

Down Home

FREE
MAGAZINE
Vol. 1 ISSUE 6/JULY-AUGUST 2009

ZARIA & JARRED
ORGANICS
Fresh & Local Matters

PHOTOJOURNAL
WAYNESBOROUGH PARK

Local Artist
Kathy House

INDEPENDENCE
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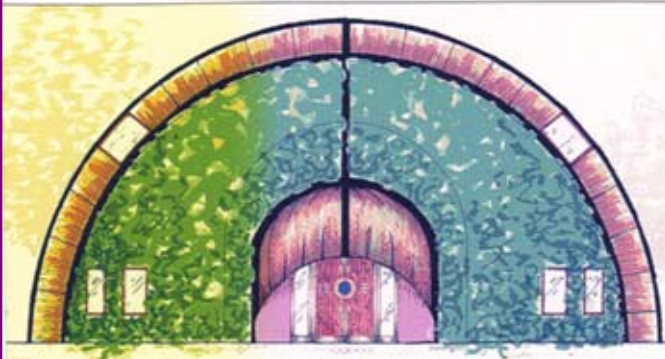


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WE HAVE LAY-A-WAY

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Down Home

MAGAZINE



It's here, Summertime. The kids are out of school and I am always looking for something for my family to do that won't empty my pocketbook.

Through research, I have found several places throughout the county (and surrounding area) packed full of fun that are absolutely FREE! And other ways to keep money in your pocketbook.

Down Home Magazine has gone LIVE! That's right, we're online. Please find us online at www.downhomemag.com.

Down Home Magazine is also proud to announce that we have been named 2009 New Business of the Year in Wayne County. Now, the newspaper left out loads of things about Down Home in the right up about the Small Business Awards - like how the magazine started only one year ago as a resource to let readers know what they could find right here at home; or that Wayne County residents are talented and deserve to be recognized for those talents. And, because of Down Home readers the magazine has grown in volume and popularity. Thank YOU readers for your support!

♥ Cindi



staff

- Cindi Pate - Owner/Editor
- Pat Turner - FL Writer
- Julie Wall - FL Photo Journalist

contributors

- Edward Jones
- Lanelle Morene

Down Home Magazine is locally owned and published by Cindi Pate, PO Box 901, Pikeville, NC 27863 - All inquiries can be made to this address.

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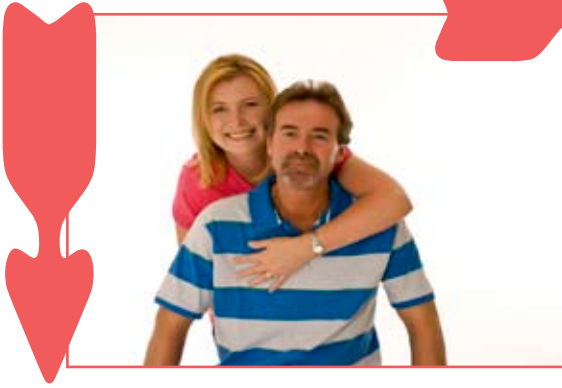
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on the cover: Jarred & Zaria Uz-zell. When they are not attending Tommy's Road School, they are helping their dad, Travis Uzzell grow fresh, local organic fruits & vegetables. read more pg 8.

Down Home Magazine welcomes two new contributors to our publication. Photojournalist, Julie Wall and writer, Pat Turner.



Julie Wall (hiding there behind her husband Johnny) has been taking landscape and art photos for almost 35 years, and owns Wall 2 Wall Photography, a portrait studio in Goldsboro. Married with 4 children and 7 Papillon dogs, she also enjoys writing as a creative outlet. A native Californian, her favorite quote is, "I wasn't born in the south, but I got here as fast as I could."



Meet Patricia (Pat) Turner from Mt. Olive. She is a Registered Nurse who works for Alternative Care Treatment Systems, Inc.

(ACTS) in Goldsboro. Pat is married to David Turner and has two daughters, Tracy Rose of Mt. Olive and Tanya Barry of Raleigh. She has a granddaughter, Summer Rose of Mt. Olive. Pat has always enjoyed writing and was a reporter and Lifestyle Editor for the Sampson Independent in Clinton prior to becoming a nurse.

Welcome

LETTER TO THE EDITOR:

Cindi, I just have to say I love your magazine! I picked it up and started reading, I have to tell you I couldn't put it down! There are so many great things in there. One of my favorites, oddly enough, was about the pine trees. ...I often find myself asking questions and my husband usually replies with "I don't know, that is a good question. Now I'm curious too!"The magazine was so good I forgot that I had just gotten breakfast and before I knew it my food was cold! Congratulations on your one year anniversary. Thanks again.

Your fan, Katie Church, SJAFB



You can't do anything about the length of your life, but you can do something about its width and depth.



Join Us for a Luau at the Chambers **Reverse Drawing**

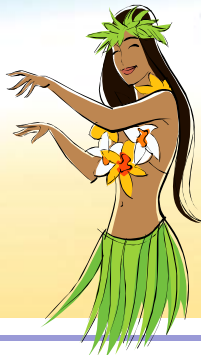
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“Pushing for our local economy—Pulling for our area businesses”

PHOTOJOURNAL by Julie Wall

Waynesborough Historical Village/
Waynesborough Park



One Saturday morning my thirteen year old step-daughter and I decided we wanted to go out for a while and take some pictures. She's been bitten by the shutterbug, and was ready to roll. I asked her if she wanted to go to Waynesborough Park and do a little hiking and explore the village. She'd never been there, before, so off we went, cameras in hand, top down, wind in our hair.



Our first stop was the Village. Wandering around and through the old buildings is like



taking a step back in time. We went inside the Wiggins House and

took a look around. This small cottage was furnished with items from days gone by. The

antique sewing machine appeared to be ready to sew at any moment. There were handmade quilts on the beds, an old porcelain pitcher in a bowl on a small table, rocking chair, fireplace, and all the belongings that made a house a home. It was small, yet cozy. I almost forgot



that 2009 was on the other side of that door. We left the Wiggins House and meandered through the grounds to see the Park Hill School and its majestic bell tower, the General Store, and the blacksmith's place. We ambled on further and found the Bethany Friends Meeting



atmosphere was outstanding! The history of the place was almost tangible. The single lamp hanging from the ceiling catches my attention every single time I walk in there.

*A*fter having explored the Village, we



decided to walk to the picnic area on the other side of the general store and found the little green bridge that crosses over a small stream to a gazebo on the other side. The bridge is fairly shaded by one of the biggest mulberry trees I have ever seen. There were even mulberries on the tree in many hues of pinks and purples. What a relaxing place to sit and snack!

Ready to appease the nature lover in me, we took off though the village and followed the path past the Bethany Friends Meeting House. The sun was out, the shady path was inviting, and I was ready to explore. There was water in the brook, the air smelled wonderful and I would have been happy to wander the many trails all afternoon. If one continues on toward the Neuse River, first timers will be surprised to find a platform and dock sitting right on the water. If I'd had my way, I would have found a comfortable place to just sit right by the water, quietly, and listen to the nature all around me. Thirteen year old girls, however, are not quite to that place, yet, so we wrapped up our visit to Waynesborough and hiked back to the car.



I believe I'm going alone next time :o)



Zaria & Jarred's Organics {Business in the Spotlight}

Organic foods are growing in popularity as people are becoming more aware of the impact that their food choices have not only on their own personal health but also on the environment in which they live. Organic foods are the fastest growing segment of the food business in the United States. They continue to increase in popularity not only because they do not contain the toxins found

in conventionally grown foods but because of their nutritional value.

Travis Uz-zell of Zaria & Jarred's Organics (named after his 7 year old son Jarred

and his 9 year old daughter, Zaria) are setting the bar here in Wayne County. As a small farmer, Travis and his family are





(left)
Jarred
helps
rid the
plants
of bugs
(right)
Travis
looks on
as Jarred
and
Zaria
pose for
a photo



promoting a movement for a healthier, natural way of life. Replacing pesticides with home made organic tonics and fertilizing with natural resources.

Born and raised in Wayne County, Travis Uzzell grew up farming. He graduated top of his class in 1988 from Charles B. Aycock HS and went on to East Carolina University. After graduating from college, Travis did what all graduates do, he started a career. But in the back of his mind, Travis always knew he would eventually come home. "I wanted my kids to be raised up around their grandparents and experience the life lessons and work ethics that I did as a child" Travis admits. "There is no other way to learn these things than from a little hard work."

Travis says that anything he and his children do, they experience it together. Mr. Uzzell likes being at home with his children - raising them himself is important. So, Zaria and Jarred are ridding the fields from bugs and weeds when they are not in school. They also help their dad harvest and sale their organic fruits and vegetables at the local farmers' market and to other local residents.

Travis has always been a "health nut". Even as a teenager, he was accustomed to eating fresh foods grown on his family's farm and substituting herbs for medicinal purposes. "I'm already living the

healthy lifestyle...I want to share it...with Zaria and Jarred's Organics, I can share fresh, organic fruits and vegetables with others".

Already, Zaria & Jarred's Organics grow a multitude of fruits and vegetables. But, they also offer sweet potato, pecan, blueberry and other organic pies, along with canned peppers, string beans, jams and jellies.

When asked if Travis was willing to share his favorite pie recipes, Travis laughed and added that 9 year old Zaria is the mastermind behind the baking, she's the one to get the recipe from. "She bakes a better pecan pie than me", Zaria's dad said proudly.

Zaria & Jarred's Organics future looks bright. With orders of their popular organic pies growing, Travis has expanded his cook area to make even more pies. Travis also has it in the works to start making an old fashioned butter and selling fresh and dried herbs.

Travis is looking for a number of local residents to provide seasonal fruits and vegetables to on a regular basis (weekly) from July - December. If you are interested in ordering a home made organic pie or to buy organic produce from Zaria & Jarred's Organics, call 919-731-7689 or go check out the Wayne County Farmer's Market on the corner of Ash and Lionel.



Across the hearts of many are thoughts of James Serlick. James, age 24, found out in March of this year that he has Leukemia.

Since the diagnosis, Wayne County residents have rallied around this family.

In May, Pikeville PFWB Church, where James and Paige are members, hosted a benefit fish fry to raised money to help cover medical expenses and in June more than 200 people registered as bone marrow donors at "Be the Match"

James got the call just the day before the drive took place that he will get his marrow transplant mid-July.



Goldsboro Police Department hosted a bone marrow drive, June 9, 2009. The registration process includes filling out paperwork on health history and swabbing the inside of each cheek. Cheek cells are used to determine a match for a future patient in need of a bone marrow transplant. 200 Wayne County residents showed up in an effort to Be the Match.

LOOKING BACK This ad was in the Wed., Jan 12, 1972 edition of the Goldsboro News Argus on page 7. Thought you would find the prices amusing - I know I did.

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\$2.99 Pair
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MR. PRO, THE ALL SPORT SHOE
A great shoe for sports or casual wear. New swept back design for men.
\$2.66 Pair
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MEN'S FASHIONED-BRIGHT DRESS SHOES
Molded soles and heels for long wear. Black, brown, tan and combinations.
Size 8 1/2 - 12 **\$2.99** Pair

LADIES' & TEENS' FASHION STYLED FLATS, LOAFERS AND DRESS SHOES
SELECTED GROUP Reduced To Clear!
Our Reg. **\$2.66** Pair
\$2.99

BOYS' AND GIRLS' SHOES
Durable scuff resistant uppers with long wearing modified soles & heels.
Size small 8 to big 4. Popular styles and colors. **\$2.99** Pair

LADIES' & GIRLS' PANTIES
Pants Panties & Briefs In Soft Acrylics. Colors 4-14 Ladies 4-14
18c

LADIES' FASHIONED OR SOFT BRAS
Chests. Colored. 34A to 42C Values To \$1.00 each **2 for \$1**

Clearance of Girls' WINTER-WEIGHT SLACKS
Wool Blends, Denims, and Denim-Cotton Fabrics. 2-10 & 4-14
\$2.44 Pair

CLOSE OUT! LADIES' & GIRLS' SKIRTS
Ladies Skirt of Fall and Winter Styles, Sweaters & Regulars Values to \$3.99
\$1.94 Each

First Size Improves! Alcohol Rubbing Compound of 100 Tablets Wipes Acrylics Your Choice **10c**

JERGENS OF INTENSIVE CARE LOTIONS
11 Oz. 8.00 3.00 2.00 1.00 Each **88c**

PROSPERITY SUPER SIZE TOOTH PASTE
\$1.32 Value **2 for \$1**

SIGNS AROUND TOWN

Signs are great to express publicly how we feel and is a cost effective way to advertise. No matter the reason you make your sign, it is guaranteed that the signs will be seen.

- Anytime I want to go into town, I have to see this sign just off Salem Church Road. A reminder of our taxpayers dollars at work... for better or for worse. A road being built to bypass a city full of hidden treasures. I can't help but to wonder what kind of things passerbys will "bypass" once the highway is complete - World famous Wilber's BBQ, recently featured in Country Living Magazine and patroned by President George W. Bush Sr., President Bill Clinton and Vice President Joe Biden. And how about Rudy's Hotdogs, filled with a strong family history. Or, the local fruit stand parked along Hwy 70 -local farmers trying to make a living. These are the kind of places that will be hidden under the bypass.



At present, the work on the bypass has permanently closed down Tommy's Road to through traffic, and it looks as though that will be the only permanent road closing in Wayne County due to the project. According to Mr. Davidian Byrd, Transportation Engineer Supervisor, Salem Church Road and Wayne Memorial Drive will have bridges built to go over the new highway and both Patetown Road and Stoney Creek Church Road will go underneath the new highway. On Highway 117 near Belfast Road, old highway 117 will be realigned, but will not be effected much from the inter-change.

Mr. Byrd reminded Wayne County residents that the closing of Tommy's Road had much to do with the Corp of Engineers fight to preserve the wetlands in the area.

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Cindi Pate- Owner

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By Appointment Only, call 919-734-1053 - Goldsboro, NC

Nothing says summer like cutting open a juicy watermelon and sharing it with family and friends. People can't seem to get enough of the sweet treat, and nutritionists have long appreciated the health benefits watermelon provides. Watermelon contains high concentrations of lycopene, an antioxidant that may help reduce the risks of cancer and other diseases. --Watermelon, the fruit that is really a Vegetable--

RECIPES

Watermelon Lemonade

Ingredients

2 cups cubed watermelon (seeded)

1/2 cup apple juice

1/2 cup lemon or lime juice

1 to 2 tablespoons

honey

Mint sprigs (optional)

Blender

Directions

In a blender, combine watermelon, apple juice, lemon juice and honey. Cover and blend until smooth - Serve over ice.

Garnish with sprigs of mint, if desired

Makes 2 - 3 servings



Watermelon Fire & Ice Salsa

3 cups seeded and chopped watermelon

1 tbs. chopped cilantro

1 to 2 tbs. (2 to 3 medium) Jalapeno peppers

1/2 cup green peppers

2 tbs. lime juice

1 tbs. chopped green onion

1/2 tbs. garlic salt

Combine all ingredients; mix well. Cover and refrigerate at least 1 hour. Makes 3 cups. Serving tips: Serve with corn or potato chips or serve on sliced oranges or cheese-filled manicotti.

Watermelon Popsicles

3 cups watermelon juice

1/2 cup sugar

2 t. Fresh lemon juice

1/2 cup water

To prepare watermelon juice, cut watermelon into cubes and rub through a strainer to remove seeds. In small saucepan mix together sugar and water; simmer 3 minutes. Remove from heat; stir in watermelon juice and lemon juice. Turn into 2 ice trays. Freeze until very mushy and insert a popsicle stick in each cube. Freeze. Makes about 36 small popsicles.



NC Watermelon Festival July 29 -

August 1st in Murfreesboro. For more information go to the web page at <http://www.murfreesboro-nc.org/watermelon.htm>.



REG's Free Family Film Festival is Now Showing!

When school's out, kids around the country visit selected Regal theatres for the Free Family Film Festival. It's a fun-filled nine weeks of movies for kids and parents. Since 1991, Regal has provided this service to the community, and best of all it's FREE!

Selected G & PG movies start at 10AM each Tuesday and Wednesday during the festival. First-come, first-served seating is limited to theatre capacity. The Free Family Film Festival is safe, lots of fun and a great way for kids to spend a week-day morning in the summer.

Tickets for our 2009 Free Family Film Festival are exclusively available at select theatres' box office on the day of the show.

To find a theater near you, go to www.regmovies.com, find the free family film festival link and select North Carolina.

Down Home has listed the two nearest theaters for you.

Greenville Grande Stadium 14
750 SW Greenville Boulevard
Greenville ,NC 27834
252-215-0195

06/30/2009-07/02/2009
Horton Hears A Who (G)
Journey To The Center Of The Earth (PG)

07/07/2009-07/09/2009
Space Chimps (G)
Star Wars: Clone Wars (PG)

07/14/2009-07/16/2009
Pirates Who Don't Do Anything:
Veggie Tale Movie (G)

Spiderwick Chronicles (PG)
07/21/2009-07/23/2009
Mr. Magorium's Wonder Emporium (G)

Nim's Island (PG)
07/28/2009-07/30/2009
Everyone's Hero (G)
Madagascar 2: Escape To Africa (PG)

08/04/2009-08/06/2009
Mr. Bean's Holiday (G)

Kung Fu Panda (PG)
08/11/2009-08/13/2009
Kit Kittredge: American Girl (G)
Shrek The Third (PG)

North Hills Stadium 14
4150 Main at North Hills St
Raleigh ,NC 27609
919-786-4494

06/30/2009-07/01/2009
Pirates Who Don't Do Anything:
Veggie Tale Movie (G)

Spiderwick Chronicles (PG)
07/07/2009-07/08/2009
Mr. Magorium's Wonder Emporium (G)

Nim's Island (PG)
07/14/2009-07/15/2009
Everyone's Hero (G)
Madagascar 2: Escape To Africa (PG)

07/21/2009-07/22/2009
Mr. Bean's Holiday (G)
Kung Fu Panda (PG)

07/28/2009-07/29/2009
Kit Kittredge: American Girl (G)
Shrek The Third (PG)
08/04/2009-08/05/2009
The Tale Of Despereaux (G)
Alvin And The Chipmunks (PG)
08/11/2009-08/12/2009
Charlotte's Web (G)
Surf's Up (PG)



A New Way to VBS



Everyone is busy during the summer. What with ballgames, bible school, summer vacation, yard

work or figuring out what to do with the kids since they're out of school - maybe all of the above.

Unity Fellowship Church has figured out a way to get your kids to Vacation Bible School without tightening up your schedule more than it already is and to keep them busy in one VBS all Summer.

Unity's Bible School will be hosted each Wednesday Night at 7-8:30pm over a ten week period.

Unity Fellowship Church
697 Community Dr.
Goldsboro, N.C. 27530
734-6685 (Rosewood)
Pastor Kelvin Gurley

Traditional School Dates 2 Remember

August 25,
2009



have a good laugh

Q: How can you tell the ocean is friendly?

A: It waves.

Q: What kind of hair do oceans have?

A: Wavy!

Q: What did the big flower say to the small flower?

A: What's up Bud.

Q: Where does seaweed go to look for a job?

A: "The ""kelp wanted"" section."

Q: When is the moon the heaviest?

A: When it's full!

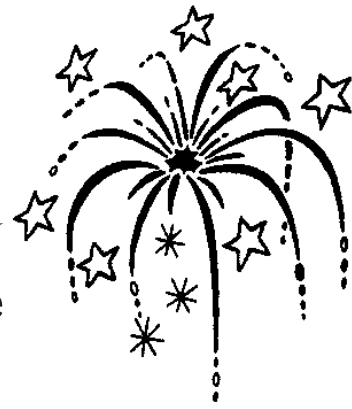
Q: What type of songs do the planets sing?

A: Nep-tunes!

Q: What kind of flower grows on your face?

A: Tulips!

FOURTH OF JULY word scramble



jluy _____

irowkrfe _____

erd _____

twieh _____

bule _____

luod _____

eiacmra _____

turofh _____

peenciedndne _____

thgibr _____

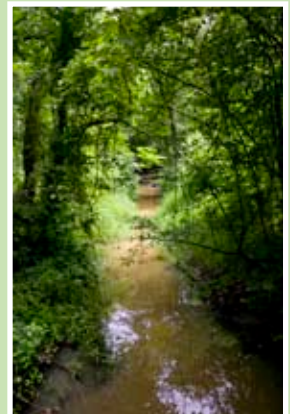
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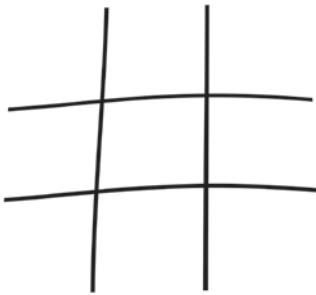
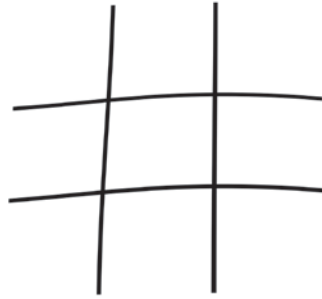
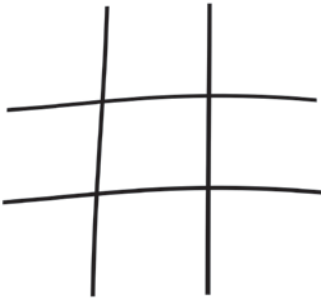
Nature Field Trips

1. Visit as many different habitats as you can find in your neighborhood. Here's a check list to see what you can find.

River, stream, pond, creek, corn field, tobacco field, duck, red bird, pine tree, garden, butterfly, bumblebee, dragonfly, minnow, pollun, stick or a deer. You can add anything to the list.

2. Plan to spend an hour outside. It could be in a backyard, on a balcony, or in a park. Make a list of all the living things you see. Bring along a bird and bug book if you want to identify what you are seeing.





3. Find a local farm to visit. At this time of the year, you may be able to U-Pick berries, or even see what crops are growing that will be harvested in the fall. Don't forget about unusual farms like a bee farm or an ostrich farm. If you aren't sure how to find a farm, try the yellow pages under 'farm' or call your local tourist information center and ask about farm tours.
4. Spend a morning at a farmers' market. Plan a meal using the fresh produce you bring home.
5. Call your local Parks Department or Park Services and find out what programs they are running this week.

Pre-teens & Teens - Need Cash? Find a Summer Job!

Everyone can use a little extra cash to buy those special things we want. Being a kid, it's not easy to find a job. There are some things kids can do to earn a little extra cash over the summer.

Here's a few ideas:

Babysitting is an obvious choice. You can learn more about babysitting and how to get your babysitting certificate through your local American Red Cross. To enroll, check out the American Red Cross website at www.redcross.org or call your local Red Cross chapter. Youth at Seymour Johnson AFB are offered these classes through the Wayne County American Redcross Chapter at the 4 FSS Youth Center.



Open a lemonade stand! Not only is it fun, you can earn some cash on a hot summer day. Ask Mom or Dad to help you set it up, don't forget to pay them back if they help pay for supplies. *(Pull out your May/June issue of Down Home for more details.)*

Walk dogs/care for pets. Start your own pet care, dog walking business. How about babysitting pets while your neighbors are on vacation?

Yard work and gardening is another good idea. Offer your services to cut grass, weed gardens and do general yard work for people, seniors especially can use the help in the summer.

Hold a car wash! Get a group of friends together and with parents permission start your own car wash. Or, how about a bake sale?

Have a garage sale. Clean out your closets, toy chests and basements of all the toys/books you no longer use. You'd be surprised how much stuff you no longer use. Anything that is left, take it down to a local charity like Habitat for Humanity or the Salvation Army and donate it.

I suggest creating a flyer about what you are able to do and distributing it in your neighborhood.

Check with the local employment agencies to see if they have any listings for youth. Occasionally camps and other organizations are looking for youngsters to help out.

Unfortunately there are laws about kids working so you have to be creative when you are young to earn a little extra cash.



(top) Abby Walker of Pikeville and Makayla Smith of Fremont, play together during Fremont Green's baseball game (below) David Romo, rising 10th grader @ CBA plays for Fremont White, shown here as he slides & steals 3rd.



Kyle Kearney, a rising 11th grader @ CBA plays for Fremont White, shown here concentrating before the pitch.



PLANT YOUR OWN PATCH OF GREEN

BY CINDI PATE

All over the country, people are converting small areas of land into patches of garden space. Perhaps it is concerns about a tight budget, an interest in eating locally, or maybe it's just an appreciation for the simple joys to be found in growing your own food. Nevertheless, garden plots are springing up everywhere, even in Wayne County USA.

No matter the reason for your interest in gardening, creating a growing green space is good for air and water quality, and it increases the supply of fresh, local produce. From the most experienced gardener to the beginner and from pea patches to patio gardens, there are resources for anyone interested in growing their own cornucopia in the midst of a bustling development.



While Wayne County is much a rural area, it is also urban. And though those of you in the country can plant a tilled half acre garden with rows of corn and peas and other yummy vegetables, I would like to address those, like me, who have little space, little knowledge or time for gardening.

I plant three or four hills of cucumbers, squash, tomatoes, peppers and/or eggplant in my flower beds or in planters on my patio each year. It does not yield



enough to can or freeze large amounts, but it supplies my family with fresh pickings all summer long.

Whether you live in base housing, an apartment or in a large subdivision, you can create your own patch of green too.



Wayne County Health Department
Mini Mobile Farmer's Market
OPEN EVERY WEDNESDAY
-Support Our Local Farmers-
FRESH, LOCAL Produce!
At the corner of Lionel and Ash
In the large parking lot



For more info contact Karen Padgett at 731-1235.

I searched for two weeks to find a round back wicker chair with all these curves. It was a find at \$15. I added an \$8 shabby chic pillow to finish the look

Window Treatment, \$2 for the pair from A Second Fling

The desk is an old sofa table I picked up at a yard sale for \$20. I painted it white to go with the look I was after

I found this cute little coffee cup at a thrift store for 25 cents. I fill it with safety pins used for fittings.

Blue Folding Chair, \$5 local yard sale

My Shabby Chic boutique

Whether you call them yard sales, garage sales, tag sales or something else, there is no doubt that buying other people's stuff, when it is laid out in front of their house, is a very frugal thing to do.

I find going to yard sales more than frugal - I find them challenging and fun. Finding the perfect item at a yard sale price is exciting.

When it came to my studio, I knew I wanted a shabby chic look, so I began shopping yard sales and thrift stores to decorate my new space.

It took me about 2 weeks to complete the studio, but I got the look for under \$200 including paint and lighting.

Swap Meet with the Bargain Diva!

I read somewhere that the typical woman uses 20 percent of her clothes 80 percent of the time. But in this day and age, who can afford that?

With consignment stores popping up all over the place, it has become very popular to shop for second hand items. But, what if I told you there was a way to add new clothing and accessory items to your wardrobe without exchanging any money. That's right, have a Swap Meet.

Trading clothes with friends or family isn't anything new, but the trend is booming in popularity, thanks to our scary economy and growing interest in all things green and reusable.

Not sure how to host a clothing swap? Down Home Magazine has you covered.

1. Send out an invite, by phone, mail or e-mail with fashion flavor. In your message to guests, set the ground rules.

Everybody brings new and gently used clothing, jewelry, bags and belts in wearable condition — no rips, stains or odors.

2. Create your guest list. Invite 8-10 friends for a small, informal get-together. Have them each bring a certain amount of items. Don't worry that you and your friends don't wear the same size clothing, in this case



make it about accessories, shoes or jewelry.

3. Get your place swap-ready. Set up tables and mark each one for the clothing items that should go on it, so guests can set out their wares and, later, easily find the items they're most interested

in. Turn another room into a changing area by propping up a full-length mirror and making sure there's ample lighting.

Each guest leaves with the same amount of items they brought in if they so choose. And, it's nice to get together with people you care about.

If there are any items left over after the swap, donate them to charity. As the hostess, you get the write-off.

For an electronic copy of the Swap til you Drop invite email downhomemagazine@nc.rr.com





Local Artist

KATHY HOUSE *by cindi pate*

Local artist, Kathy House moved to Wayne County many years ago. She says she doesn't quite understand why people move here to Wayne County from somewhere they don't like only to try and change Wayne County into something they'd left behind. "Seems to me they would rather try to blend in" she says. Well, blending in has never been a problem for Kathy. Originally from

Laurel Maryland, she finds herself quite at home in Wayne County where she and her husband, Dr. Richard House, have goats and chickens as well as lots of garden areas on the 7 acres they call home in the North-western part of the county.

Mrs. House does not consider herself an "artist" - a fine craft is what she calls her work. And she still can't wrap her mind around the idea that she took home

"Best in Show" and "People's Choice Award" last month at the Wayne County National Juried Art Show.

Her creation, "Cinderella's Gown" was born from a frustrating errand run to Goldsboro. "I never have time to do the things I want to do for myself", says Mrs. House. "I always have so much real work to do, there is not time for my "art projects". Kathy came home after running her errands and was determined to create something to work out her frustrations. She went around and found items on her property that she used everyday - those things that take much of her time, feeding the animals and maintaining the yard. She began work on an elaborate gown full of artful details.

With feedsacks and chicken wire, she cartooned and sewed her way to a gown fine enough for Cinderella herself. She work on it tirelessly for several months - up to the day before she was to enter in into the Juried Show.

I knew it was the best in show the moment I laid my eyes on it. I saw many hands that worked the art piece. A simple woman with simple pleasures thinking up something so beautiful out of things that alone look like nothing. - trash actually. But she saw what most would not. Mrs. House imagined a beautiful creation. This is why she is an artist, only an artist creates something special out of the ordinary.

Her home is filled with beautiful pieces that she has worked on over the years. Most of them she created for people she loves most, her daughter and her husband. These, she could not sale. An array of talent, to include quilting, painting, cartooning, and handcrafted fabric dolls.



Kathy seems to have worked through her "Cinderella Syndrome" with this beautiful masterpiece. Made of feedsacks and thread, the gown is full of detail in artwork, storytelling and embroidery.



Freedom Celebrated

A Love for God & Country - by Pat Rose

Mr. & Mrs. William Cruse have celebrated Independence Day for 63 years together - sharing a love for God & Country.



Her studio is full of this and that. She is quite the crafting diva. She works her magic with the eggs from her chickens by making beautiful hanging ornaments that she gives to friends and neighbors. A sewing machine where she makes most of her household window treatments along with her art pieces that require her sewing skills. Large jars filled with odds and ends and drawers filled with antique buttons



and thread - Art pieces just waiting to be created.

If you would like to see Kathy's award winning creation, it is on display at the Arts Council of Wayne County, Ash Street in Goldsboro.

Until we see her next beautiful creation, Down Home Magazine wishes local artist, Kathy House much spare time to create! And requests that "Dot" gets a special treat at feeding time.

Ask 20 different people what the Fourth of July means to them and you will get 20 different answers. Some may even surprise you and say, "Wasn't that a movie with Tom Cruise?" Others will say it is a time to be off work and head for the sun, surf and sand for a vacation. Most will say it is a time to gather family and friends together to grill hot dogs and hamburgers and eat home-made ba-

nana pudding. After eating a belly-full of food, most load-up their families and head to Mount Olive or Goldsboro. Families and friends then sit on their cars or lounge on blankets as they anxiously await the first loud BOOM! that signals the beginning of the once-a-year thrill of Fourth of July fireworks.

Fireworks are fun, but the Fourth of July has a deeper

meaning, also. The Declaration of Independence was signed on July 4, 1776. It wasn't until July 8, 1776 that the holiday was first celebrated. At that time, the Declaration of Independence was read aloud, bells chimed and bands played. The United States did not declare it a legal holiday until 1941, however.

86-year-old Goldsboro resident, William Cruse and his young wife, 83-year-old Nancy, have their own special way of celebrating the Fourth of July. Married for 63 years, the Cruses have never been out of their back yard to watch fireworks, but they have enjoyed them just the same.

"We can see them from our back yard", Mrs. Cruse said. A normal Fourth of July for the Cruse family is spent in the tobacco fields or the garden, she explained.

"We always worked on the Fourth. We topped and suckered tobacco. Or we'd all get together and work in the yard or the garden, canning and freezing vegetables," she said. "Of course, we'd have cook-outs too, after the work was done, but a lot of folks don't stick around during the Fourth any more," she

added.

Mr. Cruse enjoys talking of the "good ole days" when he had to borrow \$50.00 to marry Mrs. Cruse (whom he loved at first sight) 63 years ago. "There's probably nobody who loves hogs more than I do," Mr. Cruse said with a smile. He said, "Course the best part is the ham."

Sitting in a tree above her great-Grandpa and great-Granny, 11 year-old Logan Grant chimes in with her recollections of Fourth of Julys.

"I like watching fireworks from the back yard too, but we also watched fireworks from a pier one year. Of course, I love having cook-outs at Granny's the most."

Logan's ten-year-old cousin Danielle Lockerby, (also sitting in the tree) said some of her best memories of the Fourth of July are watching fireworks from Wilbur's parking lot...or from the mall parking lot.

With the mention of Wilbur's, Mr. Cruse's face lights up and he and his wife make it known that there are a few things certain in this world: They share a love for eating at Wilbur's; they love their family; they love this great country and they love God.

"We give all the thanks to God for our good fortune," Mrs. Cruse said. "I remember when he (William) shelled corn with a hand corn sheller so we could buy clothes for our children," she said. "With God's help, he has always been a good provider."

Does Mrs. Cruse regret that



her Fourth of Julys have been spent toiling in the fields? "Not a minute. I wouldn't change a thing," she said. And isn't that what the Fourth of July is all about: the freedom to do as we please in this great country of ours?



Smart Financial Moves for “Empty Nesters”

It’s graduation time at colleges across the country. If you have children graduating from college, you’re probably excited about the opportunities that lie ahead for them. But once your last child leaves home, and you become an “empty nester,” you may also find some good opportunities for yourself — opportunities to improve your financial situation.

In fact, your empty nester status may help you make progress toward what are likely your key financial goals at this stage of your life: Getting rid of debt and accelerating your savings for retirement.

So, what steps should you consider? For starters, you could consider downsizing your home and moving into a smaller, less-expensive one, if you make a profit on the sale of your home,, you could use it to invest for retirement and clear up debts. Of course, you may be emotionally attached to your home and neighborhood, but downsizing may be a good financial option to consider at some point.

Here are a few other sugges-

tions for taking advantage of your empty nest:

- “Max out” on your retirement plans. If you now have money no longer needed for your children’s college education, use these funds to help save for retirement. Try to fully fund your traditional or Roth IRA, and put as much as you can possibly afford into your 401(k) or other employer-sponsored retirement plan. If you still have money available after “maxing out” on these accounts, look for other retirement- savings vehicles.

- Increase your investments for other goals. Up until now, part of your investment strategy — perhaps a large part — was aimed at building enough resources to help your children pay for college. Since that need has now been met, you may be free to boost your investments toward other goals, such as travel, a vacation home, charitable giving, funding for a small business you hope to operate after you retire — the list could go on and on. And since you are probably entering your peak earning years, you may be able to add substantially to the investments designed to help you achieve these various objectives.

- Reduce your credit card debt. If you have more disposable income available now, try to pay off your high-rate credit cards. By freeing up this money, you can save and invest more.

- Evaluate your insurance

needs. When you purchased your life insurance, you may have gotten enough coverage to pay off your mortgage, send your kids to college and provide some retirement funds for your spouse. But if your kids are through school, your mortgage is nearly paid off and your spouse has accumulated some money in an employer-sponsored retirement plan, you may not need the same amount of life and disability coverage. Any money you can save on insurance can be used to help fund your IRA, 401(k) or other investments.

As an empty nester, you will miss your children, but you’ll also find that you have greater freedom to pursue your hobbies or other interests. And by taking the steps described above, you can help yourself move closer to reaching your financial objectives as well.

This article was written by Edward Jones for use by Grant Webber, AAMS, Financial Advisor,



Edward Jones. 2005-A East Ash Street, Goldsboro, NC

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as a manner of speaking:

Never Return an Empty Dish

A couple of weeks ago, I baked a lasagna for my Family. I don't know why, but there are always more noodles in the box than I need. As a result, I have enough ingredients to make a large pan of lasagna for my family and a smaller one to share with another. On this particular day, I shared the pan with my husband's Aunt 'Nell (Lanell Morene to those who don't call her Aunt 'Nell). A few days later, I received the pan back full of delicious peach cobbler and the gesture reminded me of a diminishing southern tradition of never returning an empty dish.



Family, friends and even coworkers like to share their culinary skills and if they do, they usually present it to you in a nice dish/container. While no one expects the dish to be returned with baked goods or casseroles, it is a nice gesture to do so. If you do not bake, then a nice thank you note or a cute dish towel would be appropriate.



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19th Annual Taste of Wayne County

THE UNITED WAY OF WAYNE COUNTY HAS SET THE DATE FOR THE 19TH ANNUAL TASTE OF WAYNE COUNTY. THIS IS THE COMMUNITY CAMPAIGN KICK-OFF EVENT AND WILL TAKE PLACE AUGUST 11TH FROM 5:30 - 8:00 PM AT WAYNE COMMUNITY COLLEGE. TICKET HOLDERS WILL BE ABLE TO SAMPLE FOOD FROM THE FINEST RESTAURANTS IN WAYNE COUNTY AND ENJOY AN EVENING OF SUMMER FUN FOR THE WHOLE FAMILY. SPONSORSHIPS ARE AVAILABLE, AND OVER 1000 ATTENDEES ARE EXPECTED. TICKETS ARE \$12 EACH AND GO ON SALE JULY 13TH. CHILDREN 6 AND UNDER ARE FREE. TICKETS CAN BE PURCHASED AT THE WAYNE COUNTY CHAMBER OF COMMERCE, THE MOUNT OLIVE CHAMBER OF COMMERCE, AND THE SEYMOUR JOHNSON AIR FORCE BASE OUTDOOR RECREATION CENTER. EARLY BIRD TICKET SPECIALS FROM JULY 13TH TO THE 31ST ARE — A FAMILY 4-PACK FOR ONLY \$40 AND — A DOUBLE-PACK OF 2 FOR \$22. BE SURE TO BE THERE AND VOTE FOR YOUR FAVORITE RESTAURANT. FOR MORE INFORMATION CALL (919) 735-3591.



UNITED WAYNE
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Arts & Events

Arts Council of Wayne County

A boardgame created with Legos

by Daniel P. Ruffino and family

Exhibit dates: June 1 through July 31

Reception Thursday, July 16 from 5:00 until 7:00pm

T. A. Loving Gallery, upper level



Paintings from Windy Lampson

Exhibit dates: July 1 through August 28

Reception Thursday, July 16 from 5:00 until 7:00pm

Weil-Rosenthal Gallery, upper level

Larger than Life, Brighter than Light

Exhibit of Carl Billingsly & Robert Hennon

Opening reception Thursday, July 16

5:00 until 7:00pm.

Lower level gallery

Artwork from Arts Council Summer Art Camp for Kids

Exhibit dates: August 17 - September 30

Reception Thursday September 10

5:00 until 7:00pm

T. A. Loving Gallery, upper level

Events

FireWorks!

July 3, 2009

9pm - JC Penny Parking Lot

Berkeley Mall, Berkeley Blvd

Center St. Jam - Liquid Pleasures

July 9, 2009

5:30-8:30

Downtown Goldsboro

<http://www.dgdc.org>, 919-734-4959

Movie Showing "Horse Soldiers"

Charles B Aycock Birthplace

Date: July 19, 2009

Time: 03:00 PM - 05:00 PM

Movie Showing "The Mouse that Roared"

Charles B Aycock Birthplace

Date: August 16, 2009

Time: 03:00 PM - 05:00 PM

Center St. Jam-Legends of Beach Music

Date: August 20, 2009

Time: 05:30 PM - 08:30 PM

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What Down Home Magazine is all About

Down Home Magazine is a bi-monthly publication. It is a free news and arts magazine that delivers passionate, creative and complete coverage of the community in which it is published.



• Its goal is to embody the character, the voice, and the spirit of its readers because their community is unique.

• Down Home Magazine is a versatile source that gives communities a place to read, write, and learn about themselves.

• Down Home Magazine balances hard news reporting with creative literary journalism.

• Through in-depth features, community discourse, extensive art and music coverage, games and cartoons, comprehensive event listings, and charitable causes, Down Home gives its readers defined and diverse sections in which to explore and embrace their neighborhood.

• Down Home Magazine strives to ignite youth involvement in the community with its innovative design and creative cultural content

that will expose them to the history of the neighborhood and excite them to participate in its future.

We all call Wayne County home, even if it's just a short tour at Seymour Johnson Air Force Base. I would like to ask that you make it the best place to raise your children, buy your first home, to send you kids to school or to go out to dinner...in whatever order makes you comfortable.





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