

Down Home

FREE

MAGAZINE

SEPTEMBER 1/SEPT-OCT 2009

Photojournaling
BOLDEN CREEK COUNTRY CLUB

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CENTER** IN THE SPOTLIGHT

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Down Home

MAGAZINE



Here we are - back to school, holidays about to sneak up on us and football season starting up.

I can honestly say that I am

looking forward to all of the above...and so are my children. My oldest son, Shay plays football for Norwayne, my middle son, Austin cheers for the Little Falcons and my youngest son, Spencer plays football with the Little Falcons - so we are going to be wrapped up with blue, gold and white the entire Fall season.

I hope your kids are active in some type of extra cirricular activity too - be it athletic, artistic, music or academics. Send me photos of your kids doing what they do best. I would love to highlight them in future issues of Down Home!

As for other things going on in the area - Wayne County is definitely the place to be this time of the year. We have the County Fair, The Really Chili Challenge, and Boo It Downtown. Won't you come out and join in on all the fun?

My family will!

♥ Cindi



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on the cover: Ruby Thornton - pictured with her quilt made from her award ribbons from the Wayne County Fair. She has par

ticipated in competition for more than 30 years. read more pg 21.

This painting depicts an old homestead in the most north-ern part of Wayne County. It was painted in the 1980s by Kermit Wall and is appropri-ately named “Down Home”. Thanks Kermit and Julie Wall for submitting a photo of the wonderful painting.



as a manner of speaking:

Trick or Treat Manners for Kids



Always say “please” and “thank you” when you ap-proach a house to ask for candy. DO NOT go to houses which have the front porch light

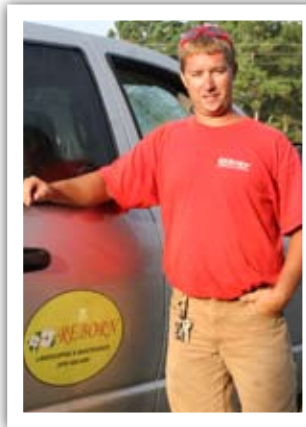
off. Don’t be obnoxious by purposely scaring small chil-dren just to make them cry. Let smaller children receive candy first. Do your trick or treating before 9 pm. Never, ever throw candy wrappers in someone’s yard! Stay on the walkway! DO NOT cut through the yard. Don’t step on anyone’s costume if it drags on the ground. When someone opens the door to give you candy say, “Trick or Treat!” Always go to the front door of a house. Never go to the back! (unless you are at a relatives house) Don’t go trick or treating if you are over the age of 14. DO NOT give any of your candy to someone’s pet.

Always carry a flashlight so that cars can see you.

Local business owner, Steven Blizzard - **Reborn Land-scaping & Maintenance** - takes pride in his work. And, he understands how profes-sional landscape design can greatly enhance the look, feel and function of your outdoor space and enhance the overall enjoyment and value of your property. Adding to, or updat-ing, current landscape features such as plantings, retaining walls, paths, patios or even a water garden or pond could be the right solution for your yard.

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shout out
to this local business



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- Junior Leadership Program



The Extreme BEE is unlike traditional "spelling bees". This annual competition teams up swarms of local educators with participating business sponsors to promote education in our community. With your support, we can enhance the quality of education for our children and help them become productive employees & effective leaders in the 21st Century workforce.

To support this event or for more information call (919) 734-2241 or e-mail janetb@waynecountychamber.com

The Blue Barn aka - The Bolden Creek Country Club by julie wall



Nestled in a picturesque yard with a Kenly address and a Wayne County location is a blue barn built in the late 1800's.

Just on the Wayne side of the Wayne/Johnston County line, the blue barn sits, surely anticipating Saturday night. Not a specific Saturday night, but ANY Saturday night, as it has for the past twenty or so years.

Owned by Kermit Wall, the barn, also known as The Bolden Creek Country Club, is home to The Bolden Creek Bandits, a bluegrass/country/gospel group that plays every Saturday night at 7:00 p.m.

I had the privilege of speaking to Kermit Wall on his 75th birthday on a warm Saturday night in June. He told me the story of how these Saturday nights came to be.





whose late husband, Ralph (who was also the Mayor of Black Creek), told me that Ralph really enjoyed going to dance regularly, having a good time enjoying the music, singing, and fellowship. He convinced Dorothy's sister, Evelyn Hinton of Zebulon to come out, and she still regularly accompanies her sister to Bolden Creek every Saturday night. I also spoke to Brenda Williams, also celebrating a birthday, who told me she comes all the way from just outside Wilson to enjoy the music. Danny Barnes and his wife Peggy come down from Virginia regularly to visit with the band and help out in the kitchen. The general consensus is that it's a fun and wholesome venue to bring grandchildren and friends, and all hope that some younger folks will come out to enjoy the homegrown sound of the local area.

Mr. Wall's father owned the property when Mr. Wall was younger, and he lived there from 1945 to 1950.

Back in the 1980's Mr. Wall and his group played on Friday nights in senior citizen's centers in Micro, Lucama, and Princeton. In 1987/88, the band moved their act to the barn after Mr. Wall re-acquired the property and did some remodeling to the original building. With a dance floor, stage, snack bar, and kitchen area, the Bolden Creek Bandits started playing for seniors every Saturday night.

He felt that seniors in the area needed and wanted a good, safe, clean place to come and socialize and dance without alcohol or smoking in the building.

I also had the honor of speaking with some of the "regulars" during my visit that night. Dorothy Smith,

The band consists of Kermit Wall, banjo and vocals; Ken Bartlett, bass and vocals; Ray Wiggs, guitar and vocals; Don Riggs, guitar and vocals; John Whitley, dobro and vocals; and Annie Grimes, guitar and vocals.

With its tiny Christmas lights, eclectic country décor, original artwork and holiday balls on the ceiling, The Bolden Creek Country Club provides a relaxing, fun, and safe environment for old and young alike. There is no admission fee. Just bring your dancing shoes and an appetite for good live music, and you'll step into a whole different world for the evening!

To get to The Bolden Creek Country Club from US Highway 70, go north on NC 581 (at the Rosewood Wal-Mart) and drive toward Fremont/Kenly. Turn left on NC 222, then take the first paved road to the left, which is Ashville. The barn will be on the left less than a quarter of a mile. Hope to see y'all there!

Wayne Opportunity Center, Inc

...where the consumers are the employees
by pat turner

Forty-five years ago in 1964, a handful of concerned, Wayne County citizens realized a need, and the Wayne County Sheltered Workshop was born. The workshop began in the basement of Saint Stephen's Episcopal Church. One production contract was utilized for hands-on job training for disabled members of the Wayne County community. A contract to provide Vocational Evaluation and Work Adjustment Services to persons with disabilities was granted from the North Carolina Division of Vocational Rehabilitation Services and training programs were developed according to state guidelines.

A year later in 1965, one acre of land and two buildings at 607 West Mulberry Street were donated to the Center. The following year, another building

was purchased on the same site. Over the years, grants and matching dollars from the Center aided in renovations and additions.

In 1974, the Center added programs sponsored by the North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services.

2009 Wayne County Business of the Year for Innovation

In the Spotlight

As programs increased, so did the number of disabled clients. By 1995, the facility on Mulberry Street was no longer able to meet the growing needs of clients. The Board of Directors made a down payment on its current facility located at 619 South George Street. The facility offered twice the work area and clients had a much safer work environment.

The facility reached another milestone in 1997



John
Chance,
executive
Director,
assists
two con-
sumers
that work
at the
Center.

when it received national accreditation for its rehabilitation and job training programs from the Commission on Accreditation for Rehabilitation Facilities (CARF). Wayne Opportunities has maintained its full accreditation status ever since.

Today, the facility is a booming enterprise that serves over 100 consumers in two locations. In addition to the main facility on South George Street, the HOPE Program and the CAP-MR/DD Coordinator are located at 803 - C Corporate Drive on the old Wayne Community College

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campus. A new program, Job Readiness Training for Work First, was recently started at the current Wayne Community College campus.

John Chance, the Executive Director, is well-versed in rehabilitation. Prior to obtaining his current position 4 and 1/2 years ago, he was the Program Manager for 11 years (with a brief stint as the Wayne County Register of Deeds in between).

Chance says he enjoys working in rehabilitation. He relishes the many successes he has witnessed over the years. Since 1992, over 600 disabled, chronically unemployed consumers listened when Opportunity knocked. Today, they are tax paying citizens, and a few

even work as staff at the Center.

"Every consumer who comes here gets a paycheck" Chance



says with a smile. Chance knows money is important to everyone, but he also knows there are things much more important. "They also earn self-esteem. They have a sense of pride in working, being productive," he said.

Justin Lane is a consumer who takes pride in his work. "I enjoy learning a craft," he said as he carefully places a coat of stain to a table leaf. "I enjoy working with my hands and I am able to do that here."

Clara Strickland smiles as she sands a table. She says, "I work for the money, but I also have a lot of buddies here."

Maurice Wooten (pictured left) proudly sands a rocking chair.

He has worked at the Center so long he doesn't know how many years he has been there. "I love to work, that's why I do it," he says.

In addition to wood working, the facility performs a myriad of tasks. "Recycling has become a big business for us", Chance said. A mountain of cardboard and miscellaneous paper is carefully being separated by consumers in the back of the building. The materials are then banded and shipped for recycling. They also recycle cans, plastic bottles, and vinyl siding.

A workshop in the facility builds pallets and crates. Chains are made for bakeries, such as Franklin Bakery. Huge circles of cardboard are made for Packaging Corporation of America, a Wayne County company.

Chair cushions are relabeled and repackaged for Excel Linde. But perhaps the most unique job of all is etching gaskets for APV Baker in Goldsboro.

"A unique aspect of the gasket operation is that some of them have been used on the space shuttle" Chance said. Another unique aspect is that the consumers are working in "an acid room". Chance explains that they received the contract from APV Baker years ago.

"APV was in need of an acid room and we had one, as this used to be the Pepsi plant", Chance explained. APV pro-

vided the equipment and a perfect union was formed. Wayne Opportunity has been etching gaskets for APV Baker ever since.

A total of seven rehabilitation programs are offered for consumers. Contracts are developed between the Center and businesses in Wayne County. It's a win-win situation. Consumers earn respect, self-esteem and money. Many are hired to work in Wayne County businesses. Businesses and individuals can have service performed such as mobile cleaning, paper shredding, furniture refurbishing, and much more.

The scope of Wayne Opportunity Center is deep. This article is not intended to be all inclusive. Staff such as Chance, Evelyn White, production manager; Amy Hartley, program manager; Vivian Kendall, job placement specialist, to name a few, are more than willing to talk to businesses and individuals to explain the scope and mission of Wayne Opportunity. The administrative offices on George Street are open Monday through Friday from 8:00 am until 4:00 pm.

From its meager beginnings in a church basement, Wayne Opportunity now produces 65 percent of its budget. Additionally, it is funded through Vocational Rehabilitation, Mental Health and private contributions. And smiles!



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Artwork of our Animal Friends

Opening reception Thursday, September 10 @ 5:00

NC Photography Open Exhibit

Opening reception Thursday, October 22
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Exhibit dates: October 22 through
November 25. Lower level gallery



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Wayne County, North Carolina



Benefit Concert at the Paramount Theatre
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Kirk Keller 919.221.3080, *fund-raising chairman*

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Date: Friday, September 25, 2009
Time: 7:00pm-10:00pm

Friday October 2 2009 -
Saturday October 3 2009

34th Annual Railroad Days

Festival begins this year on Friday
night with a gospel music concert at
the Historic Selma Depot. On Saturday,
there will be a 5K run and Family Fun
Walk beginning at 8am. There will be
a parade, model train displays, live
entertainment, a carnival, food and
craft vendors and more!

Event times:

Fri 6pm-9pm,

Sat 8am-6pm

Location: Uptown Selma.

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27576

Admission: free.

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Interested in becoming a **Wayne
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Classes will be held at the Cooperative
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Street, Goldsboro, NC. If you are
interested please call Diane Lynch at
(919) 731-1525 to obtain an application.

SIGNS OF THE TIME

Imagine your very own chickens, clucking when you come to feed them your kitchen scraps, serving up the freshest of fresh eggs every morning in time for breakfast. Keeping a couple chickens with no rooster is relatively inexpensive and easy, something you can even do in an urban area. If you don't want to care for your own chickens to get your fresh brown eggs, you can get a dozen or so just off Vail Road.



On another note, WOW! - what great signs - not just the physical sign, but the sign that this smart congregation building this church on A Street chose local businesses to do the work.

Local owners with much of their life savings invested in their businesses have a natural interest in the long-term health of the community. Community-based businesses are essential to charitable endeavors, frequently serving on local boards, and supporting a variety of causes. Jackson & Son Heating & Air was just named Wayne County Business of the Year for just these endeavours.



The 2010 Miss Goldsboro pageant will be held on Saturday October 24, 2009 at 7pm at the Paramount Theatre. We are currently accepting contestants. The Miss competition is open to young women ages 17-24 who are either residents of Wayne County, students of ECU, Mt.Olive College, or WCC. The Outstanding Teen competition is open to any high school student in NC between the ages of 14-17. The deadline for applications is September 13, 2009. Interested contestants can contact Jay Sauls at jaysaulsinc@gmail.com or Kate Daniels at kdaniels@nccfcu.org The Miss Goldsboro Scholarship Pageant is a preliminary to Miss North Carolina and Miss America.

kids' costume ideas by cindi pate

Around my house, we create our own costumes from what we already have around the home. Not only to save money, but to ignite our children's creativity. I would like to share a few of my ideas with you.

What says everyday quite like toilet paper? Every household has it and hopefully yours has a roll to spare for a mummy-in-the-making. The best part about the toilet paper mummy is that the paper can be applied over a coat if the weather proves chilly (if it's very cold, consider springing for quilted 2-ply). Simply dress your mummy and wrap - better brands will knot easier so you will have less trouble fastening your paper strands. Add a little cold cream and dark eyeliner for the face and eyes and you have an instant costume that is sure to be a hit.



A white sheet and a trip to your garden is all that is needed to put together a Mother Nature costume. October is harvest time so you will be in keeping with the season. Adorn yourself with the sheet and ornament your hair and body with sprigs of flowers. Create a crown using various small vegetables and fruit to top it off.

Creating a hobo costume is as simple as pulling out your most worn out garments and pairing them haphazardly together. Get a large branch from a tree and tie an old tablecloth filled with cotton batting to the end of it. Smudge your face with dirt and grime (not showering and using no deodorant is optional).



My favorite homemade costume is one my sister-in-law, Ginger Winders created for her oldest son, Eli. She took a white button up shirt, black pants, suspenders, a bow tie, a little brown lipliner to create freckles and some hair gel

to make a sprig of his hair stick up to create an alltime favorite. Eli was the cutest Alfalfa ever - not even Darla would know it was Eli!

Using items that you have on hand is a great way to tap into you and your kids' ingenuity. Coming up with a costume forces you to make the most of what you have, and it's often a better costume than what you'd be able to buy at the store in a box!

The Downtown Goldsboro Development Corporation
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BOO IT!

Costume Contest
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PARTICIPATING
BUSINESSES 5-6PM
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Fortune Teller
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nc ghost story -The Phantom Train Wreck (not intended for small children)



The passengers were grumpy and heavy-eyed as they boarded the train in Salisbury during the early morning of August 27, 1891. The train was headed to Asheville, and the riders settled into their seats and tried to catch a few more minutes of sleep.

Around three a.m., the passengers were suddenly awakened by sudden bucking and rocking of the train. The engineer fought for control as the passenger train raced across the stone-and-brick Bostian Bridge near Statesville, but the train suddenly derailed. The chug and whoosh of the rushing train was replaced by the scream of metal and the sounds of the huge train falling, falling down towards the creek bed

sixty feet below the bridge. The horrible thunder of the train as it smashed into the stream was quickly replaced by the equally terrible sound of trapped passengers screaming and moaning in agony as the twisted wreckage of the train was encompassed by the waters of the creek. Twenty-two people were killed that night in the worst train wreck in the history of North Carolina.

Fifty years to the day after the wreck, a woman waiting by her stranded car near the Bostian Bridge in the early morning hours of August 27 saw a train come rushing down the track, its head light gleaming brightly in the darkness and the whistle blowing. As it raced across the bridge, it suddenly derailed, screaming its way down and down sixty feet to smash into the creek bed below. The woman was terrified. She ran toward the wrecked train and gazed down into the creek. She could hear the frantic cries and agonized moans of the survivors.

At that moment, a car pulled up beside her stranded vehicle and her husband jumped out, followed by the owner of a local store who had come to help them fix their flat tire. She ran towards them in a frenzy, desperate to get help down to the poor trapped passengers below. When they heard her story, the men ran to the edge and looked down into the creek bed. There was nothing there. The woman had seen the train wreck of Statesville re-enacted before her eyes.

Some people say the phantom train appears each year in the early morning hours of August 27th and is wrecked before the eyes of any who watch for it.

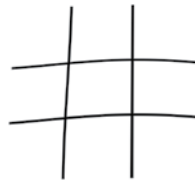
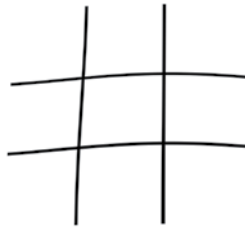
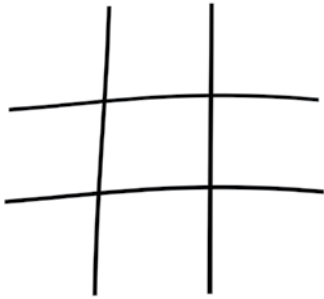


the camp fire - without the camp

The best outdoor adventures can take place right outside the back door. May we suggest you build a campfire? No matter if you dig your own pit, use your patio fire pit or even your hibatchi grill, roasting marshmallows and making s'mores can be loads of fun. And don't forget to tell a spooky story or two. *(please make sure to supervise your children while around the fire)*

HALLOWEEN

WORD SEARCH



w	g	g	n	p	z	n	n
q	h	b	a	t	f	y	k
m	o	o	n	w	e	b	y
p	s	p	i	d	e	r	n
g	t	o	w	l	c	o	i
s	p	o	o	k	a	o	g
b	l	a	c	k	t	m	h
q	p	w	i	t	c	h	t



bat	night
black	owl
broom	spider
cat	spook
ghost	web
moon	witch

Official Hershey's® S'mores Recipe:

Place half of a Hershey's® Milk Chocolate bar onto a graham cracker half. carefully toast a marshmallow over a grill or campfire (supervise the kids if they are doing this part of the recipe). After the marshmallow is toasted, place it on top of the chocolate bar half. Top it with a second cracker half and gently press it together. Enjoy!

Ending the night with sugary things like marshmallows and s'mores can mean jacked-up, cranky kids who don't sleep well. Our favorite Jiffy Pop alternative may not be homemade, but it's a classic and what kid (of any age) doesn't love watching that silver dome pop and grow over the fire? Just follow the directions on the package (being careful to not heat too quickly) and let each kid scoop up their own small bowl to munch on.

traditional school dates 2 remember

September 7 - Holiday (Labor Day)

September 16 - Early Dismissal

October 14 - Early Dismissal

October 23 - End of Grading Period

October 26 - Teacher Workday

October 30 - Report Card Distribution



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This FREE three day outdoor event has proven to be a huge success for both the novice antique shopper and the seasoned full time antique dealer.

8am-5pm.

Uptown Selma, NC.

Roger Root,

919 965-3901

A couple of months ago, my mom, two of my four sisters and I went to Selma, NC to check out the antique shops and downtown boutiques. We found so many treasures and had a wonderful day together. (L-R) That's me on the lefts and then, my mom, Gloria Sanderson Deal - Burgaw, NC, April Peterson - Kure Beach, NC and Melissa Naylor Vega-Beaufort, SC.



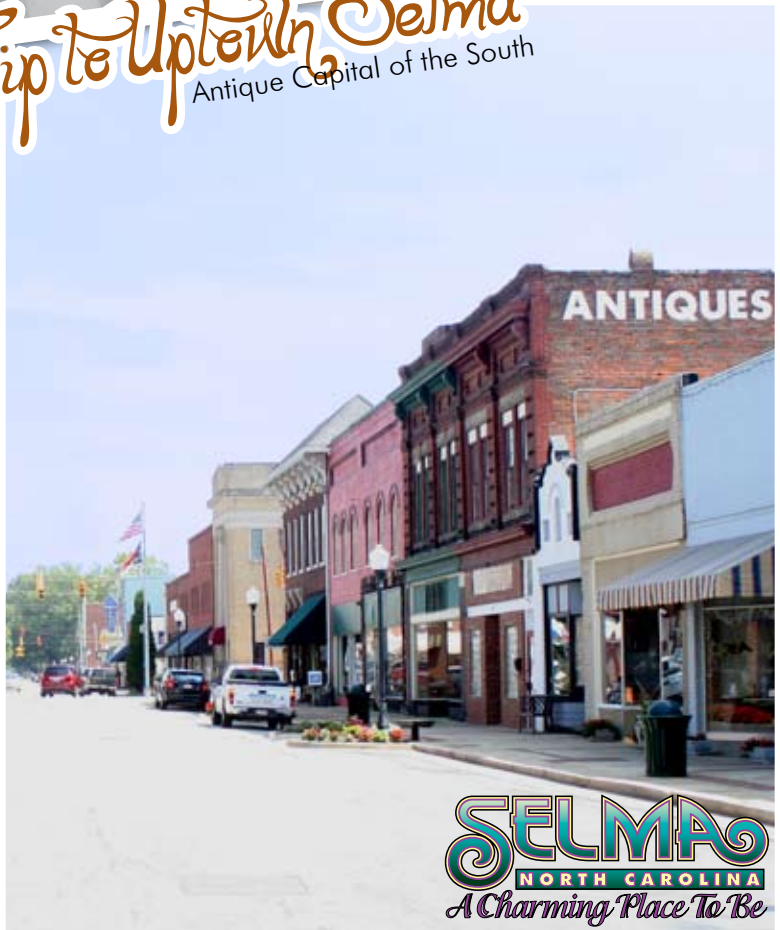
Antique Trip to Uptown Selma

Antique Capital of the South

Most everyone in my family likes to collect something. My sister Melissa has an eye for artwrok and my mom collects milk glass. My sister April and I like a number of things from platters to to planters to fishing lures.

However, we have never planned a trip together because we live in so many different areas. Selma North Carolina - the antique capital of the South - seemed like just the place for us to start.

We hope you enjoy us sharing our day with you and the wonderful treasures and trinkets we uncovered.



SELMA
NORTH CAROLINA
A Charming Place To Be

antique adventure

@



a. Handpainted Wooden Vintage Fishing Lure: made 1930s-1940s. Not sure of its origin, but my sister got it for her husband "just because". found @ Antique Wish

@



b. Hand Painted Vintage Cake Saver: 1920s-1950s tin cake saver. Painting the tins became popular after the 1950s. found @ Reid's Country Sampler, \$7

c. White Depression Glass Sugar Shaker: here is a milk glass promotional shaker from the 1930's. This shaker was given away with the purchase of an icebox or oven. During the depression, companies gave incentives to customers in appreciation of their business. found @ Keepsake Corner, \$1

d. Hen Shaped Egg Plate: How appropriate! Sometime you just buy something because you like it. And, I needed something to put my fresh deviled eggs in. found @ Reid's Country Sampler, \$6

e. Glass Pitcher with Chainlink Pattern: Found this unusual pattern to go along with my collection of green and brown depression glass. found @ His 'N Hers Antiques, \$8

f. Antique & Vintage Buttons: There is something fascinating about buttons. Taking something old and making it new again. I take old buttons and turn them into display art and jewelry. found these at TWM's Antique Mall, 10 for \$1

g. Vintage Apron: The apron heyday was during the late 1940's through the 1950's when society could use the term "housewife" without fear of reprisal. Today, aprons are finding their way out of closets and drawers. found @ Reid's Country Sampler, \$4

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Saturday October 24, 2009

-Goldsboro, NC-
Break out that secret recipe, five alarm or other homemade chili and lace up those running shoes for the 3rd Annual Chili Challenge and the 2nd Annual 2 Hot 2 Trot Road Race.



This event is the Community Soup Kitchen of Goldsboro's largest fundraiser and provides resources that allow us to continue our mission of serving the hungry of Wayne County.

We would like to thank Jeffrey's, AccuCopy and 107.9 WNCT for helping bring the Chili Challenge Fundraiser to the people of Eastern NC.

Interested in showing off your Really Chili ability, having fun and winning prizes? Look over some general information and rules about the Challenge. Form a team and register. Mail or deliver your registration form to the Community Soup Kitchen.

Interested in running and/or walking in the 2 Hot 2 Trot Road Race? Read through the details and fill out an application. Mail in the application along with the entry fee. Same day registration will be available for the road race, **please do not mail entry fees and applications after October 19, 2009.**

For further information or if you have questions, please use the contacts below.
Community Soup Kitchen 919-731-3939 or Andrea Heekin 252-943-1010
2 Hot 2 Trot Road Race, Sean Hamilton 919-920-8502, dseanmhamilton@nc.rr.com



the taste of wayne county

- as covered by Nelda Sharkey

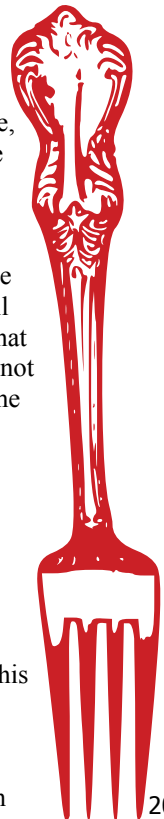
Wow what a scorcher! With the temperature reaching the 100 degree mark, The Taste of Wayne County was still a great success. Tuesday, August 11 was the big kick off event for the United Way campaign for Wayne County. On the campus of Wayne Community College, the vendors began setting up their sites at 4pm for the crowd of hungry people that would be converging to taste the delicious foods they had prepared.

At five, a room of judges with their scoring sheets were anxiously waiting. As the vendors brought in the many food and flavors of our Wayne County restaurants and food services, the judges tasted, smelled, and checked out the look and how the foods were displayed. With all the delicious foods they were served, and the number of foods they tasted, it's a sure thing that each judge left with a heavy tummy and a few good extra pounds declaring that they would not need to eat another bite for at least a week. The crowd came, young and old, looking for some good food and a great time. Along with food and drinks, there was good music and prizes to add to the enticement of the evening.

Veronica was all excited about her glass coke bottle. She said it was "the coolest thing she had ever seen" and she was going to keep it forever.

Ms. Dorothy Newkirk was very proud of the Sony Cybershot camera she won from Sam's Club. Sean made the comment that all of the attendees were probably thinking, Its Hot and Wonderful! It was definitely hot and people were chowing down on the wonderful food at this wonderful event to help those in need here in Wayne County.

This event required not only the food suppliers but the hard work of the organizers and the many volunteers that worked all during the day to set up and man the stations and then clean up and put away tables and chairs at the end.



Wayne County Fair

a family tradition for ruby thomton

by cindi pate



Eighty year old Ruby Thornton has been entering her prized pies, jellies, canned fruits and vegetables and biscuits in the Wayne County Agricultural Fair for nearly 30 years. And for every year entered, she has placed in something each time. Mrs. Ruby has won so many 1st, 2nd and 3rd place ribbons that she created a beautiful quilt from her prizes.

Each year, Mrs. Thornton enters sugar cookies using her mother's recipe and homemade biscuits from her own recipe - winning each year. She has also entered plants, fresh cut flowers and antique items. Mrs. Ruby spoke with excitement of the times

she brought home Best in Show for an old medicine bottle entry in 2005 and for an old Family Bible that she entered in the mid 1980's.

For more than 10 years, Mrs. Ruby has volunteered at the fair by taking in exhibits and labeling them appropriately. Her daughter Mawan Bunn and grandchildren, AvaAnn and Abigail also volunteer - making this a three generation family tradition.

While Mrs. Ruby could not tell me which ribbons went with the win, she did say that she and her husband George never plan to go anywhere during fair time...except to the fair. She and her husband can be found hanging out in the exhibit hall socializing with old friends and making new ones. "We usually go out to the Fair Grounds four or five days", said Ruby. "We look forward to the Fair".

continued on page 24





VERMICOMPOSTING

Master Gardener Tim Norris presented a program on vermicomposting (composting with worms) at the Wayne County Extension office in Goldsboro. The program consisted of a brief discussion on worm biology and the science behind how vermicomposting works. Tim finished the seminar with a step by step demonstration on how to make and maintain a home scale vermicomposting bin. A worm bin consists of "bedding" and a "food source".

The bedding Tim used was old moistened newspaper that had been torn into strips and he explained that the worm's food source should be organic kitchen scraps. Norris explained to the audience, "Never put meat, grease or dairy products in your worm bin, since they tend to attract unwanted residents to the worm tub". The demonstration bin along with worm castings and compost tea solutions were raffled off for free to members of the audience. Those who attended ranged

from retirees interested in starting worm bins for their grandchildren to Wayne County Public School teachers interested in incorporating vermicomposting into next years curriculum. Overall the program showed people how to use worms to turn everyday food scraps into a nutrient rich soil amendment for their garden. An emphasis was also placed on how home composting helps keep food waste out of landfills, which it is not only beneficial for the environment, but also the community as a whole.

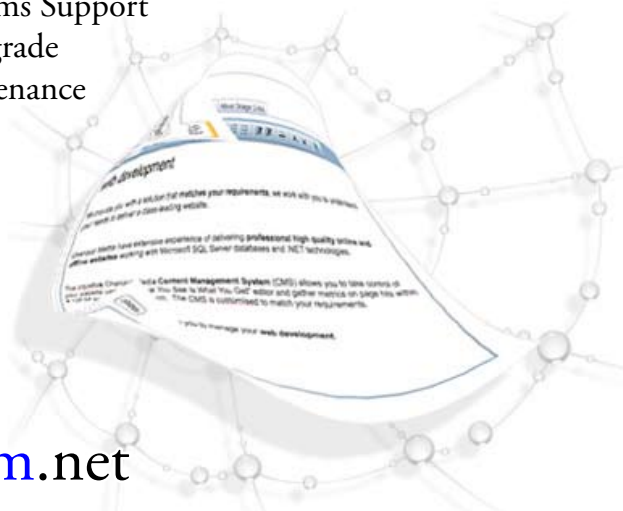
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(♥) Whether you grow your own food or buy from nearby farms and farmers' markets, chances are that at some point you'll have too much of something to eat before it spoils. It is a seasonal joy to have plenty of fresh produce and really enjoy it in its prime. I'll eat tomatoes for breakfast, lunch, and dinner when the tomatoes are in season. When I was young and lived out in the country, my parents had a big garden. I remember dinners filled with sweet corn, cantaloupe, and tomatoes. What a treat!

But when you're really overloaded, you'll want to think

about how to save some of it for later. There are a few basic ways to preserve food and each has some advantages as well as disadvantages.

Using Your Freezer

Freezing is definitely less labor-intensive than canning, for the most part. However, you are dependent on electricity to keep that freezer running. If you have a power outage, you could lose all your hard work! Plus, you might need to figure out the cost of keeping an extra freezer running year-round. Newer freezers are much

more efficient, of course, but can require a big investment right up front. Some fruits and vegetables can be frozen raw; others will need to be blanched first.

A few thoughts to keep in mind.

First, label everything! What seems obvious as you're packing is not so crystal clear a few months later when you're trying to figure out what's in that container. Square and rectangular containers will waste less space in your freezer (as they do in

your pantry). Freezer bags are quite easy to use and affordable, but the quality of the cheap ones can be questionable.

If you want to use freezer bags for liquids, fill the bags then lay them down flat on a cookie sheet while freezing. Later, you can stand them up in a rectangular container and “flip” through them to find what you want.

Organize your freezer shelves in some fashion that makes sense to you. You might have cooked sauces and vegetables on one shelf, frozen fruits on another, and meats on a different one.

Canning

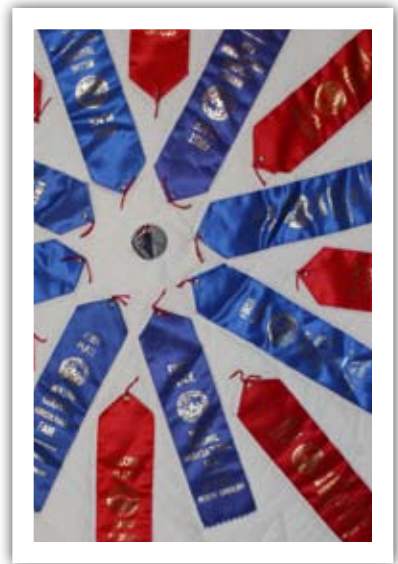
Canning is more labor intensive up front, but when you’re done, you can line the shelves of your pantry with your efforts and not worry about the power going out. I have to say that I love looking at the rows of glass jars filled with food in my own pantry and prefer this way of preservation than freezing.

Even though we have the conveniences of today, I find

myself canning and freezing fruits and vegetables just like my mama taught me. Preservation has become popular in all fashions. Some use this as a method to save money, some people find joy in seeing all those jars with freshly grown fruits and vegetables, some like the fact that they know exactly what is in the final product, and others simply feel that home preserved food just tastes better.

Since the 1980’s food scientists at USDA Centers for Home Food Preservation have been busy checking recipes and canning procedures for safety. As a result, new guidelines and recipes have been published to make sure that the food you process in your own kitchen is safe for you, your family and your friends.

(While many people have an interest in preserving food at home most people have never done it before. Our local Wayne County Center at the NC Cooperative Extension Office has information available to you on food preservation. And have, at times, offered classes.



This year, Mrs. Ruby has plans on entering a number of things. In fact, when I spoke to her, she had already baked a test batch of cookies to send home to my children. (Let’s just say they won a blue ribbon at my house.) She also did some canning this year, so chances are they’ll be a jar or two with her name on it in the exhibit hall.

Mrs. Thornton is an inspiring individual. So much so that I plan to enter something myself this year. When I asked her for advice, Mrs. Ruby stated, “Don’t try and trick the judges, you better make sure you grew it yourself or baked it yourself.” “It might be best to enter your baked goods as late as possible on Thursday to ensure freshness”, Mrs. Thornton advised.

And, in honor of true competition, she wished me luck.



Kitty Askins Hospice Center "KITTY CLASSIC" Golf Tournament

Friday, September 25, 2009*

8:30 AM and 2:00 PM Shotgun Starts

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- **Donation includes Green Fees, Cart Fees, Hole-in-One Contests, Lunch & Prizes.**
- **All players are asked to arrive ½ hour prior to their scheduled shotgun starting time.**
- **AM & PM shotgun starting times are limited. To ensure your preferred time, register early!**
- **Lunch will be served between tee-times from 11:00 AM until 2:00 PM.**

**All proceeds benefit Kitty Askins Hospice Center
and the Hospice Programs of 3HC.**

*In the event of rain, the tournament will held on Friday, October 2, 2009.

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Individual Players' Information (Please print clearly)

Player's Name	Handicap	Player's Name	Handicap
_____	_____	_____	_____
_____	_____	_____	_____

Please indicate tee-time preference: 8:30 AM Shotgun Start _____ 2:00 PM Shotgun Start _____

Donation: I am sorry that I cannot be a sponsor this year, but please accept this donation of \$ _____ to support the Hospice Programs of 3HC & Kitty Askins Hospice Center.

Kindly return this form, along with your check payable to Kitty Classic to:
 3HC, 15th Annual Golf Tournament
 2402 Wayne Memorial Drive Goldsboro, NC 27534

Have questions? Call April Brantham at (919) 735-1387, ext. 1072

Thank you for your support of Hospice of 3HC!



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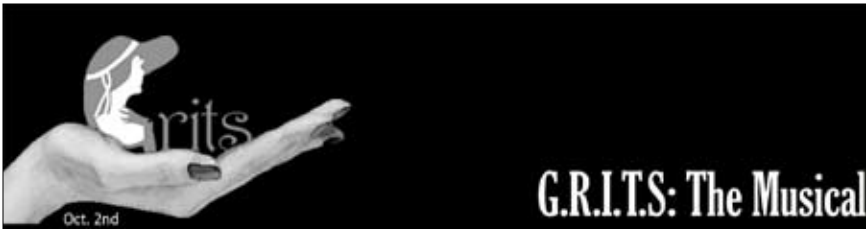
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