

Premier Issue

THE GREATER

SPRING LAKE

METRO MAGAZINE Summer

Stop the
Bullying

**Main Street
Master Plan**

Public Safety
Foundation

Teens Do
Care

Recipes

Health News

Pathway to Growth

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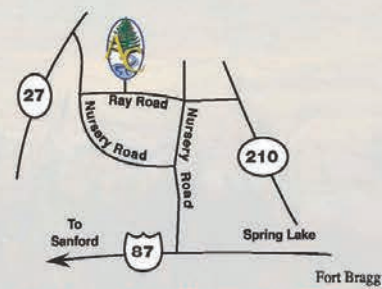
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Dr. Navid Azizz

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Jeffrey Hunt
–President and CEO
Debra Clyde
– Office Manager

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The CFM Group Magazine Publishing
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email: cfmgroup@hotmail.com
PO Box 2243, Clinton, NC 28329
Phone 910-379-8230

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A Word from the President Chamber of the Year

I am excited about this new product that you are reading. Welcome to the Greater Spring Lake Metro Magazine. The Greater Spring Lake Chamber has entered into a partnership with The CFM Group to produce this publication. Each year we have strived to bring our members and the community at large a high quality quarterly magazine with great content about what is going on in and around the Greater Spring Lake Chamber Influence Area.

I am also proud and excited to announce that our membership has grown to over 215 members. In addition, more and more members are taking advantage of the great savings opportunities through our Affinity programs. Visit our website at www.springlakechamber.com for more information about these savings programs.

The Greater Spring Lake Chamber of Commerce has come a long since June of 2011. This year after completing the American Association of Chamber of Commerce Executive's, (ACCE) Operations survey. The Greater Spring Lake Chamber was informed that it had qualified to apply for the Chamber of the Year award through the ACCE. The survey measures six (6) critical areas of a Chamber's operations. There are also several categories including small town chamber in which we qualified. Results will be announced at the ACCE's annual conference held this July 23-26th. Wish us luck.

Since I have been President and CEO of the Chamber we have always had a commitment to excellence. Sometimes there have been obstacles and hurdles in the road of our pursuit of excellence but we have surmounted them with grace and hard work. I would like to thank all of our members and our Board of Directors for their commitment to excellence. Together WE can accomplish anything!

Jeffrey C. Hunt
President and CEO



Letter from the Chairperson Spring Lake First



Dineen Morton and Senator Kaye Hagan

We don't have to "live in Spring Lake to get involved with the greater spring Lake Chamber of Commerce. I have strived to make a difference as your chamber chairperson and my desire is to bring fresh ideas and positive solutions to the community. I have been actively involved in Healthcare, economic development, BRAC, The Fayetteville Cumberland County Chamber, and I am passionate about cancer advocacy. I have been successful in working with diverse groups, listening, and motivating them towards a common goal. I believe Spring Lake provided the training ground as I attended grade school at Spring Lake Junior High, my first job I worked at the brand new McDonald's as a swing manager, while I attended Fayetteville State University, and my first residence was in Spring Lake. I take pride in being a part of your Spring Lake Chamber and I would like to use my skills along with your help to move Spring Lake forward at a very crucial time. We need new vision, new energy, and a renewed spirit. I believe if we all come

together there are workable solutions before us, and I believe your chamber is the catalyst to a new and improved community.

I intend to ensure the Economic development group implements the necessary measures to help turn around the local economy and create jobs. There is only one major way to help solve this dilemma. We have to work hard to increase our tax base by promoting and attracting new business and raise the income level of our citizens.

We live in a wonderful diverse community and we have a proven-devoted and dedicated talent pool among our military active duty, spouses, and retired citizens. We have growth opportunities and masses of vacant land with many un-utilized empty buildings. We have a great number of distressed homes that we can address these properties and create a community renewal initiative that will provide incentives for family members to buy or rent these homes with low interest loans or rent controlled programs



Member Spotlight

RLM Communications, Inc.

In 2004, Randy Moore, a Service-Disabled Veteran, founded RLM Communications, Inc., a small SBA Certified 8(a) high-tech defense contracting company with the ability to provide tactical and strategic communications services and support to our National Command Authority no matter where the requirements exist. January 2010, he moved RLM Communications, Inc. headquarters to Spring Lake, NC, where he is known for the best customer-dedicated communications service support business of choice.

Since moving his business to Spring Lake, he has been a great asset to this community. He has sponsored many of our events, just to name a few: Town of Spring Lake Spring Fling, JCSE Veterans Association Golf Tournament, SOCA Golf Tournament, Kiwanis Club of Spring Lake, American Cancer Society, Cumberland County School Systems and offered internship for local College students. Mr. Moore has also help build the economy by bringing jobs to this area. He is a military retiree who is well respected by this community.



Member Spotlight

Sandhills Pediatric and Family Dentistry

We are happy to have been awarded Business of the Year by The Greater Spring Lake Chamber of Commerce. We take great pride in outreach to our community and being THE BEST at what we do. We truly believe that we must Bless others through the Blessings that we have been giving. We look to serve in the greatest way that we can. With that being stated, listed below is the focal points of what we do at OUR HOME away from home.

At Sandhills Pediatric and Family Dentistry, helping our patients achieve optimal oral health is our passion. We are committed to providing comprehensive dental care for infants, children, adolescents, and adults. Our doctors and staff members believe each of our patients are important, and we seek to fulfill your your personal needs and desires. Our primary goal is the delivery of the highest quality of care to our patients in a comfortable and caring environment.

We believe early dental care can promote a lifetime of healthy smiles for your child, and we encourage your child to visit us by the age of 1. Our skilled and nurturing staff will provide a positive dental experience. To ensure that your child grows up with a healthy smile, we offer regular check-ups, sealants, and other necessary dental treatment. Our general dentistry services include: restorative dentistry, cosmetic dentistry, root canal therapy, oral surgery and prosthodontics (crowns, bridges, implants and dentures). We also provide sedation dentistry services for adults and children.

Please feel free to visit our office for a tour or visit our website at www.sandhillsdental.com for more details about our office and dental family.



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St. Joseph of the Pines is an aging service network offering a full continuum of retirement housing, health care and community-based services for older adults as well as community outreach to those in need.

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Stop The Bullies

Spring Lake Resident Making a Difference

By: Rick Myers

Sometimes it seems like our world has gone crazy. Nearly every day there are news reports of more violence. We've seen instances of school shootings over and over again. It all seems to have started with the shootings at Columbine High School in Colorado, followed by the Virginia Tech shootings, and more recently the tragedy at Sandy Hook.

Following these events, the United States Secret Service conducted a study to try to determine if these events could be predicted and stopped in the future. During the study many amazing facts came to light. In profiling each shooter it was determined they had many things in common, but there was one thing that each and every one had in common. They all had been victims of relentless bullying at some point in their lives.

No community is immune to bullying. It takes place every day in our schools and on our playgrounds. One study estimates that one out of every four children will be a victim of bullying at some point. That's a staggering thought. Adults can no longer turn a blind

eye to this. Bullying is not just part of being a child. It is causing irreparable damage to many children.

One local teacher has taken up the challenge of eliminating bullying. Glenn Sutton of Spring Lake teaches at Lumberton High School and is a man on a mission. He knows the negative effects of bullying and is determined to do everything within his power to reverse this trend.

Glenn knows about bullying firsthand. He was bullied as a child. It started at around age thirteen for him and continued for more than two years. Everyday in his Physical Education class a boy from his own neighborhood terrorized Glenn by hitting and taunting him while other children looked on and laughed. This was a brutal and unforgettable time for Glenn, but fortunately he overcame it and now speaks out against bullies.

While Glenn was aware of the huge bullying problem in our schools, he was unsure how to help. He spoke to kids about this issue, but felt he needed something more to grab their attention. One day

while reading the book “Public Speaking for Dummies”, Glenn read a particularly interesting part. It simply stated “Find something that connects you with your audience”. This started Glenn to thinking. “I thought to myself, kids like rap music, so I could use that to connect to them” he said. The only catch was, he knew nothing about rapping. This didn’t stop him.

As he began to think about the words for this song that kids could relate to he also was looking for a musical track to accompany them. After some searching he found what he thought was a catchy beat and decided to use it for his words. His song “Hit ‘em Again” was born. Once the song was completed Sutton made a video of himself performing the song. The video was then uploaded to Youtube where it garnered only a few hits. Students were informed about the video on the Lumberton High School’s in-school TV system, and within six hours the video had over nine hundred views on Youtube. Since then it has been viewed more that four thousand times! Sutton says you can walk around school and hear the students singing his song. It is a hit!

Sutton is very passionate about the prevention of bullying. An extroverted person, he is a regular speaker to groups of school children and others, giving them instruction on how to avoid being bullied and what to do if you are. He has received an overwhelming positive response to his program.

Up to this point Sutton has funded this project himself, but says he has plans in the works to raise money to help this program grow. “It has become very expensive to maintain” he said. At most of his speaking engagements he tries to provide each child with a CD containing his song.

This is a very passionate fight for Sutton. “No one wants to be laughed at or abused” he stated. “And when we stand around and witness this and do nothing, we are just as responsible as the one doing the bullying” he added.

If you are interested in more information or wish to have Glenn Sutton speak to your group, he can be reached at (910)551-4739 or you can email him at gospelplay@embarqmail.com



Glenn Sutton

NATIONAL
Bullying
PREVENTION AWARENESS
MONTH
OCTOBER

A new beginning is launched with the tour of

Spring Lake

Prompted by meeting with the Chancellor of Fayetteville State University the Greater Spring Lake Chamber of Commerce Board of Directors invited the Chancellor and key staff to tour the Greater Spring Lake influence area. The proposed tour offered a wonderful opportunity for the Chamber to show off some of the attractions inside and just outside of Spring Lake's corporate limits. After much contemplation, the Board decided to expand the invitation to the Cumberland County Board of Commissioners.

The tour affectionately known as the Billy Wellons tour began at Town Hall where Chancellor Anderson, Vice Chancellor Caldwell, the Universities Budget Director, Vice Chairwoman Dr. Jeanette Council, Commissioner Ed Melvin and Commissioner Kenneth Edge. Accompanying our distinguished guests were Greater Spring Lake Chamber Chairperson and Spring Lake Economic Development Corporation board member, Dineen Morton, Chamber and SLEDC Board member Carl Manning, SLEDC board member David McNeill, Chamber board members Suzy Hrabovsky and Steve Starnes.

We toured the Spring Lake Senior and Recreation Center, Lake-Tree and Manchester Forest neighborhoods, Fayetteville Technical Community College, Spring Lake Campus, the new Balsawood single-family and townhome development, Main Street, Anderson Creek, Spout Spring area, RLM and we had lunch at IHOP. The tour was designed to show the overall development that has occurred and that is occurring in Spring Lake. Furthermore, it was designed to show the relationship that Spring Lake has to the region with its proximity to Harnett County and Fort Bragg.

The Greater Spring Lake Chamber of Commerce and the Spring Lake Economic Development Corporation also plan to conduct tours for the Military Leadership on Fort Bragg and Pope Army Airfield and to prospective developers interested in bringing a mix of development into the Town of Spring Lake.



Lillington Highway, Highway 210 Corridor:

Pathway to Growth

The summer of 2013 marks the beginning of the construction and the expansion phase for highway 87, (Bragg Boulevard). No one is looking forward to the traffic congestion associated with road construction.

Some businesses have been forced to relocate and others have closed and even demolished due the NC-DOT, U4444 project. Access to some our favorite businesses will be permanently restricted and rerouted. Our old traffic short cuts will no longer be available. The way vehicular traffic ingress and egress through the Town of Spring Lake will be forever changed once the construction period is completed.

The restrictions on right turn access into business south of Spring Avenue will deter many developers and business owners from considering locating a new business going south or north on Bragg Boulevard. Where will these business go since it has been said that Town of Spring Lake is land locked and can't grow? Is that true? Or are there other potential growth areas that have not been marketed or consider by some to be new growth areas?

Along with Main Street, the Lillington Highway/210 Highway provides a pathway for growth and expansion for the Town of Spring Lake. Many of you that a reading this are probably saying

why 210 Highway? For one there is vacant and available land for development and currently there are no plans by NC-DOT to disrupt its current traffic patterns with a proposed highway expansion. The Walmart shopping center has proven the Lillington Highway/210 Highway can be a viable regional draw for shoppers. Recently the Town of Spring Lake just annexed 96 acres into town for a future development.

The Town of Spring Lake is currently investing in upgrading the water and sewerage infrastructure along 210 Highway. This infrastructure investment will go a long way of supporting development along Highway 210. As many of you well know, Western Harnett County is one of the fastest growing Counties in the state of North Carolina. Many of our neighbors from western Harnett County including those who live in Linden Oaks, Lexington Plantation and Anderson Creek already utilize the Lillington Highway to get to and from Spring Lake, Fort Bragg and Fayetteville.

As you can see the Lillington Highway is already a viable option for economic growth and development. The infrastructure improvements along with high daily traffic count and the location of a regional shopping destination all positions the 210/Lillington Highway for future growth and business attraction.



Article written by Jeffrey C. Hunt, Economic Development Director, Town of Spring Lake and President and CEO, Greater Spring Lake Chamber of Commerce.

Your Child and Education



By Rose Ferguson
Principal - C. Wayne Collier Elementary

According to research, several factors make a difference in a child's academic success. Factors that I would like to expound on are parental and school communication, home support and team effort to ensure that every child is successful.

As a lifelong educator, I want to emphasize how important the parent role is. Parents are the first teachers and they make the greatest impact from day one of their child's life. Once a child starts to school, it is very important that parents meet with their child's teacher and share needed information while teachers share their own classroom expectations. Children need to know that their parents collaborate with their teachers and this produces better rapport between student, home and school.

Children cannot grow up responsibly if parents don't show them how. Children should have a designated quiet place to complete their homework. Parents should assist with homework and ask questions about daily tasks/activities. Making classwork and homework an expectation will foster your value on education.

Daily school attendance will help ensure your child's success as well. Children who are in school every day perform better

than students who are not in school. When/if your child is absent, parents should communicate via letter the reason for child's absence immediately upon their return to school.

If parents have concerns about their child's school or teacher, they should contact their child's principal immediately. Administrators value parents' involvement and input.

During summer months and while school is on intercession, parents should continue to provide their child with structured learning times. You should ask your child's teacher for summer enrichment activities and ensure that your child is reading at least fifteen minutes a day. It imperative for parents to ask their children questions about what they have read. This builds their comprehension skills.

Always encourage your child to do their best and expose your child to new things! A positive attitude about education encourages a love for learning! Working as a team, our children will be successful!



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Notes from Harnett County

Tommy Burns, County Manager



The budget season is in full force in Harnett County. The funding challenges from last year have increased on average about 2% in the current budget planning. School needs continue to be the top priority for the County. With a population that is expected to grow by 56% over the next few years, it is incumbent on the fine people of Harnett County to be prepared for the challenges that growing pains can bring. The County currently has the Highland Middle School under construction and will need an additional \$140 million dollars to keep pace with the growing number of students entering our school system. The County Commissioners are working diligently to find new and creative ways to accomplish all of this.

Economic Development opportunities continue to attract investment in Harnett County. Presently, the Western Harnett/Spring Lake area is bustling with activity. The Highway 87 corridor is one of the fastest growing areas of the State and for strategic reasons. Recent residential developments have now spurred retail and other commercial development opportunities in this area. Spring Lake is a mutual partner in all of this growth thanks to the Spring Lake Chamber of Commerce and their efforts to market the influence area around Spring Lake that includes Harnett County. Jeff Hunt is a dynamic leader and has a tireless work ethic in marketing this region. Harnett County looks forward to continuing our strong relationship with the Spring Lake Chamber.

Harnett County is also continuing to develop its utility system in the Western Harnett/Spring Lake area. One current project underway is in the Cameron Hills area, near Johnsonville. This water line project should strengthen water pressure and fire hydrant flows in this area. Several sewer projects are ongoing in the Spring Lake area including the South Central Harnett Sewer expansion from Fort Bragg. Harnett County prides itself on being a regional provider of water and sewer services to our neighbors on several fronts of the County. The Harnett County Department of Public Utilities is one of the largest regional systems in the State and has prided itself on continually improving the service to the customers.

Finally, Harnett County has faced the challenges that rapid growth and development brings by being methodical and very practical in the development of growth plans in the County. The County's central location, between Raleigh, Fort Bragg and Spring Lake have made it a very attractive County to live, work and play. Harnett County is proud of its strong roots and very opportunistic in its new growth. The future is bright for the entire region of this area. It is through great partners such as the Spring Lake Chamber of Commerce, under Mr. Hunt's leadership, that will help all of us in this region succeed, grow, and prosper as a community. As the County Manager, I look forward to working with all of you in this endeavor.

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Spring Lake Memorial Day Ceremony



A Memorial Day Ceremony was recently held in Spring Lake. Opening Remarks was given by Mayor Chris Rey. The national anthem was by SPC William T. Bone IV, 82nd ABN Div. Band.

A special presentation was made by Alderman James Christian to the Mullins family in honor of Army PFC James Curtis Mullins. On Friday, November 2, 2012 PFC James Curtis Mullins was laid to rest with full military honors in Sandhills State Veterans Cemetery in Spring Lake. At the age of eighteen, PFC J.C. Mullins received orders for South Korea at the onset of the Korean War. A month later, on July 22, 1950, PFC J.C. Mullins went missing in action.





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Anderson Creek Club Women's Club Working Hard For Harnett County

The General Federation of Women's Clubs (GFWC) is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer's service. With more than one hundred thousand members in affiliated clubs in every state and more than a dozen countries, GFWC members work in their communities to support the arts, preserve natural resources, advance education, promote healthy lifestyles, encourage civic involvement and work toward world peace and understanding.

Receiving its GFWC charter in 2008, The Anderson Creek Club Women's Club (GFWC-ACCWC) serves Harnett County in this capacity. This group of ladies united together with the goal of making our community better and stronger for everyone, knowing that united they become a stronger force.

With twenty-three members, the GFWC-ACCWC is considered to be a medium women's club. However, their list of accomplishments over the past five years would lead you to believe this club is much larger. Led by current club president Anna Blackburn the GFWC-ACCWC is hard at work with projects to improve the lives of our citizens. Blackburn is joined on the executive board by Vice President Mary Steimle, Secretary Sheila Ando, Treasurer Sandie Werderman, Parliamentarian Mary Deutsch and Chaplain Michele Barnes.

Since its inception five years ago, the GFWC-ACCWC has been recognized and received numerous awards for their dedicated service. Recent awards bestowed upon the club are The Midge Laboyeaux Bowl awarded for their Public Issues Community Service Program and The International Outreach Eva McMillan Ross Tray for partnerships with Operation Smile and Doctors Without Borders.

The Public Issues Community Service Program is a project designed to actively connect members with effective projects and activities relating to civic engagement. This program focuses on four areas. These are Citizenship, Veterans Affairs, Emergency Preparedness and Safety.

Under the scope of this program, the GFWC-ACCWC began recycling books and magazines for distribution to veterans. The idea for this program came from club member Ramona Monroe when she realized that so many veterans were waiting hours at the

local veteran's hospital with little to do to pass the time. Monroe knew that providing books and current magazines would do wonders to boost veteran's moral. The club began collecting and in 2012 more than one hundred and fifty books were distributed along with more than two thousand magazines to the local VA Hospital, USO and the Food Pantry of Lillington. "Only magazines less than one year old are distributed" stated President Blackburn. "This insures that our veterans are reading current materials" she added.

The GFWC-ACCWC is also involved in many other projects designed to enhance the lives of our residents. Communities worldwide are grateful for member clubs who work diligently to improve their way of life.

The Anderson Creek Club Women's Club meets the third Monday of every month at Fairway Point Clubhouse. Anyone who isn't a resident of Anderson Creek and wishes to attend can contact Membership Chairwoman Sandie Werderman for access arrangements into the Anderson Creek Club community. Fellowship starts at 6:30PM with the meeting beginning at 7PM. Membership applications can be downloaded from the clubs website, www.gfwcaccwc.com. Applications can be emailed, mailed or dropped off at 125 Whispering Pines Drive, Spring Lake NC 28390.



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Chef Judy

Chef Judy recently competed on the Food Network's "Chopped", which is a cooking competition that is all about skill, speed and ingenuity. Four Chefs compete before a panel of expert judges and turn mystery baskets into a \$10,000 dish. This has been an experience of a lifetime during her entire Food Life. This show is the first ever of its kind to cast all Military Veteran Chefs. Chef Judy was a cook in the Army joining at just 17 years old. Chef Judy is the Owner of "Let Me Cater To You" Personal Chef & Catering Service, Located in Spring Lake, NC. She is Married to Jovon and have a 11 year old Daughter named Destiny. Her Love for People and Passion for Food has turned her Childhood Dream into a Big Reality. She Caters full time and has a Restaurant that is also open to the public Wed-Fri 11am-2pm.

Chef Judy began Cooking at a early age and knew that she could make a difference in the kitchen. She has Served in the Army as a Food Service Specialist, and now serves her community. Chef Judy's Promise is to deliver you the best service in the industry. When she's not cooking, you can find her at Church or Playing Basketball with the Youth. Chef Judy Loves to inspire others by sharing her stories of Overcoming the odds. She believes that if you can think it, you can do it. Chef Judy speaks Life through food, one meal at a time. Her faith in God keeps her grounded and focused on Love and Life.

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TEENS DO CARE INC.



Teens Do Care Inc. Is a 501c3 non-profit youth organization dedicated to helping teens develop strong positive ties in the community, become productive citizens, as well as local and national leaders. Our overall organizational goals are to stimulate awareness, provide information, and encourage education in the prevention of teenage pregnancies, alcohol, drug use, and gang activity. We will build self-esteem by offering various workshops, seminars and other educational opportunity.

Teens Do Care has three programs areas that we focus on year round:

Teen Parents Moving Forward - Is dedicated to teenage mothers and fathers up to age 23. This program is designed to strengthen the knowledge of becoming a productive parent by focusing on self-esteem, parenting classes, education and job training.. Our focus is to decrease the dropout rate among teenage parents and allow them to achieve job training skills through volunteering and interning with local business owners. This program will host the largest baby shower ever to provide much needed items for these parents.

SECOND CHANCE - To help non-graduates of high school obtained their High School Diploma or GED and accomplish all their necessary goals to enter into the workforce. We will walk them through each one to make sure they are successful in reaching them. We will provide tutoring, counseling, and be a strong support agent for the individual

Hunger is not a Option – Teens Do Care has a mission to make sure we do our part to stop hunger. We are a member of the Second Harvest Food Band an distributor of TEAP (The Emergency Food Assistance Program). We give out free food every 2nd Saturday of the month.

Teens Do Care has a mission to give back to their community by focusing on our youth. We realize that our kids are our future. Teens Do Care has a lot of upcoming programs. For more information call Jackie Jackson at 910-257-3177.

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910-257-3177 Fax-910-488-0289

Please help us to continue to help our youth by making a donation, you can do this by going to our website:teendocareinc.org or by mail to
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CALENDAR OF EVENTS

July 2013

July 3rd Spring Lake Branch of Cumberland County Library
System will close at 6:00pm in observance of Independence Day and will reopen on Friday July 5, 2013 at the regular time: 9:00am

The Town of Spring Lake Municipal Complex will be closed
July 4, 2013 in observance of Independence Day and will reopen Friday July 5, 2013 at 7:30 am-12:00 pm.

July 9, 2013

Cumberland County Library Spring Lake Branch
101 Laketree Blvd. Spring Lake, NC 28390
4:00pm: Big Bang Boom!

July 13, 2013

Teens Do Care - Free Food Giveaway
1165 N. Bragg Blvd, Spring Lake, NC 28390
(910) 257-3177

July 15 - July 19, 2013

First Baptist Church Vacation Bible School
201 S. Main St., Spring Lake, NC 28390
(910) 497-1126

July 17, 2013

Cumberland County Library Spring Lake Branch
101 Laketree Blvd., Spring Lake, NC 28390
2:30pm Get Creative with LEGOs

July 18, 2013

Cumberland County Library Spring Lake Branch
101 Laketree Blvd., Spring Lake, NC 28390
4:00 pm Story Camp

July 20, 2013

Teens Do Care - Real Fathers True Men Conference
1165 N. Bragg Blvd., Spring Lake, NC 28390
(910) 257-3177

August 2013

Cumberland County Library Spring Lake Branch

101 Laketree Blvd., Spring Lake, NC 28390
For Spring Lake Library events occurring in August 2013 and beyond go to <http://host7.evanced.info/cumberland/evanced/eventcalendar.asp?ln=ALL>
Or call the library at (910)497-3650

August 3, 2013

Teens Do Care - Quiz Bowl (History of Spring Lake)
1165 N. Bragg Blvd., Spring Lake, NC 28390
(910) 257-3177

August 10, 2013

Teens Do Care - Free Food Giveaway
1165 N. Bragg Blvd., Spring Lake, NC 28390
(910) 257-3177

August 17, 2013

3rd Annual Reminisce Tour Festival Park
Corner of Rowan and Ray Streets
Fayetteville, NC 28301
(910)257-3177

August 24, 2013

Teens Do Care - Back to School Fashion Show
Call (910) 257-3177 for updated information

September 2013

September 2, 2013 Spring Lake Branch of Cumberland County

Library System will be closed in observance of Labor Day and will reopen September 3, 2013 at 9:00am

The Town of Spring Lake Municipal Complex will be closed

September 2, 2013 in observance of Labor Day and will reopen September 3, 2013 from 7:30 am – 5:30 pm

Cumberland County Library Spring Lake Branch

101 Laketree Blvd., Spring Lake, NC 28390
For Spring Lake Library events occurring in September 2013 and beyond go to <http://host7.evanced.info/cumberland/evanced/eventcalendar.asp?ln=ALL>
Or call the library at (910)497-3650

Recurring Events

Teens Do Care - Teen Advisory Board Meeting

Every other Monday
1165 N. Bragg Blvd., Spring Lake, NC 28390
(910) 257-3177

Teens Do Care - Modeling Practice ages 3-18

Every Thursday 5:00 pm
Teens Do Care is looking for models to participate in the upcoming back to school fashion show
(910) 257-3177

Bethel A.M.E. Zion Church

Sunday Services Prayer Service 9:00 am, Sunday School: 9:30 am
Worship Service: 11:00 am
255 Vass Rd., Spring Lake, NC 28390
(910) 497-3445

CALENDAR OF EVENTS

First Baptist Church

Sunday Services - Sunday School: 9:45 am, Worship Services: 11:00 am, Choir Practice: 6:00 pm
7:00 pm Youth & Children's Mission & Adult Worship Service
201 S. Main St., Spring Lake, NC 28390
(910) 497-1126

Bethel A.M.E. Zion Church

Wednesday Bible Study 12:00pm and 6:30pm
255 Vass Rd., Spring Lake, NC 28390
(910) 497-3445

First Baptist Church

Wednesday - Fellowship Meal: 6:00 pm
High School and Middle School Bible Studies, Team Kids,
Discipleship: 6:30 pm, 7:00-8:00 pm Prayer Meeting
201 S. Main St., Spring Lake, NC 28390
(910) 497-1126

Cumberland County Library

June and July 2013, Tuesdays 10:00 am Preschool Story Time
Tuesdays 11:00 am Toddler Story Time

Sandhills Farmer's Market

Every Saturday beginning June 1, 2013 until September 2013
9AM-2PM
230 Chapel Hill Road, Spring Lake, NC 28390
(910) 309-2198
Between NC Hwy. 210 and NC Hwy. 87 near Fort Bragg

Intrigue Children's Exhibition Center

Every 1st and 3rd Saturdays from 1:00-3:00pm
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245 Ruth St., Spring Lake, NC 28390
<http://www.WeIntrigue.com>



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I/WE ARE SPRING LAKE

I/WE ARE SPRING LAKE

I/WE ARE SPRING LAKE

I/WE ARE SPRING LAKE

It takes more than one single person or entity to make us great. Spring Lake is and will be great because of its leaders, its businesses, its citizens and those who choose to make a difference.

Spring Lake is a place where anyone can fit in; where any one can make a name for themselves. Spring Lake is a place where you can plant roots as a family or a business. It is a place you can relax after a long day at work or return to from travels. Spring Lake is a place you can make your home.

In conjunction with the Greater Spring Lake Chamber of Commerce, the Town has launched a new campaign. This campaign is an ongoing campaign that is open to everyone, in fact, its success is contingent on participation and support from Spring Lake itself.

With the redesign of the website, the installation of the new phone system, the introduction of social media and the rollout of TEAM, the Town is committed now, more than ever, to standing shoulder to shoulder with its residents as we all make Spring Lake the best it can be. Through improved communication, quality service, committed leadership and a “can do” attitude, Spring Lake will pick up the momentum started in years past and lead the county and the region into the next decade.

Together, we can and will face all challenges, overcome all obstacles and thrive. We are proud to live, work and play in Spring Lake. It is time to welcome everyone home.

THE CAMPAIGN

- Pictures of resident, businesses, contractors, leaders and anyone with a commitment to Spring Lake can make a sign reading, “I AM Spring Lake” or “We ARE Spring Lake.”

Pictures can be taken indoors, outdoors, of children, pets, families, groups, events, businesses, etc.

- Pictures can then be e-mailed to Spring Lake (please note that copyrighted material cannot be used. Any profane, vulgar or obscene material will not be accepted.)
- Don't have a camera? Can't make a sign? NO WORRIES! Stop by Town Hall and we will take the picture for you. No appointment necessary. You can do it when you are paying your water bill, visiting the Chamber, checking on a permit or just finding out the latest news. Not sure who to see? Ask the person at the front desk or ask the Town Clerk.

INCORPORATION OF IMAGES

All the images received and taken will be used in one, all or a combination of the following ways:

- All images will be posted to the photo album I/We ARE Spring Lake album on the Town's facebook page
- Images will be posted to boards in Town Hall
- Images may be printed and used in frames (and changed/switched out on a rotating basis) in Town buildings
- Images will be incorporated in videos posted on YouTube, facebook and the web, both by the Town and Chamber, in marketing the Town
- Images will be used in printed material relating to the Town, both by the Town and the Chamber
- Images will be used by the Town and Chamber in marketing the Town

Images will NOT be sold, reproduced or used by any third party. Names, ages and addresses will not be released unless prior authorization has been received from those in the photograph





Greater Spring Lake Public Safety Foundation

Boots and Badges a partnership to safety and protection in new era.

The efforts of the first responders, (Police and Fire departments) had gone unnoticed for the most part until the tragedies of September 11, 2001.

After two wars and many failed terrorist attacks, America still stands strong as the leader of the free world. Our freedom has not been more self-evident than the tremendous bravery of our first responders, the police, fire and emergency technicians that protect and serve us on a daily basis. They rise to every challenge without fanfare and recognition.

The Greater Spring Lake Public Safety Foundation was established in 2012 as a North Carolina non-profit and operates as an IRS 501 (C) (3) organization whose purpose is to enhance the public safety of residents in the Greater Spring Lake Municipal Influence Area. The reason why many municipalities turned to this non-profit model is because tax funded expenditures for public awareness, educational awareness items and training are often the first to be cut in municipal budgets. The Town of Spring Lake is no different.

The Greater Spring Lake Public Safety Foundation was started with the support and passion of one tireless community servant, Mr. James P. O' Garra. Disgusted with the Town policy of charging Police Officers for taking their vehicles home. He approached the Chamber to research a solution. Like many Chamber of Commerce

we understood this issue was not unique to the Town of Spring Lake. We found that other townships and municipalities around the country were supplementing the training and equipment costs for public safety by establishing public safety foundations.

It should be made clear that although the funds go to benefit the police and fire department the Public Safety Foundation is a private entity with a public purpose. The Public Safety Foundation has its own governing body which is its Board of Directors and it is no different than the Boys and Girls Club, the Optimist Club or Lions Club. The only difference is that the Public Safety Foundation supports activities of the police and fire departments.

The Spring Lake Public Safety Foundation hosted its first ever Spring Lake Public Foundation Golf Outing, which raised close to \$7,000 dollars. This year the Foundation has grown to a multi-event fundraising campaign. We have also implemented a traffic safety campaign by the implementing a don't text and drive and don't drink and drive campaign during the 2102-2013 holiday season. To find out more about the Spring Lake Public Safety Foundation like us on Facebook at Spring Lake Public Safety Foundation.

It's not just a badge...it's a lifestyle.



Greater Spring Lake Public Safety Foundation

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My Green

By Eileen M. Jackson

The lessons God teaches can come in many forms. When I truly ask, and sometimes when I don't, I know that if I just keep my eyes open, my ears listening, and sit back and enjoy the wonders of the spiritually enlightening and encouraging ways of the Lord, it can be amazing to know what God can show me. The more I seek God's will for my life, the more I read His word, the more I experience who I am in Christ. And there is no greater joy than to learn all I can about my Lord Jesus.

After about 4 years I consider myself still very new to the faith, and although I have been doing all that I know to learn God's word, I feel at times that I have been forcing the angst of memorizing scriptures. I feel as if it is somehow, something I SHOULD do, instead of allowing the Holy Spirit to show me. I can pick out a scripture, and read it over and over again and somehow hope that by memorizing it I would come to know God. One example is Psalm 23. I would get to the part of "*The Lord is my Shepherd, I shall not want...*" and then kind of mumble what I think were the next few lines. And pick back up strong with what I for sure knew, "*Yea, though I walk through the valley of the shadow of death...*" and oh, "*my cup runneth over*"... knowing all the while that I was not recalling it correctly. And I would go back to it again and reread it and eventually I could memorize it. But you see I was not experiencing what God wanted me to experience. I was only memorizing it. Like a robot or something. How can I experience the true nature of God's word if I think that memorizing scripture was all that had to be done to know God? Deep in my soul, I knew that this was not what God wanted. This memorizing scripture did not quite fill me to the extent that I knew God would have me to be filled. As the scripture says "My cup runneth over" and MY cup was not quite running over. My cup was not even half full. However

as I continue my walk, I have begun to experience some supernatural stuff. In my seeking, I came to be baptized in the Holy Spirit and now I am experiencing God so differently than simply just reading about Him. Let me share with you what I mean.

It was a Sunday in January, a beautiful day with above normal temperatures, a warm breeze that would give you the feeling that it was mid- May or June, not January. It was so pleasant and comfortable weather wise for it to be a January day. This was a good thing because for many months every other Sunday my daughter, Elizabeth and I would go to see her Dad who was incarcerated. Visitation was on the outside, weather permitting on a park bench among many other park benches with many other visitors of other inmates all congregated in the prison yard. And on these days it could get very uncomfortably chilly after a while on a cold and damp day.

On these Sundays it could also make for a long day because we would go to visit him in between church services. My day would start at 6:15 a.m. with a devotional, coffee, and spending time with God in prayer, before having to stir my daughter awake and going about the business of the both of us getting ready to be at church. For me, it was choir practice by 9am before Sunday service. At 9:45am, time for Sunday school, and at 10:30am, it was time for worship and preaching. By the 12 o'clock hour, all would be come to a close. Evening service starts promptly at 6pm with choir practice starting at 5pm.

All in all, as long of a day it seemed to be before I knew it, the hours on one particular Sunday had flown by and after a good visit, it was time to turn around and go back for evening worship service. As the hours had passed the weather turned a bit to the cool side and the clothing we had on was just

Pastures



not enough to ward off the drop in temperature. And with a little time to spare I decided to swing back home to grab up some warmer jackets. As I turned down the road that led back to my house I passed fields of long green grass in fields of pastures on both sides of the road just flowing over by the wind. On such a dreary and blustery afternoon on a day that started out much like an early summer day in January, at that very moment I was so overtaken by such a beautiful sight in appreciation of God's great green earth. However, I had only begun to realize what the Lord would have me to soon know and truly appreciate. He was about to show me that what I was now experiencing was beauty of those green pastures through His eyes.

When I got to church that very same evening, can you guess what the Pastor told the congregation to open their bibles too? Oh how the goodness of the Lord will reveal itself when I seek Him wholeheartedly. The rewards, Heaven knows, and now so would I. The sermon was a reading from the book of Psalms, Chapter 23: *The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, he leads me beside quiet waters, He restores my soul. He guides me in the paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely*

goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

As I thumbed through the pages of my bible I knew that I was familiar with that scripture but couldn't put my finger on it. Just as soon as I got to it and the Pastor started to preach I instantly was confounded with all that God had been showing me. As I came into the heavenly realm of God's presence, my spirit soared and I looked up at the ceiling of the sanctuary toward heaven and said out loud to God himself "You have got to be kidding me, seriously!!!"

Folks, the application in this area are that I was truly fed by the Holy Spirit about what it means to be a sheep, to live as a sheep, and to experience the joy of being a sheep in the Great Shepherd's Green Pastures. How overwhelming is it when I know that I know, that God shows me, one on one, His will for my life and helps me to experience His Glory in my every day and in His word. My cup is now running over!!



How *clean* is Spring Lake, North Carolina?

By Nellie L. McCoy

When one thinks about the size of a town, one must not only look at the land. The size is the compilation of land, Lakes, buildings, houses and the inhabitants both people and animals. A few years ago one could see deer crossing Odell Road as a family. I remember driving down Odell road, and I saw looking at me four deer crossing the road. I stopped to allow them to pass quietly. Later the same year the highway department posted deer crossing signs. Two neighbors chased a large snake in their yard and Spring Lake's finest came and removed the snake. The new apartment complex had taken over their home. On any given day many people could see nature at its best in our path.

Just as any old small towns people have a tendency to congregate in places to have lively conversations about the matters of interest about the town. I have read about some of the historical happenings all over this beautiful place called Spring Lake. One can see lush green lawns, rolling lakes and land masses where beautiful flowers adorn some homes and businesses.

Let us be mindful of old unattended buildings and houses with unattended yards. Real Estate agents should not forget about the empty houses and lots for sale and clean them. Too many cars are parked on lawns, too many recreation vehicles on lawns, old trucks just sitting, and yes too much clutter in some yards. Why are we saving all of that trash? I can imagine that the producers of the popular show on TV "Hoarders" would relish an invitation to some of these yards to remedy these situations.

We have a schedule given to us on pickup days, but some residents wait until the trash has been picked up for the week and they suddenly remember. They drag out trash to adorn the yards and the sides of the street after the trucks leave. I'm just saying the idea is to put the trash out before the trucks come not after. The large debris trash trucks stay busy patrolling the streets picking up old stuff, but they alone cannot remedy these situations. Only we, the citizens, can make the difference.

I heard an impassioned plea from Aldermen in a board meeting in April, 2013 talking about enforcing the laws already on the books to take care of some of these ills. He stated that ordinances are on the books and need to be enacted by the Code Enforcement officer and his associates.

There is so much good being accomplished by volunteer groups that I can't overlook. The Appearance Commission holds two trash cleanup days per year and seems to be accomplishing a lot of good things. Private Citizens walk along some streets and personally pick up trash daily, and they are not going unnoticed. We thank you all for a job well done.

Please don't think of this as a complaining assessment but a look at the good and the ugly in our beloved Spring Lake, North Carolina. This is a true sign of growth for the town. It mimics so many places just like it in small town America, and that makes up the wonderful small town charm.

Thank you to our troops for your service



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Welcome to Fort Bragg, North Carolina! One of the busiest military complexes worldwide, Fort Bragg is home to the legendary 82nd Airborne Division, the XVIII Airborne Corps, the U.S. Army Special Operations Command, United States Army Forces Command, United States Army Reserve Command and the U.S. Army Parachute Team ... the Golden Knights.

By population, Fort Bragg is the largest Army installation in the world, home to nearly 10 percent of the Army's active component forces.

Womack Army Medical Center, a state-of-the-art medical complex, is an integral component of Fort Bragg's military mission.

Womack Army Medical Center is dedicated to Medal of Honor recipient PFC Bryant Homer Womack, a courageous medic who gave his life tending to the wounds of his fellow soldiers, even though he, himself, had sustained mortal wounds during a surprise enemy attack in Korea in 1952.

Womack's mission is to provide the highest quality health care, maximize the medical deploy ability of the force, ensure the combat readiness of Womack's personnel, and sustain exceptional education and training of U.S. Army Medical Department personnel. In support of the Global War on Terror, Womack has deployed significant numbers of healthcare providers to overseas contingency operations.

Womack serves all branches of the military: Army, Air Force, Navy, Marines, and Coastguard, both Active Duty and Reserve and the National Guard.

Womack provides healthcare to more than 225,000 TRICARE beneficiaries. This includes Active Duty service men and women, their families, retirees and their families.

Womack physicians, military and civilian, use the latest technology to better serve patients. From interventional radiology techniques to laser eye surgery, our physicians keep their fingers on the pulse of modern medicine. All Womack personnel adhere to the national patient safety goals and Womack is accredited by the Joint Commission.

Customer service is a top priority at Womack, and every person who walks through the doors of this facility is treated with dignity and respect, courtesy and compassion, honor and integrity.

The Womack Commander encourages these values through the vision of Womack as the "Army's Medical Center of Excellence ... the choice of America's finest." These core values are demonstrated daily by the team of over 4,000 dedicated employees.

Within Womack Army Medical Center reside numerous specialty clinics, such as Cardiology, Hematology/Oncology, Obstetrics /Gynecology, Inpatient Behavioral Health Services, Pulmonology, Orthopedics, Vascular Surgery, Mild Traumatic Brain Injury Clinic, Pain Management Clinic, Substance Abuse, Otolaryngology, Ophthalmology, Preventive Medicine, Physical Therapy/Occupational Therapy and Pharmacy, Gastroenterology, Allergy, Physiatry, Podiatry, Optometry, and Physical Exams. Together with the Fayetteville Veterans Affairs Medical Center, Womack conducts physical disability processes for injured and wounded Soldiers.

In addition, the complex houses a Neonatal Intensive Care Unit nursery and a Cardiac Catheterization Laboratory. With two state-of-the-art MRI machines and a robotic pharmacy, Womack is one of the most technologically advanced medical facilities in the Department of Defense system.

Seven primary care clinics are operated under the auspices of Womack.

Robinson Health Clinic is named for General Roscoe Robinson Jr., the 82nd Airborne Division's first African-American commander and the Army's first African-American 4-star General. This clinic serves more than 35,000 division paratroopers and their families.

The Joel Health and Dental Clinic are name for Medal of Honor recipient Sergeant First Class Lawrence Joel. Joel Clinic accommodates more than 12,000 Theater Sustainment Command soldiers and their families.

Clark Health Clinic, named for North Carolina native, Colonel Mildred Clark, the last person to hold the position of Chief, Army Nurse Corps as an active duty Colonel. The position was eventually upgraded to Major General. Clark Clinic serves more than 32,000 Special Operations Command soldiers and their families.

Womack Family Medicine Clinic, located inside Womack Army Medical Center, serves more than 22,000 soldiers of the XVIII Airborne Corps and their families.

Troop and Family Medicine Clinic serves nearly 7,000 Airmen, Soldiers and Family Members from Forces Command (FORSCOM), United States Army Reserve Command (USARC), all Air Force units assigned, plus enrolled TRICARE Prime retirees and their Family Members. The Pope Clinic will be replaced with a new clinic on Knox Street in the near future.

Two new community based clinics are staffed to provide a full range of family medicine within the medical home model. One is located in Fayetteville and one is located in Hope Mills. There is a plan to add another community based clinic in the Linden Oaks area in the near future.

To enhance timely urgent care treatment, the medical center implemented expanded hours at the Primary Care clinics and

Other healthcare facilities that are closely associated with Womack are also located on Fort Bragg, such as the Fort Bragg Regional Vaccine Healthcare Center, offering vaccine-related education, immunization, training and outreach programs.

For more information, please call 910-907-6000 or log onto www.wamc@amedd.army.mil and/or follow us on Facebook.



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- Chronic Pain
- Fibromyalgia
- Chronic Fatigue
- Arthritis
- Orthopedic Conditions
- Pregnancy-related Back Pain

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We have a certified massage therapist on staff who is trained in deep tissue, trigger point therapy, and Swedish massage. Our pain relieving modalities include: mechanical neck and back traction, intersegmental traction, interferential current, sine wave stimulation, and heat and ice.

Dr. Driscoll also offers diet/nutritional and exercise counseling; stress management; wellness/preventative care. She is one of the few doctors in the area who offers Cox Flexion Distraction technique and Impulse adjusting techniques (She uses the Impulse IQ™ which offers Auto-sense Technology to Intelli-adjust the spine and extremities).

We also have an independent practitioner available who is trained in Reiki, Pranic healing, and Flower Essence therapy. These types of energy healing are wonderful natural alternatives to taking medication and to enhance your overall health and well-being.



Central Harnett Hospital

Central Harnett Hospital, 215 Brightwater Drive in Lillington, opened on January 18, 2013 to provide access to local, quality healthcare to citizens of Harnett County and surrounding areas. The two-story, 122,500 square-foot facility has 50 private inpatient rooms and is designed to expand based on the growing area population. It is a well-built, conveniently designed, high-tech facility with beautiful finishes constructed to provide a safe, healing environment for all who enter.

The hospital has outpatient services that anyone can use – you don't have to be admitted to the hospital to use these services: Medical Imaging, Surgical Services, Cardiovascular Diagnostics and Lab Services.

Medical Imaging

The medical imaging department at Central Harnett Hospital has state-of-the-art technology and offers six separate services: Magnetic Resonance Imaging (MRI), 64-Slice CT Scanning, Nuclear Medicine Imaging, Ultrasound Imaging, Full Field Digital Mammography, and Diagnostic Digital Radiology.

Surgical Services

Three large operating rooms and one minor procedure room are available at the hospital for a wide range of arthroscopic and laparoscopic surgeries and minimally invasive procedures. For day surgery patients, we have a convenient discharge area designed for extra privacy, convenience and peace of mind for you and your family.

Cardiovascular Diagnostics

Our highly trained respiratory therapists and diagnostic therapists use all new equipment for vascular studies and procedures such as stress tests and echocardiograms.

Lab Services

Patients may have a variety of blood work tests performed at the hospital.

There is an emergency room with 13 treatment bays, two resuscitation rooms and a decontamination room. The emergency room is fully-equipped and staffed to handle many types of medical emergencies. We have qualified, well-trained employees with emergency medical experience who are ready to help you.

Central Harnett Hospital also has Hospitalists on staff to provide care for patients who may not have a primary care physician. Hospitalists are physicians available 24/7/365 to ensure the highest level of care for patients.

The hospital also has a Customer Care Team to help ensure you and your loved ones have a positive experience at the facility.

Central Harnett Hospital is only 20 miles from the Spring Lake area. Come and experience our quality, compassionate care at Central Harnett Hospital.

Call 911 In Case Of Stroke

By Janet Conway



Gabriel Pantol, M.D., Jamie Dickerhoff, NP, and Yongqin Wu, M.D., of Cape Fear Valley Neuroscience Center, work with stroke patients through the office's newly certified Primary Stroke Center.

Stroke may be a small word but it can have a big impact. Imagine suddenly being unable to speak or becoming paralyzed on one side of the body. If not treated promptly, the symptoms can become permanent or even fatal.

More than 140,000 Americans a year die from stroke, making it the third-leading cause of death. Another 660,000 people survive stroke attacks every year, also making it the leading cause of serious, long-term disability.

Strokes are brain attacks. The blood flow to the brain is interrupted either by an artery blockage, ischemic strokes, or when a blood vessel in the brain bursts, called hemorrhagic strokes.

Cape Fear Valley Health recently received Advanced Certification as a Primary Stroke Center under The Joint Commission's Disease-Specific Care Certification Program. The Joint Commission surveyors granted the certification in March after completing an on-site survey of Cape Fear Valley's stroke program.

"Having Advanced Certification as a Primary Stroke Center demonstrates our commitment to best practices in stroke care," said Gabriel Pantol, M.D., Chief of Neurology and Medical Director of the Stroke Program. "Patients can feel confident coming to Cape Fear Valley knowing we have the processes and services in place to provide top quality stroke care."

Having a certified stroke center means patients can receive life-saving, clot-busting medication sooner, if they're having ischemic strokes. These artery-blocking strokes are the most common type. The medicine must be administered within three hours of first symptoms to be effective.

If you suspect a stroke, call 911. Don't try to drive yourself to the hospital. Paramedics are trained in advanced life support techniques and know the signs and symptoms of stroke. If EMS personnel suspect a patient is having a stroke, they call ahead to the Emergency Department to alert a special stroke treatment team.

Stroke symptoms include sudden weakness or numbness of the face, arm or leg, especially on one side of the body; confusion, trouble speaking or understanding; trouble seeing with one or both eyes; trouble walking, dizziness, loss of balance or coordination; or severe headache with no known cause.

If you do suspect someone has suffered a stroke, use the **FAST** test:

F = Face: Ask the person to smile. Does the person's face droop on one side?

A = Arms: Ask the person to raise both arms. Does one arm drift downward?

S = Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T = Time: If you observe any of these signs, call 911 immediately.



Gardening... The Hobby of **Royalty**

By Ron Rayburn

Gardening has for many centuries been the passion and hobby of royalty. From ancient Persian palaces to the most splendid gardens of European monarchs, the wealthy have often sought solace in an environment of green. An array of unique plants adorned these gardens that were designed by the most creative architects, constructed by the best artisans, and kept by a small army of workers. But for the vast majority of people, gardening was once a necessity. Food grown in the garden would provide a substantial portion of daily meals for those who lacked opportunities to earn sufficient money to exchange for needed food.

In recent decades the purposes of a garden have shifted to beautification of our urban environment, attempting to provide nature's touch to communities of wood, bricks and concrete. It is no longer simply the rich and powerful who are able to own a beautiful garden. In the modern-day, many individuals have taken up this great past-time with nothing more than a small urban yard, some time, and a minimum of financial resources. Not with the intent to mimic the lifestyle of the rich and famous, but simply to add a tranquil setting to an otherwise hectic life. However, gardening is not without the occasional frustration.

The grass, trees, and shrubs we choose to place in our landscapes are not the same ones nature might choose to place there. The fact is... our landscapes are in a constant battle with nature. Insects, disease, and weeds are all miraculously designed to eliminate many of the plants we deem desirable and to encourage a return to nature's grand plan.

As is frequently the case, nature's priorities and our own priorities are not always the same. We may feel thistles in the lawn are unattractive and must be eliminated...even if it requires instigating chemical warfare. Nature deems finches are necessary and beautiful... and will go to great lengths to insure they are offered a proper diet. If we indeed garden to achieve a tranquil kingdom then perhaps we need to learn more about how to strike a compromise with nature. Much has been published about utilizing native plant selections when designing landscapes...plant species that require less water; species that provide natural defenses against pests; species that provide food and cover for birds and mammals. You may

not find a good selection of these plants at big box retailers. Most of these species cannot be pigeonholed to mesh with their national marketing requirements. Take time to communicate with some of our local growers and independent garden retailers. With a little searching, desirable plants can be found that, if not actually native to the Sandhills, will closely mimic characteristics that sync naturally into our environment.

Perhaps it comes down to determining how we wish to rule our royal domain. Are you an iron fisted autocrat capable of unleashing chemical warfare upon your inhabitants? Or perhaps you are a ruler who considers the needs of all subjects of your realm. I have tried to become a kinder, gentler monarch. I now strive to provide habitat for a diverse mix of creatures to frolic among an array of carefully selected plant varieties that thrive in harmony with our Sandhills environment. But I will not tolerate interlopers that take advantage of my benevolent reign. If that squirrel continues to empty the bird feeder and harvest my green tomatoes prematurely... the cute little fur ball is going to learn who is lord and master of the kingdom in which he dwells.



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SANDHILLS *SANKOFA Festival* And The Art of Gospel



On May 18, 2013 the Sandhills Family Heritage Association celebrated their Sankofa Festival. One of the main purposes of the organization is to retain the rich African American history of the area. The days events included food, dance, music, children's activities, art, crafts, educational exhibits and a lot more. Aimee Jenkins is the Executive Director and one of the Founders of the organization.
<http://www.sandhillsfamilyheritage.org>



Main Street Master Plan a strategy for a new beginning

The expansion of highway 87 is coming. Many of us are not looking forward to the traffic congestion generally associated with the road construction and most if not all cases bumper to bumper traffic is a headache for all who experience it. We have also seen many of our favorite businesses along Highway 87/Bragg Boulevard demolished, closed permanently and/or relocated. The immediate impact appears to be devastating to the Town of Spring Lake.

However, there may be a silver lining in the mist of this desolation. The North Carolina Department of Transportation at the urging of elected officials and members of the business community lobbied successfully for the construction of an overpass/bridge that will take vehicular and pedestrian traffic from the east side of town unto Main Street. The overpass along with traffic detours associated with the highway construction will increase the traffic count on Main Street and potentially make it a well-traveled secondary business district.

Why Main Street in Spring Lake? It has not been seen as a viable option for business attraction or location in quite some years. The post-World War II, building -stock design and construction does not fit what many would think of a traditional downtown. In addition, a lot if not all of the buildings need updating or demolishing. That is not unlike many other Main Street or Downtown's across the country and in the state of North Carolina. Although Spring Lake's Main Street lacks the historical character of some of your more traditional Main Streets it has character nonetheless. It also presents an opportunity to take advantages of the uniqueness of our Main Street.

So since the summer of 2012 the Greater Spring Lake Chamber of Commerce has contracted with McGill and Associates to develop a Main Street Master plan to include streetscape design and façade guidelines. The Master plan is designed to be the blueprint for making downtown more attractive and safer for both vehicular and pedestrian traffic. The plan calls for widening of the sidewalks to allow room for outdoor seating, trees alongside the new sidewalks and for creative but uniformed façade improvements.

Believe it or not façade and other improvements have already occurred on Main Street. Kingdom Community Development and Bragg Hospitality will soon be headquartered on Main Street, they currently occupy what once known as the old pool hall and Jamaican club. And the Professional Building recently resurfaced its parking lot in the back of the building. Although it may not appear like it, these businesses have already invested close to \$500,000 dollars in remodeling and updating the inside and constructing rear parking access to those buildings.

The next step is to attract additional investment by other business owners on Main Street. The façade guidelines and the grant from Cumberland County for a pilot façade program can be the catalyst to this new investment. The combination of low interest loans and matching grants can assist those owners interested in updating the façade of their building.

For more information please contact the Chamber of Commerce at ContactUS@springlakechamber.com or at (910) 497-8821.

By Jeffrey C. Hunt,
President and CEO
Spring Lake Chamber of Commerce

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Bethel African Methodist Episcopal Zion Church

255 Vass Road Spring Lake NC 28390
910-497-3445

bethelamezionchurch@centurylink.net

Rev. Kenneth M. Brooks, Pastor



Bethel African Methodist Episcopal Zion Church has been in existence since 1882 (131 years), when Uncle Jack Murchison built a Brush Arbor named the Little Ark, to preach to two neighboring plantations known as the McDermits and the Murchisons. Bethel has a rich history in the Spring Lake community. Many of Bethel's members were part of the civil rights movement in North Carolina. One of our members, Hattie Searles was the first student to attend Pine Forest High School as integration began to take shape in this community. We have had many preachers, educators, entrepreneurs, lawyers, doctors, musicians, military officers and enlisted personnel, professionals, politicians, homemakers and just plain hard workers to come out of this church to make their lives and the lives of others better. We owe this all to the mission and vision of this church

Our Mission is make Disciples for Christ, through Evangelism, Fellowship, Spirituality, Worship, Education, Economic Empowerment and Development in an effort to aid all of humankind in having a more abundant life. Our Vision is to preach, teach and reach; nurture and increase the family of God, focus on spiritual growth, evangelism, education and economic development, reach out into the community, schools, colleges, hospitals, and nursing facilities; to teach Zion Methodism and support the work of Christ through giving of tithes and offerings, talent and time.

(When Jesus saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples "The harvest is plentiful, but the laborers are few; pray therefore the Lord of the harvest to send out laborers into his Harvest.") Matt 9:37, Luke 10:2

Our Ministries

Missionaries

Our Young Adult Missionary Society and the Bureau of Supply have worked hard in helping people that are in need. They have provided food, clothing and toiletries to Homeless Shelters, people that lost everything through fire and other community people in need were able to come to our church and get the clothing and food they needed.

Rest Home

Our Rest Home Ministry, ministers at 7 PM each Thursday, at Whispering Pines Nursing and Rehabilitation Center and each Saturday, 10 AM at Haymount Rehabilitation and Nursing Center. They share God's word to those residents that are unable to attend church services. During special holidays such as Christmas, we work with this team to provide a worship service in which our pastor presents a Christmas message and the choir sings Christmas Carols. Dinner and gifts are provided to residents.

Rev. Kenneth M. Brooks, Pastor

Health and Wellness Ministry

During this day and time when people are without jobs and health insurance, it is a necessity that we remain vigilant in taking care of our health. This ministry have representatives from various health fields to do work-shops on health issues that are prevalent in our church; such as hypertension and diabetes. There is one person assigned from this group to do blood pressure checks once a month. We have also had workshops on healthy eating and exercise. Through this ministry we have also held blood drives. The next one is scheduled for October

Caregivers Ministry (Pair Care)

So many times we are faced with caring for an ill relative or loved one. Our Pair Care Ministry was developed to provide assistance to care-givers. A Caregiver can contact this ministry for assistance when needed. With Pair Care, two people are designated to sit with the homebound so the caregiver is able to make doctors appointments, shop, errands, or just have time to relax and rejuvenate for a few hours.

Children's Church Ministry

Children's Church is held each Sunday . These children are taught God's word, his love for mankind and what it means to have Him in their life in a way that they can comprehend. The teachers develop a lesson plan for each week of study. Every 4th Sunday is Youth Sunday. The youth preside over morning worship and the youth choir provides all music for morning service.

Tutoring Program

We want our children to do their best at school. For those students that are having prob-blems in their studies, our tutoring program is available to address their needs. Tutoring is held at Bethel on Tuesdays at 5:30 PM and Satur-days at 10 AM. The tutors also help prepare the students for End of Grade (EOG) and End of Course (EOC) Testing

What We Believe

We believe that Jesus Christ died for everyone not just a chosen few and that humankind is made right by the grace of God, not earned by anything one might do. We believe that the "new birth is the means by which a person becomes a Christian and then matures in the faith. We believe the Holy Spirit bears witness to those who are born again that they are the children of God and joints heirs with Christ. We believe that one can have a life of joy and obedience as scripture as scripture tells us, If any man be in Christ, he is a new crea-ture. Old things have passed away, behold all things are become new".

We invite you to be a part of this ministry. Please join us for one of the following services: Each Sunday morning at 9:30 AM—Sunday School, 11 AM—Morning Worship; and each Wednesday, 12 Noon and 6:30 PM—Prayer and Bible Study.

“Changing the World, One Heart at a Time”

By Elizabeth Myers



When you think of bikers, there are almost certainly a few pop culture icons that pop immediately to mind – James Dean in *Rebel Without a Cause*, Peter Fonda and Dennis Hopper in *Easy Rider*, Marlon Brando in *The Wild One*. All of these bikers were young men with chips on their shoulders, that refused to fall into line with society’s desires. Even to this day, many still have this image in mind when they think of bikers, but truthfully, over the last few decades there has been a shift in the lifestyle of the average biker. As the price and style of motorcycles have climbed, so too, have the average ages and incomes of those that ride them. No longer are bikers teenage thugs, but doctors, lawyers, police officers – and even Christians.

As odd as the combination of these two groups may initially seem, there is a lot of mutual benefit to be had in a crossover between Christians and bikers, and there is, after all, no real reason that one should not be the other. Bikers gain more respectability and Christians gain another way to (literally) spread the word. The concept is becoming so popular that there are dozens, if not hundreds, of Christians Bikers Associations throughout the United States, including right here in North Carolina.

The motto of the Christian Motorcyclists Association is “Changing the world, one heart at a time.” According to its website, the group accomplishes this by “Evangelistic outreach primarily, but not exclusively, to the motorcycling community, equipping our members in ministry training that aligns itself with Biblical truths,” and maintaining “a servant’s attitude to the world and to our members” among other practices. Members are expected to always live and present themselves in an appropriately Biblical manner, and to give help to others wherever it may be needed.

As novel as the idea may seem, when one really gives it thought, it makes perfect sense. The only way to gather more members to your faith is to spread the word, and what better way to do that than to get out and travel? When you see a group of motorcyclists roaring down the road, you can’t help but pay attention. If those riders happen to be members of the CMA, you will see the patches of their association on their clothing, so even while riding down the highway, they are spreading the gospel.

“The Christian Motorcyclists Association is interdenominational and evangelistic in nature. Collectively, the states work together to spread the Gospel of Jesus Christ throughout the United States. Chapters are spread throughout the state, and Chapter leadership works closely with State leadership to spread the Gospel of Jesus Christ throughout the motorcycling community and around the world.” If you or

someone you know may be interested in joining the CMA, they are always looking for more members. All of the information you need is on their website, including a listing of their Chapters nationwide, so that you can find one near you to get involved in. While there are requirements to join the group, they remind you to always keep the most important in mind. “The first and most significant requirement for membership in CMA is that you acknowledge you have accepted Jesus Christ as your personal Savior and Lord.” If you want to spread the joy that you have found in your life, have a desire to help others, and a love of fellowship (and motorcycles), this may be the group for you.

The Christian Motorcyclists Association website can be found at <http://www.cmausa.org>[Soft Break]



2012 Rally



Bike Games





Buddy Valastro

a simple, familiar ingredient? With a few expert tips from Buddy Valastro, author and star of TLC's "Cake Boss," you can take your sweet treats from good to great in no time.

—**Start with Quality Ingredients** — When you start with better ingredients, you end up with a better cookie or brownie. Use real butter, high-quality vanilla and great tasting chocolate. Here, Buddy shares some of his favorite recipes that use M&M'S candies to add an extra special touch to family favorites — making them even better.

Ultimate Peanut Butter Brownies

Prep time: 10 to 15 minutes

Bake time: 30 to 40 minutes

Yield: 32 brownies

- 4 ounces semisweet chocolate
- 1 cup canola or vegetable oil
- 2 cups sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 cups M&M'S Peanut Butter Candies, divided

Preheat oven to 350°F.

Lightly grease a rectangular 13 x 9 x 2-inch pan

In 3-quart saucepan, gently combine the semisweet chocolate and oil over very low heat until melted. Remove from heat and allow to cool.

In separate bowl, combine sugar, eggs and vanilla extract until blended. Add in chocolate mixture. Slowly sift in remaining dry ingredients and mix until combined.

Fold in 1 1/2 cups candies.

Spread batter into pan. Sprinkle with remaining 1/2 cup candies and press lightly.

Bake until brownies begin to pull away from sides of pan, about 30 to 40 minutes.

(Family Features) You might have a favorite cookie or brownie recipe — but did you know you could make it even better by adding

—**Chill the Dough** — Leaving cookie dough in the refrigerator gives it more body and results in a fuller and better tasting cookie. Plan ahead so you can refrigerate your dough at least one hour — or, even better, overnight.

—**Keep It Uniform** — Use a small ice cream scoop to keep your cookies the same size. This not only helps them look professional, but bake up evenly and consistently.

—**Pans Matter** — Bake cookies on light-colored, non-insulated cookie sheets without sides. Metal pans will cook brownies faster than glass pans, which means cooking times will vary. Start checking your brownies early to test if they're ready and prevent over baking. You can find more sweet baking tips and recipes at www.facebook.com/mms.



Ultimate Peanut Butter Brownies

Simply Sweet Cannoli

Prep time: 20 minutes

Yield: 24

- 1 cup Snickers Bars, finely chopped
- 1 1/2 cups part skim milk ricotta
- 1/3 cup sugar
- 1/2 teaspoon grated orange zest
- 1 resealable plastic bag
- 24 mini cannoli shells, unfilled
- 1/2 cup M&M'S Chocolate Candies

Combine chopped candy bars with ricotta, sugar and orange zest.

Spoon mixture into resealable bag and snip off a 1/2-inch corner.

Fill cannoli shells by squeezing in filling from each end.

Decorate both ends with chocolate candies.

Simply Sweet Cannoli



Milk Chocolate Minis Cookies

Prep time: 10 to 15 minutes

Chill time: 1 hour to overnight

Bake time: 7 to 12 minutes

Yield: 24 to 30 cookies

- 1 cup (2 sticks) butter, softened
- 3/4 cup firmly packed light brown sugar
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 1/3 cup cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 3/4 cups M&M'S Milk Chocolate Minis Candies
- 1 cup chopped walnuts (optional)

Preheat oven to 350°F.

In large bowl, cream butter and both sugars until well blended. Add eggs and vanilla extract, and mix to combine.

In separate bowl, sift flour, cocoa powder, baking soda and salt. Slowly add dry ingredients to butter mixture, and stir until combined.

Fold in candies and walnuts, if desired. Chill dough 1 hour, or overnight.

Drop dough by rounded tablespoons onto lightly greased tray, about 2 inches apart.

Bake for 7 to 9 minutes for chewy cookies, or 10 to 12 minutes for crispy cookies.

Amazing M&M'S Cookies



Amazing M&M'S Cookies

Prep time: 10 to 15 minutes

Chill time: 1 hour to overnight

Bake time: 8 to 14 minutes

Yield: 24 to 30 cookies

- 1 cup (2 sticks) butter
- 2/3 cup brown sugar
- 2/3 cup granulated sugar
- 1 egg
- 1 1/2 teaspoons vanilla extract
- 2 cups flour
- 1 1/4 teaspoon baking soda
- 1 teaspoon salt
- 1 3/4 cups M&M'S Milk Chocolate Candies

Preheat oven to 350°F.

In large bowl, cream butter and both sugars until well blended. Add egg and vanilla extract, and mix to combine.

In separate bowl, sift flour, baking soda and salt together. Slowly add dry ingredients into butter mixture and stir until combined.

Fold in candies and chill dough for 1 hour or overnight.

Drop dough by rounded tablespoons onto lightly greased tray, about 2 inches apart.

Bake for 8 to 10 minutes for chewy cookies, or 12 to 14 minutes for crispy cookies.

Milk Chocolate Minis Cookie



Shop smart for vintage signs

Vintage signage and artwork is a growing trend in home decor.

Decorating with vintage pieces can add an eclectic flair that sets your home apart from others. Instead of the cookie-cutter designs mass-produced for home centers and department stores, antique decor can be interesting, eye-catching and, depending on where you shop, more affordable.

One growing trend in decorating with antiques is the use of vintage signs as artwork or even to serve as cabinet doors or headboards. Vintage signs lend well to kitchens and bathrooms but can be used throughout a home as well. Few things can compare to the drama, color and unique typography provided by antique signs. And they can be used with cottage decor or even in more contemporary homes.

Those shopping for vintage signs may have noticed that the increase in demand for such signage has led to an increase in price. However, there are still bargains to be had with regard to vintage signs.

Savvy shoppers often begin their quests for vintage signs at estate and garage sales. Many times people stash away old belongings in attics and basements, unaware that vintage items are highly valuable to others. Shoppers can find great deals on vintage signs at estate and garage sales. Bargains also can be found at store closings and liquidations. You may even be able to purchase the actual sign from the shuttered store.

Online auctions are another place to search for vintage signs. Buyers can bid on signs offered at auction and have many options to choose from. Keep in mind that you may pay more for the convenience of online auctions, and other shoppers can quickly drive up auction prices.

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Antique shops are another venue for antique signs and coordinating pieces. Some sellers specialize in vintage signage.

Antique stores are popular in many tourist towns and major cities, where more artistic neighborhoods tend to include one or more antique shops. If a particular antique store does not have what you are looking for, they may be able to secure certain pieces you desire from other vendors.

Shoppers looking for antique signs also can purchase reproductions. There are many retailers that produce very good likenesses that may be considerably more affordable than the originals. You also can commission an artist to reproduce signage that fits with your design plans. Some research online or a query of artists in your community may yield prospects who can produce the sign you covet.



Decorating with vintage signs and other artwork becomes much easier when you know where to start your search for materials. Scouring sales, antique stores and even online auctions can generally produce a bevy of options.

HELP WANTED

Are you a self-motivated person looking for a part-time job? Are you looking for something where you can work your own hours? If so, Cape Fear Marketing is looking for a Sales Executive to sell advertising for The Greater Spring Lake Metro Magazine in Cumberland County and surrounding areas. Experience preferred but willing to train.

Requirements:

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Host an Extraordinary Outdoor Bash



(Family Features) What do you get when you combine great food, good company and a beautifully set table? One truly memorable party.

No matter what the reason for the gathering, find your inspiration from the splendor found outdoors. Picture a rustic table set under the olive trees in the Italian countryside or warm, gentle breezes rustling through a gorgeous garden in the South of France. Nature draws you in, invites you to sit down and encourages you to savor special moments.

Create the same experience for your guests at your home. Set a wooden table under shaded trees or a covered patio then gather several chairs around. Keep decorations simple and let the natural elements set the mood.

There is something about flowers that instantly makes any gathering feel special. Place several large sunflowers into a vase for the center of the table – or trim the stems off your favorite blooms and float them in a large serving bowl. For another simple centerpiece, line several glasses or small bowls down the center of the table and place a single blossom in each. No flower arranging skills required.

Carry out the alfresco theme with dishes inspired by nature, such as Pistoulet dinnerware from Pfaltzgraff. Reminiscent of the light and colors of Southern France, the collection features colorful renderings of flowers, vines, and vegetables set against wide watercolor washes.

Here are few more easy tips to make your next outdoor party a charming and memorable event:

- Choose music that is light and uplifting. Make sure it isn't so loud that guests can't carry a conversation.

- If you use a tablecloth or runner, strategically place small bowls or serving pieces, such as a Pistoulet Le Petite Platter, around the table to keep the cloth secure.

- Slip sprigs of green inside the folds of the napkins for a decorative touch. Tuck flatware inside the napkins to help keep the linens from blowing off the table.

- Mix earthy elements into the table decor. Make your party a winner, naturally, by adding pinecones, moss, or small flowers to decorative Pistoulet bowls.

- Select several smooth stones and write each guest's name on them. These organically chic place cards make a memorable party favor.

- Serve a signature drink named after the theme or celebration of the party.

- Place votive candles in clear containers or glasses for a casual, romantic glow.

The secret to great entertaining is keeping things simple. Parties should be uncomplicated, easy and just as much fun for the hosts as it is for the guests. Start with a simple menu and then get everyone outdoors to enjoy the splendor of warm breezes, lush trees and colorful flowers.

For more information, recipes, and table setting ideas, visit www.Pfaltzgraff.com.

Pool parties make birthdays easier and fun

In an era of over-the-top, ultra-expensive birthday parties whose extravagance rivals lavish weddings, some might find it invigorating to scale things down and host a pool party. A pool party is an ideal way to host a birthday or other special event without having to do a lot of planning. All that is typically needed is an available pool and party participants ready to have a good time.

Many people mistakenly think that a pool party is something that can only be done during the warm weather. Actually, you can plan a pool party any time of the year. Many fitness gyms, schools and scuba certification locations open their pools up to public parties. Therefore, whether the event is held in June or January, chances are there is a pool available that can accommodate the crowd. One main advantage to a pool party is that the pool is the entertainment factor for the guests. There's no need to spend hours thinking up games or other forms of entertainment. Swimming, splashing and jumping into the water will keep many guests occupied for hours. If you prefer more structure, consider relay races, diving games and water volleyball.

Party preparation

Start with the invitations when preparing the party. Select a colored paper or pattern that is reminiscent of pool water. A vibrant aquamarine would fit the bill. Print out a catchy phrase that describes the upcoming event (i.e., Jimmy's Party is Bound to be a Splash), and be sure to remind guests to bring towels and bathing suits. If you will not have enough chairs for all guests, ask them on the invite to bring a beach chair as well.

Put together a selection of music that evokes summer fun or tropical locations. There are bound to be compilation playlists available for purchase. An instrumental steel drum album also would be effective. Remember, whether it is warm or cold outside, this pool party should look and feel hot. Music will help set that mood.

Tie decorations into the theme. Purchase or rent inflatable palm trees and string lantern lights around the party area, if possible. Keep plenty of beach balls on hand to toss around in or out of the water. Table linens can be purchased in bright hues to match the blue, red and yellow strips of a beach ball. Be sure to have plenty of fun pool toys available, such as floats and water guns. Have a few extra pairs of eye goggles on hand as well as sunblock (if the party is outdoors) in case swimmers forgot their own.

Pool party food

Think about which foods to serve at a pool party. Light, finger foods are ideal because they won't sit heavily in guests' stomachs. Think about tea sandwiches, fruit and vegetable skewers, salads, and shish kabobs, served along with chips and dips. If the party will be in the backyard, barbecue fare also may be quick and easy, especially if there are a good number of guests.

Create a number of tropical-inspired beverages. Anything with the taste of melon, mango and pineapple would fit in with the theme. Serve the same types of frozen drinks in both alcoholic and nonalcoholic varieties so everyone can enjoy a taste. Finger foods reduce the amount of cutlery and dishes needed and that amounts to a faster clean-up.

One of the final factors of pool-party food is the dessert. Look to individually served desserts that can be eaten by hand. Opt for cupcakes with blue frosting and a gummy fish on top. Ice cream cone sundaes are ideal on warm days. Other guests might like bite-sized fruit and custard tarts.

Pool party safety

When hosting a pool party, emphasize safety. Remember, a person can drown in just a few inches of water in a matter of minutes. According to Kids Health, drowning is the second most common form of death from injuries among kids under the age of 14. Here are some precautions to take when hosting a pool party.

- * Designate a life guard. If your party is at a public pool, ensure a lifeguard will be on duty. This person should not leave his or her post unless someone else relieves them. Designate a lifeguard at a private party as well, even hiring an off-duty lifeguard if no guests can perform the necessary duties.

- * Make sure fences around the pool are tall enough to prevent accidental falls into the pool and that they are secured with self-latching gates.

- * Insist that children who cannot swim use a Coast Guard-approved life vest or another approved flotation device. Inflatable water wings are not effective against drowning.

- * Be sure no one pushes or jumps on others in and around the pool.

- * Limit the number of pool floats in the water so that visibility of the lifeguard will not be impaired.

- * Don't let anyone chew gum or eat in the pool. It can lead to choking.

- * Don't allow running around the perimeter of the pool.

- * Jumping and diving should be prohibited if the water is too shallow.

- * Make sure guests know to follow the pool rules or they won't be allowed to swim. A pool party is a surefire way to have a fun event any time of the year. It is easy to plan and host, and guests will walk away with many fond memories.





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Embarrassed by Petacularly Bad Breath?

You may have once looked forward to sitting and petting your new puppy and the excited sloppy kisses that he or she would lavish on your cheek. Now that your dog is older and bad breath has set in, you may run and hide from that once-precious pooch. Many changes take place as a cute puppy becomes an adult dog.

Many pet owners notice that some dogs gain weight, become sluggish and develop foul breath as they age. This bad breath not only can be a nuisance, but also it can be a health problem for otherwise healthy dogs. Bad breath, medically termed “halitosis,” is a condition commonly reported by dog owners.

There are many different causes of doggie breath, but the primary contributor is a dental problem. Some pet parents are not aware that dogs need to have their teeth brushed just like their human family members. Food particles can become lodged between teeth and eventually rot, causing an odor. What’s more, this food may cause bacteria to grow, which can decay teeth and lead to gum inflammation. If left untreated, plaque buildup and sore gums can progress to periodontal disease. According to veterinarians,

plaque clings to the base of your dog’s teeth, causing the gums to recede and become inflamed. Once the gums are inflamed, they tend to leak blood serum, which blends with the plaque, increasing the amount of bacteria in the dog’s mouth. This appears as a yellowish coating on the dog’s teeth. Some dogs affected by serious plaque buildup will eat less. Routinely brushing the dog’s teeth can minimize plaque buildup. Feeding hard kibble, which can further dislodge any other food, and offering chew toys and bones will also help keep plaque problems at bay. If plaque is a major problem, a veterinarian may suggest a thorough cleaning under sedation.

In addition to periodontal causes, bad breath may be a symptom of other serious conditions. Diseases of the kidneys, gastrointestinal disorders or even stomach cancer can cause bad breath. Diabetes and liver problems are also culprits in halitosis. In other cases, foreign objects that become lodged in the teeth, including the pet’s own fur, can decompose and form a foul odor. The foreign objects also may irritate the skin and the gums. An infection that forms may produce an unpleasant odor. A pet with bad breath should be examined by a veterinarian, unless it is obvious that it is the result of something the dog ate, including stool or spoiled garbage.

The following methods also may keep bad breath at bay.

- * Brush your dog’s teeth regularly. This helps prevent plaque buildup and will keep the gums healthy.
- * Change the dog’s food. Some canned foods may produce foul breath, as can feeding a dog raw meat.
- * Prevent access to garbage if your dog is a routine scrounger in the trash.
- * If your dog isn’t eating much and looks frail, the breath may be a sign of a serious illness. Visit with a veterinarian promptly.



Cupcakes

for every occasion



Maybe it's the single serve proportions, perfect cake-to-icing ratio or approachability of this iconic treat, but America's love affair with cupcakes is holding strong. These tasty treats can be adapted to any occasion, and whether it's a favorite holiday, birthday bash, girl's night out or just because, the color, sweetness and fun of cupcakes makes people smile.

Think of cupcakes as a blank canvas easily personalized with the right tools. For example, Wilton has products to make it easy for bakers and decorators of all skill levels to make their cupcakes amazing, no matter the occasion. Wilton's new book, "Cupcakes!" is available at your nearest craft store and www.wilton.com, and showcases unique tips, techniques and products for swirling your way into cupcake greatness.

— **Play Dress Up.** Add personality with playful baking cups — from vibrant stripes to pretty polka dots to festive flowers. Top off your favorite cupcakes with cookie decorations; try a Shamrock for St. Patrick's Day or an apple for an unexpected teacher's gift on the first day of school.

— **Entice with Icing.** Play with icing color to add visual interest — think icy blue for a wintry treat or pale yellow for autumn. Sprinkles are an easy way to make icing sparkle. Sugar gems create an eye-catching crystal effect, and seasonal toppings add an extra special touch.

— **It's Hip to be Square.** Round out your cupcake repertoire with Wilton's Square Cupcake Pan and baking cups; the square shape is a fresh take on everyone's favorite treat.

Swirl Like a Pro

To prepare, start with cupcakes that have been baked according to package directions, in the baking cup of your choice, and fully cooled. Place a coupler and a large round tip (like a 12 or 2A) on your Wilton decorating bag; fill with the icing of your choice.

1. Hold the decorating tip approximately 1/4 inch above the cupcake at a 90 degree angle to the cupcake. Starting at the center, pipe a large dot of icing onto cupcake top.

2. Pull the dot of icing to the outer edge of cupcake and begin piping a spiral of icing around the cupcake top, working inward and upward.

3. Once at the center, stop pressure and pull tip away. It's as easy as that.

For more unique decorating ideas visit www.wilton.com.





Colorful Cupcake Trio

Each cupcake serves 1

You'll Need:

- Pink Wave, Black and White Doily Kit or Warm Stripes Square Baking Cups
- Favorite cupcake recipe or mix
- Ready-to-use White Decorator Icing Rose Icing Color (Ombre Cupcakes)
- Pink Sugar Gems (Sugar Striped Square Cupcakes)
- Lemon Yellow Icing Color (Zebra Lace Cupcakes)
- Zebra Icing Decoration (Zebra Lace Cupcakes)

Preheat oven to 350°F. Place wave or solid black baking cup in standard muffin pan; place square baking cup in square cupcake pan.

Prepare cupcake batter per package or recipe instructions. Pour cupcake batter into prepared pan. Bake 18 to 20 minutes or until toothpick comes out clean when inserted in center of cupcake. Remove pan to cooling grid; let stand 10 minutes. Remove cupcakes from pan; cool completely.

Rose Ombre Cupcakes

Divide icing, and tint six shades of rose from dark to very light. On top of cooled cupcake, using a tip 12 and the darkest rose icing, pipe large dot in center; add ring around dot at edge of cupcake. Switch to a slightly lighter shade of rose icing and, with tip 12, add another large dot to center top of cupcake, make a second ring around the inside edge of the first ring. Continue piping next three shades of lighter rose icings with tip 12 and create smaller rings of icing on the inside edge of the previous ring. Once at the center using the lightest shade of rose icing, pipe one last ring around top with tip 12, adding a swirl.

Sugar Striped Square Cupcakes

Using white icing and tip 12, cover top of cooled cupcake with large zigzag. Top with Pink Sugar Gems.

Zebra Lace Cupcakes

Tint icing yellow. Add tip 12 swirl to top of cooled cupcake. Add Zebra Icing Decoration.

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