https://topsailhomewatch.com.

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*Pictured: Slater and Tim Powell*





# The Five Factors of Health and High Performance

**By Dr. Courtney Tippetts and Dr. Ruston Tippetts of Topsail Chiropractic**

Our health is one of our greatest assets and the most worthwhile investment. Everyone wants to feel their best, regardless of what stage in life we find ourselves. Here are the five factors of health and high performance that will have the biggest impact!

**1. Food**

We've all heard the saying "You are what you eat!" Well, in a way, that's true. Our bodies are constantly breaking down and rebuilding cells. In fact, your body makes approximately 3.8 million cells per second! Where does your body get the resources necessary for this? You guessed it: from your food. Food is fuel. Think of the quality of building blocks and materials you want your body to use to build new cells.

**2. Sleep**

Sleep is critical for your body to function the way that it should. This is when your body recovers and balances all the different systems that workday in and day out. In our modern day and age of technology, many people don't realize that they are harming the quality of their sleep, even if they think the quantity is sufficient. Sleep directly impacts your body's ability to recover, balance hormones, reset your immune system, and more. It cannot be overstated how important quality sleep really is.

**3. Exercise and Physical Activity**

The average person gets nowhere near the amount of movement during the day that we really should. According to statistics, only 1/4 adults and 1/5 adolescents are getting the minimum amount of physical activity per week that is recommended. Getting a blend of stretching, mobility, cardiovascular, and resistance training is the ideal scenario. This helps us avoid pain, slows the aging process, helps prevent metabolic issues like diabetes, and can even improve hormonal and brain function!

**4. Mental Health**

While some people may not realize it, your overall mental state and health directly affect your physical health as well. Cortisol is a hormone your body makes naturally that tells your cells to break down. If you experience uncontrolled stress or a lack of gratitude, positivity and happiness, your body overproduces this hormone leading to increased infections, higher blood pressure, and decreased recovery. This is why a positive mental attitude is so important!

**5. A Sound Nervous System**

Your brain controls everything in your body. It does this by sending signals down the spinal cord and through individual nerves. Through day-to-day activities, or injuries, vertebrae can cause pressure or inflammation to these nerves. When this happens, the signals from your brain to those organs, or the information trying to get back to the brain from downstream, can be affected. Chiropractic care is about much more than just neck or back pain. It is all about these signals to and from the brain. Adjustments to the spine ensure that the spine is not impacting on the nervous system negatively. That's why chiropractic care can improve sleep, digestion, energy levels, athletic or work performance, and more!



**Dr. Courtney Tippetts and Dr. Ruston Tippetts of Topsail Chiropractic**

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# Community Updates

## Death of Deputy Wayne Lampley

"We are deeply saddened to announce the death of Pender County Sheriff's Deputy Lendon Wayne Lampley. Deputy Lampley had an medical emergency occurred at his home and was later transported to the hospital. Deputy Lampley passed away at Novant Health Pender Medical Center in Burgaw. Deputy Lampley began his career as a Pender County Sheriff's Office Deputy in January 2025. We ask that you keep his family and the Pender County Sheriff's Office in your thoughts and prayers during this difficult time."

## Juvenile Injured in Accidental Shooting

Deputies are investigating an incident from the weekend where a juvenile was injured in an accidental shooting.

Around 9:30 p.m. on Saturday, June 14, 2025, deputies with the Onslow County Sheriff's Office responded to a report of a juvenile who had sustained a gunshot wound at a residence located in the 200 block of Horizon Lane.

Deputies quickly arrived and located a 5-year-old juvenile male with an apparent injury to his left hand. The juvenile was transported by EMS to a local hospital for further treatment and is in stable condition.

The preliminary investigation indicates the injury was caused by the accidental discharge of a firearm inside the residence by the juvenile. A handgun was recovered from the scene.

The juvenile was not a resident at the address and was visiting a relative at the time of the incident.

Several individuals were present during the incident and have been identified. No charges have been filed as the investigation remains ongoing.

In accordance with North Carolina General Statute §132-1.4, the name of the juvenile involved will not be released.

No other information is available at this time.

## VFW POST 9983 MEMBER HONORED

VFW Life member Grady Bebber has been honored with a Proclamation from the Town of Holly Ridge. Grady, who was born in Concord, NC, received the Proclamation at the Towns June 10, 2025 Town Council Meeting.

After High School he went to college, however, after two years he joined the Army and volunteered to go to Vietnam. Grady was trained as a Data Processing Equipment Operator, however, the needs of the Army landed him with the 60th Ordnance Company, 3d Ordnance Battalion, Long Binh. While there, along with his regular duties, Grady and his comrades manned bunkers, went on patrol and whenever there was enemy activity reported near the Base, he and his fellow soldiers were sent to meet and clear them out.

After Vietnam, Grady was sent to West Germany, where once again the needs of the Army landed him at a Nuclear Weapons Depot. After West Germany, he was sent to Fort Dix, NJ, where he was discharged.

Upon arriving home, using the GI Bill, Grady went to and graduated from Appalachian State. He has been a member of the VFW for over 30 years and the American Legion for around 20 years.



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# Innocent Times

**Poem By Richard DuFlocq**

When you are growing up and measuring yourself against the world
there are certain expectations placed upon you
Some are imposed by people with good intentions
while others you decide to burden yourself with
I was mediocre in sports, my crowning athletic achievement
in high school, earning a letter in bowling
And I can say with confidence, that being a stutterer, with braces and sporting a crew cut and glasses
Was not a clear path forward to passing through the gateway to the higher echelons
of my hometown teenage social structure
I loved music, but my singing voice could rouse the dead from their slumbers
No way I could croon and swoon myself into the heart
of the girl I sat next to in Spanish class my senior year
I enjoyed writing, but that wasn't exactly viewed as the most masculine of pursuits
though I was certain that my words could elevate my stature in the eyes of girls
accustomed to having to endure the banal utterings of slow witted jocks
So how to make myself visible, notable, maybe even admirable?
What extraordinary achievement could I accomplish that would garner everyone's attention?
And then it came to me, a bold notion, elegant in its simplicity
I would find a way for Eric Clapton to use my words in a song
Mr. Slowhand himself would provide the melody, something memorable
that would be perfectly suited to the inspired lyrics that I would gift to him
The song would be on his next album
It would be part of every set on his next tour
There would be my name on the album jacket, words by that brilliant lyricist, me
It would be the realization of a dream, my destiny fulfilled
Hey Clapton, it's been over 50 years since I sent you those lyrics
I'm waiting!!

# Rotary Grant Funds Storage Facility at Eastern Pender Progressive Center

The Coastal Pender Rotary Club was awarded a $2,000 a Rotary International Diversity-Equity-Inclusion (DEI) grant to purchase materials to construct a storage facility for the Edgecomb Summer Reading Program that meets in the Eastern Pender Progressive Center, Edgecomb. The summer reading program has outgrown its storage space within the Edgecomb Community Center and can no longer accommodate the additional materials — a separate shed was deemed most efficient. The East Pender Progressive Center oversees the Edgecomb Community Center and the Edgecomb Summer Reading program that serves elementary-age children from the local area.




**A check is presented for the cost of the storage shed at the Edgecomb Community Center for the Summer Reading program. Left to right Rotarians Leo Urban, Deborah Martorelli and Kim Keenan, representatives Trianna and Robert Kirkland of the Eastern Pender Progressive Center and Rotary President Dan Drake.**



# CFCC Launches New CT and MRI Certificate Programs

Cape Fear Community College is excited to announce the launch of two new certificate programs, Computed Tomography and Magnetic Resonance Imaging. These programs are designed to help credentialed imaging professionals advance their careers and specialize in two of the most in-demand imaging modalities in modern healthcare. The programs are anticipated to begin in the Fall of 2025. Each program takes 16 weeks to complete.

CT and MRI technologists are vital members of the healthcare team. They are trained to operate advanced imaging equipment that allows physicians to diagnose and monitor disease through detailed, non-invasive scans of the human body. These scans are critical to high-quality patient care and are increasingly essential in today's medical environments.

The new CT and MRI certificate programs are open to registered radiologic technicians, nuclear medicine technologists, and ultrasound technologists seeking to further their expertise. Through a blend of academic coursework and hands-on clinical experience, students will develop in-depth knowledge of cross-sectional anatomy, imaging protocols, patient care procedures, contrast media administration, emergency imaging, and professional communication. Students will also gain practical experience in healthcare settings, performing diagnostic imaging studies under the guidance of experienced technologists and radiologists.

"These are some of the fastest growing fields in healthcare, and we are proud to offer programs that support the continued education of imaging professionals," said Jim Morton, CFCC President. "By providing these opportunities, we are advancing individual careers and meeting a growing demand in our region's healthcare system."

Graduates of these programs will be equipped to work in a range of healthcare settings, including hospitals, outpatient imaging centers, emergency care facilities, specialty clinics, and research institutions. Those who successfully complete the Computed Tomography (CT) program may be eligible to take the ARRT certification exam in CT. Similarly, graduates of the Magnetic Resonance Imaging (MRI) program may qualify to sit for the ARRT certification exam in MRI.

Interested applicants can learn more about the programs and how to apply by visiting cfcc.edu/radiography/ctmri/.





# Guns For Women

Most women purchasing a gun are going to get advice from a man on the type of gun and caliber size they need.
Unfortunately most men suggest guns that are PERFECT FOR A MAN...BUT NOT FOR A WOMAN.
After learning to shoot and getting my purchase permit I headed out into the world of male dominated gun shops. After stopping at a few I found a man who took time to explain each gun to me and he finally convinced me that I needed to carry the gun that he actually owned. The problem was he was a 200 lb body builder and I was not (ha ha). Needless to say I purchased a .40 caliber semi-automatic and bought the ammo and headed to the range.
While all the other women in my group were loading their clips with ease, I was struggling to the point of my thumbs nearly bleeding. When I finally got the gun loaded and ready, Itook my position and began to fire. BAM BAM BAM. The noise was tremendous, the recoil was more than I ever wanted and by the time I was done shooting everyone was staring at me. Though I still hit the target my shoulders were sore and my head hurt.
This was NOT the right gun for me.
Of course my husband did not see my problem. He was gracious enough to take the gun (which I now see is a conspiracy on the part of men) and I continued on my search for the right gun. Unlike most men I know, I was not raised shooting a gun.
I knew very little about them and found that in this case knowledge and comfort were the two most important things I needed to focus on.
Guns scare me and I needed a gun that I could feel safe around, know how to load and unload, and that I could ensure was safe around my children.
These were not things that anyone in a gun shop had ever asked me about and I knew that needed to change.

When a woman comes into my shop the questions I ask are.....
**1. Do you have children in the house?** (to me anyone under 18 is a child) SAFETY SAFETY SAFETY
**2. Is this your first gun?** I usually recommend a revolver for a first time gun owner - super easy to load, unload and clean.
**3. Do you plan on carrying this gun for personal security?** Makes a difference on size, weight and safety features
**4. Do you plan on taking this gun out for target practice?** (which I strongly recommend so that you become comfortable with the gun)
**5. Will anyone else be using this gun (at the range)?** Most men don't like shooting pink guns

When a woman comes into my shop these are questions that THEY ask me about handguns....
**1. How do I open the gun to put in the bullets?** The revolver is the easiest of the handguns to load and unload. In the case of a semi-automatic pistol, some guns required you to load the clip and then ratchet the gun back to put one bullet in the chamber. Not all pistols require ratcheting. Make sure if you buy a semi-automatic pistol that you CLEARLY UNDERSTAND from the seller how to load the gun correctly. Guns should come with an instruction manual that should also have instructions. Do not be embarrassed to ask!!!! This is going to be your line of defense and you need to know how to use it.
**2. What if the bullet jams?** Revolvers do not jam. In the case of a semi-automatic pistol it is possible to have a bullet jam due to inferior ammunition; the gun needing to be cleaned or a weak or stiff clip spring. Jams do happen in semi-automatic pistols and you MUST know how to clear the jam safely. Ask your seller and read the instruction manual.
**3. How do I know the gun is loaded?** In the case of a revolver, you slide open the cylinder and can easily see if the gun is loaded. Some semi-automatic pistols have "load" indicators such as a colored dot. ALWAYS PRESUME THAT A GUN IS LOADED. When looking at a pistol always remove the clip and ratchet back the slide to view inside the gun to make sure it is empty. Do not look down the barrel or pull the trigger to check. All it takes is one bullet!
**4. My husband said that I need a .40 or .45 caliber gun because anything smaller won't stop someone.** More people are killed by a .22 cal. bullet then any other round. The purpose of a gun is to PREVENT harm, not to cause it. It is more important that you are able to load the gun and can control it. I recommend a .38 special or 9 mm for woman. If they want a larger caliber I always suggest that they shoot one first before making that their first gun. Some gun shops offer an indoor or outdoor range where you can rent a gun, which is an excellent way to try different types of handguns.
**5. My husband said I should have a gun with a laser...is that true?** Lasers are very popular and definitely make a gun "cool" looking but I always tell people to know how to aim their gun correctly first, and not to depend on the red dot. On a bright sunny day the dot may not be visible.
**6. How much should I spend on my first gun?** Depending on the brand and style of gun you choose, your gun could cost anywhere from $250 and up. Most guns come with a basic warranty (if purchased new). We sell handguns that can cost up to $1500 but we don't recommend anything like that for a first time buyer. We sell a nice selection of revolvers for $300 and up. There is nothing wrong with a used gun for a first time owner as long as it has been inspected by an authorized gun dealer. Don't be afraid to ask friends and family for recommendations, it is an easy conversation starter!
**7. If I lock up the gun and need it in a hurry, what do I do?** Practice locking and unlocking your gun. Whether it is a cable lock through the gun itself or a trigger lock, make sure you know where the keys are and how it works. We do not recommend storing guns loaded. If you have a gun for personal protection leave a clip loaded but out of the gun (and out of the reach of children). My husband always teases me that if I ever needed my gun in a hurry I would be better off hitting the intruder with the gun box then trying to remove all the safety features. My response is that I have children in the house and that takes priority over everything else.
**8. How do I clean the gun? How often?** A clean gun is a gun that is going to serve you well. It takes very little time to clean a gun that has been fired and worth every minute. The instruction manual and/or gun dealer can show you how to properly clean and care for your gun. All inclusive kits are available for around $15.00
**9. What difference does the barrel length make?** A great bit of difference. The longer the barrel the more accurate the gun. Most conceal and carry guns are short barreled and made for easy storage on your body. Some people have a gun for carrying and a gun for target shooting. There are quite a few guns designed to do both, just let your seller know what you want your gun for. We sell a short barreled .380 that is perfect for self protection but not a gun I would take to the range.
**10. How can I carry my gun?** Check with your local gun laws. Every state is different. In North Carolina, you need a Conceal & Carry permit to carry the gun on your body (out of plain sight). We sell several purses with holsters built right into them (since most women would be unable to find a gun in a hurry if they simply dropped their gun into their purse (ha ha). There are holsters designed for wearing on your hip, concealing inside your pants and ankle holsters. We sell a t-shirt where the holster is sewn onto the fabric and can be worn under another shirt (for both men and women). How you carry your gun is just as personal as what kind of gun you have.
**11. What is an ambidextrous clip release?** It is a button on semi-automatic pistols that allows the user to release the clip from either side of the gun (preferred by left handed shooters). Not all guns come with this feature.
**12. What if I already own a gun but I don't like it?** Depending on your local gun laws and local gun dealers you may be able to trade your gun in for one that is right for you. Always check around since the value of a gun varies GREATLY from one gun dealer to another. Our shop offers consignment (most shops do not). Be cautious of the neighbor that "will take it off your hands". That is usually a good indicator that the gun is worth more than they are offering. Don't be afraid to call around or look your gun up in the "Blue Book" for reasonable values. Be careful of using web sites to determine the value since in most cases the price listed is "asking price" and not what the gun sold for. Check your local laws before selling your gun to a private citizen.
**13. Someone gave me a gun. How do I register it?** Check your local laws since State Laws vary. North Carolina does not have a gun registration so therefore you are entitled to own the gun. If you are going to transport the gun across state lines CHECK WITH EACH STATE you will be traveling in first. If you have a Conceal & Carry permit for your state check and see what other states allow you to carry your gun in their states.
**14. Other than a gun, what do you recommend for personal protection?** With the introduction of tasers, people now (depending on your state's laws) have the ability to have a home protection device that can give them time to stop the intruder and get help. Tasers are usually designed to "shoot" a pronged device up to 15 feet - an electrical charge is applied and the person usually drops to the ground for 5 seconds - giving you the ability to defend yourself without direct contact. A background check is required when a taser is purchased to active it. Most tasers cost over $250.00 and re-fill cartridges can be $30 or more.
**15. What do I need to buy a gun?** Handguns and long guns can now be purchased in NC with a background check done on site for NC residents.

# Triple Seared Whiskey Burger



1 pound ground beef (85% lean recommended)
2 teaspoons avocado oil
2 tablespoons sea salt
1/3 cup whiskey
1/4 cup soy sauce

*Ingredients*

*Steps*

**Wet** your hands, and form 2 (8-ounce) burgers; place on a plate, cover, and refrigerate until ready to grill. For this process, cold meat works best. **Before** starting the triple-searing process, build a very hot hardwood charcoal fire. Oak, mesquite or hickory are great choices. The coals should be glowing red, and radiating extreme heat before the meat hits the grill. **Rub** burgers all over with oil. Coat with sea salt until entire surface area is completely covered. **Pour** whiskey into a shallow bowl; set aside. **Place** burgers on hottest spot on the grill, and sear both sides, 2 minutes per side. **Transfer** burgers into bowl of whiskey, and turn constantly for at least 1 minute. Most of the salt will rinse off. **Place** burgers back onto the hottest spot on the grill, and sear both sides again, 2 minutes per side. You can baste steak with a small amount of whiskey while searing. **Add** soy sauce to another shallow bowl. Add burgers to the bowl, and turn constantly for at least 1 minute. **Return** burgers to the hottest spot on the grill for the 3rd and final sear. Grill each side until desired doneness is reached, about 2 minutes. For a rosy-pink (medium-rare) inside, remove when an instant-read thermometer inserted near the center reads 125 to 130F.

# Word Search: U.S. States (#1)

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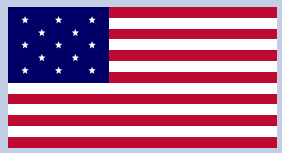
## The Word Bank

Kentucky
Maine
Rhode Island
California
New Hampshire
New Mexico
Florida
Vermont
Ohio
Iowa
Arizona
Alabama
Texas
Oregon
Hawaii
Illinois
Nebraska





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