

Down Home

MAGAZINE

JAN/FEB '10

Walk where they Walked
explore eastern nc

New Year Resolutions

COOKING WILD
GAME & FISH

Born Southern
black-eyed peas & collard greens

Arts & Events

**Cheers
to 2010**

Barbs
of Goldsboro

on the cover - Barbara Mapp. She writes! She sews! She cooks!

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Down Home

MAGAZINE



It seems the older I get the faster the months past by. What in the world happened to 2009?

Well, for starters, Down Home Magazine had an amazing year. Evolving into a readers delight - or at least that what my readers tell me. We won New Business of the Year for Wayne County, doubled our distribution and added a few new features such as [Signs Around Town](#) and some [photo-journaling](#) - as well as a

new writer.

What should you expect for 2010? How about new features like [Born Southern](#) and [Explore Eastern Carolina](#). You can also expect to learn about the area, businesses and people not only in Wayne County, but around Wayne County. Maybe a calender or two and some t-shirts for give-aways.

But most of all, I look forward to sharing Down Home with you.

Cheers to a New Year
- Cindi

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DHM is distributed where consumers are - In local businesses all over Wayne County - and surrounding counties. See page 30 for a detailed list of Wayne Co.

If you would like DHM sent to your home, send your name and address along with \$12.00 to address above.

On the Cover
Barbara Mapp: An antique enthusiast, an awesome cook, a skilled seamstress, a talented floral designer - - woman entrepreneur who has combined all of her talents to create Barbs of Goldsboro.



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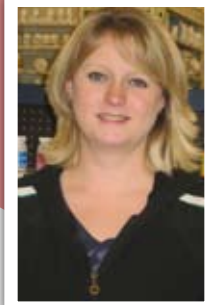
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Candace Smith of Shines Crossroad is an employee of Raper Discount Drug in Goldsboro. Candace's New Year resolution is to become financially sound. She said, "My car will be paid off in June and I plan to use the extra cash to pay down my last two credit cards!" Candace beamed when she repeated, "Can you believe it? My

LAST two credit cards!" Candace says that once



she is financially sound, her mind will be

"content for the rest of the year!" Let's keep our fingers crossed that Candace will be one of the 12 percent who are successful in keeping their resolutions!



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What's the Deal with New Year's Resolutions?

-by Pat Turner

Not everyone makes New Year's resolutions. Those who do are most likely trying to improve themselves, their environment, or the world in general. Regardless of the resolution, one thing is clear: New Year resolutions are a great way to begin a new year!

A study on New Year's resolutions in the United States shows that trying to lose weight is the number one goal.

Finances rank number two and number three on the resolution list. People often want to get out of debt and want to save money (or more money).

Education is important to many. Number four is to improve grades on their report cards and number eight is to get a better education. Finding a better job is important enough to be ranked

number five, while getting fit and eating right are numbers six and seven, respectively.

Getting rid of vices are back to back: Resolving to drink less alcohol and quit smoking, are numbers nine and ten.

Those are the top ten resolutions according to Wikipedia, the free encyclopedia. The study listed the top 16 resolutions, however.

Reducing stress and taking a trip seems to go hand and hand. They are numbers 11 and 12.

Lucky 13 is volunteering to help others, while number 14 is a resolution to be less grumpy.

Rounding out the list is number 15, to be more independent and number 16, to learn something new.

Each resolution has its merits. Regardless of whether we stick with our resolutions or not, the most important thing is to make the New Year, 2010, the best one ever!

Information regarding America's New Year's Resolution study can be found at <http://www.wikipedia.org/>

Find area residents' New Year resolutions sprinkled throughout the pages of this issue of Down Home.



I guess the normal "lose weight" thing could always apply. Be a better Mom!

*April Trujillo,
Wilmington*



Try and slow down and not work such long hours & to enjoy the little things in life & spend more of my time

on this earth with family and friends. *Karen Sergeant-Rakers,
Goldsboro*



Brenda Gray Peele of New Hope is usually successful with her resolutions, but she is too modest to brag about them. This year, she wants to make more money, perhaps by winning the lottery. She also wants to work towards being healthier. Somehow, it seems more likely that she's going to get healthier than win the lottery, but we can all keep our fingers crossed that she

Explore Eastern North Carolina

North Carolina is rich in history - a fair share right here in Eastern North Carolina.

North Carolina was one of the original Thirteen Colonies and one of the last of the Confederate states to declare secession from the Union. As a result, a multitude of history made - just waiting to be explored.

Destinations in Eastern North Carolina include amusement parks, historical landmarks, golf, wineries, parks, beaches, and conventions and sports venues. The state is the 6th most visited in the country, but we don't have to visit, do we? We live here!

Read as Down Home explores three of Eastern Carolina's Historical Landmarks as we introduce our Explore Eastern North Carolina series.

- 🌿 Fort Macon
- 🌿 Goldsborough Bridge
- 🌿 Bentonville Battlefield



photography by Cindi Pate

Fort Macon

North Carolina's smallest, yet most visited State Park, Fort Macon is located at Bogue Banks near Atlantic Beach. It is one of the finest examples of the many coastal forts constructed along the Eastern Seaboard of the United States after the War of 1812. It is recognized as the only deep-water ocean port in the Tarheel State.

From the outside looking in, Fort Macon looks like pile of dirt blanketed with grass. But as you find yourself walking through the entrance, the fort stands in all of its glory. With its many levels and an inner wall standing at 40 feet, Fort Macon has much to discover. Stairways leading to the different levels and doorways opening up to large brick caverns and living and sleeping quarters. At every turn, something to learn

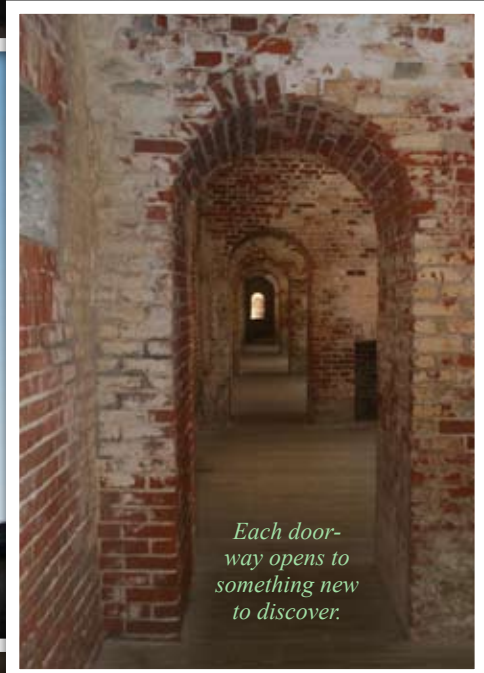
and explore.

Fort Macon served as a fortress to soldiers and their families and guarded the inlet during the War between the States, the Spanish-American War and World War II. It was also used as a Federal Prison once.

And steps away - the ocean. Where tales and treasures from Blackbeard's ship - The Queen Anne's Revenge - lay.

Visit Fort Macon and make new History with your family.

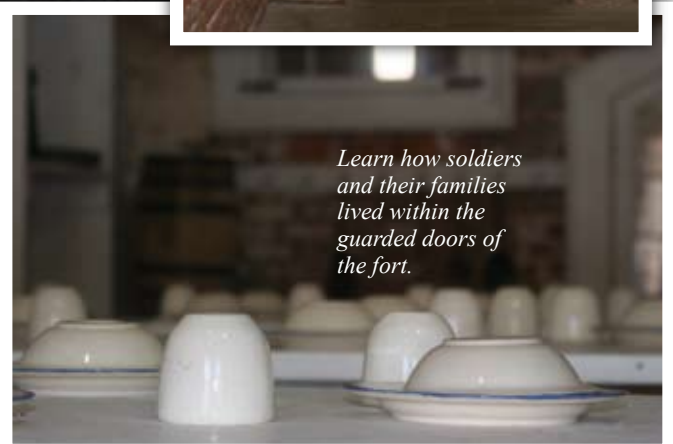
One of the 56 canons once used to protect the Beaufort inlet.



Each doorway opens to something new to discover.

Walk where they walked

Learn how soldiers and their families lived within the guarded doors of the fort.



Goldsborough Bridge

The Battle of Goldsborough Bridge took place on December 17, 1862, in Wayne County, North Carolina, as part of the Union expedition to Goldsboro, North Carolina, during the American Civil War.

Goldsborough Bridge Battlefield is located on 32 acres of the original 1862 battlefield site. The rail fenced parking area contains a Civil War Trails historical marker which details some of the events of Foster's Raid and the Battle of Goldsborough Bridge. An informational kiosk provides visitors with a battlefield map and further information. Walking trails surround the cultivated field which Confederate troops crossed during their bloody counterattack against the Union rear guard. These trails take visitors

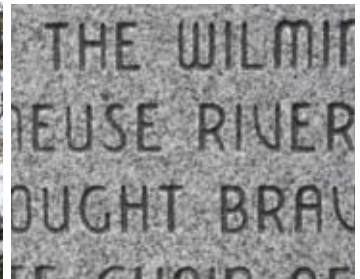
to three additional historical markers where specific events of the battle are detailed. Two sets of well preserved earthworks may be viewed, as well as the site of the Wilmington & Weldon Railroad Bridge, the objective of the Union army.

If you like a good self guided tour, this is the place for you. Walk through and explore the history and nature at Goldsboro Bridge.

The battlefield is located just south of Goldsboro, NC on Old Mt. Olive

Road. (just off Hwy 117) For more information, call (919) 581-1041.

photography by Cindi Pate



A reenactment, originally scheduled for Dec 12, should be rescheduled for the near future. The reenactment will feature living history interpreters representing Civil War Union and Confederate infantry, cavalry and artillery.



Bentonville

Every five years, the Bentonville Battlefield Historical Association Inc. in cooperation with the Johnston County Visitor's Bureau holds a large battle reenactment. The Battle of Bentonville was the largest battle ever fought in North Carolina, and reenactments are no different.

**145th Bentonville Reenactment
March 20-21, 2010**

www.bentonville145.com

THE BATTLE OF BENTONVILLE WAS FOUGHT MARCH 19-21, 1865, IN BENTONVILLE, NORTH CAROLINA, NEAR THE CURRENT TOWN OF FOUR OAKS - JOHNSTON COUNTY. THE BATTLE WAS FOUGHT OVER AN AREA OF SIX THOUSAND ACRES OF PINE WOODS AND FIELDS. 543 MEN WERE KILLED, OVER 2800 WOUNDED, AND NEARLY 900 LISTED AS MISSING. TODAY, BENTONVILLE HAS REAL LIFE REENACTMENTS, SEVERAL LIVING HISTORY AND ARTILLERY AND WEAPONS DEMONSTRATIONS THROUGHOUT THE YEAR WITH COSTUMED HISTORIANS.

photos from Bentonville 145



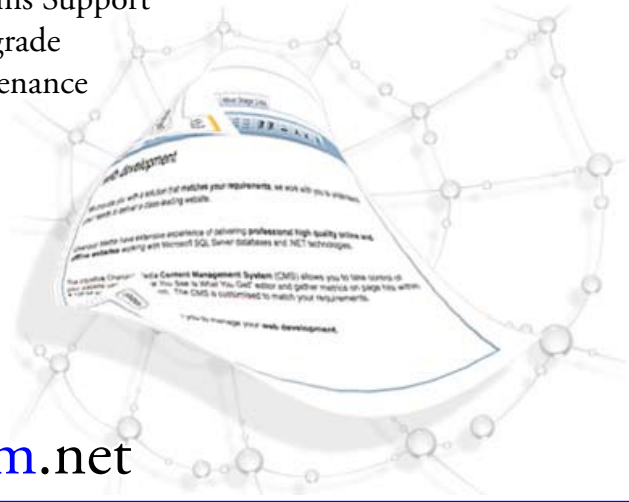
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FREIDA ENSIGN OF MOUNT OLIVE SAID, "WORLD PEACE. WE NEED THAT. I PRAY FOR IT DAILY." AMEN, MS. FREIDA.



Mommy & Me Photo Shoot at Coco Darlings - Join us for a Mother Daughter Photo Shoot **January 16th**, 10am - 6pm. Wendy Fowler, award winning photographer, will be at **Coco Darlings** capturing precious memories! Imagine whimsical photos featuring Cocos' costumes and beautiful backgrounds. Coco Darlings - 919-731-2222

It's Tax Time Again - So Get Organized

With all the Palm Pilots, laptops, desktops and every other gadget in this high-tech world, do you know what you may find most useful as you get ready for filing your taxes? The humble manila folder.



It's true. As you get organized to do your taxes, you probably won't find anything as helpful as a manila folder - or, to be more precise, three manila folders. You can label them "income," "deductions" and "medical deductions."

What should you put in these folders? Let's take a look.

Income folder - This should contain all the records of your income from earnings and investments. Use this folder for your W-2 forms (wages) and your 1099 forms (interest and dividends). This is also the place for your year-end bank and brokerage statements, mutual fund reports and any other documents related to earnings from savings and investments.

If you've sold any stocks during the year, you'll also want to put your 1099-B forms in the income folder. However, these forms only indicate your sales price. To calculate your taxable gain or loss, and to determine whether short-term or long-term capital gains rates apply, you'll also need the paperwork or canceled checks showing when you bought the securities and how much you paid for them. If you have reinvesting, you will also need the amount paid to purchase these additional shares.

Deductions folder - It's important to keep track of all your itemized deductions, because they can significantly affect the amount of tax you'll owe. Your biggest deduction will probably be your mortgage interest, so save your Form 1098, which contains this information. And save the receipts for your charitable contributions,



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personal property taxes, real estate tax payments and state income tax paid.

You may also incur a lot of unreimbursed business expenses. Keep tabs on everything else that's work-related such as tuition for classes, books, uniforms, professional journals, etc. If you're self-employed, all your office supplies and computer equipment will likely be deductible. If you work out of your home, you can deduct a percentage of your mortgage payments and utilities. (To learn more about deductible business expenses, request IRS Publication 17.)

Medical expenses - You can't deduct your medical bills unless they exceed 7.5 percent of your adjusted gross income. That may be a high threshold to cross, particularly since you can't deduct medical costs reimbursed to you by your health insurance provider. Nonetheless, it might be worth your effort to keep records of the various medical expenses you incur, such as out-of-pocket hospital costs, lab work, dental and eye care costs, prescriptions and insurance premiums.

It may seem like your manila folders will be stuffed to overflowing by the time you're ready to work on your taxes or hand them off to your tax provider. But over the years, you'll learn which documents, forms and receipts you need to keep and which ones you can "weed out."

After you've filed your taxes for the year, you may want to keep all your paperwork in a more permanent binder. But when the next tax season rolls around, it will once again be time to put those manila folders to work.

This article was written by Edward Jones for use by Grant Webber, AAMS, Financial Advisor, Edward Jones. 2005-A East Ash Street, Goldsboro, NC (919) 734-7171



Arts & Events



Comedy with Billy D. Washington

Paramount Theater - Goldsboro NC

January 15, 2010

08:00 PM - 10:00 PM

Billy is a witty, philosophical, piano-playing comedian, who works as a nationally recognized headliner. Not only talented musically, he possesses an incredible ability to create cleverly constructed jokes and improvise obscure audience situations. After an hour of this poetic and intelligent banter, people often wonder why they haven't heard more of him. He is quietly one of the most sought after comedians in the country. If you don't believe it - ask Miss Aretha Franklin. After opening for one of her concerts in 2003, she was so impressed with him she hired him on the spot to open all her shows nationwide for the next three years.

Rudolph Budgianas

Date: January 22, 2010

Time: 07:30 PM - 10:00 PM

Paramount Theater

www.goldsboroparamount.com

50+ Winter Dance

January 29th, 2010

at Herman Park Center

7:00 - 10:00pm.

We will have a great DJ and light refreshments. There will be no charge for this event.

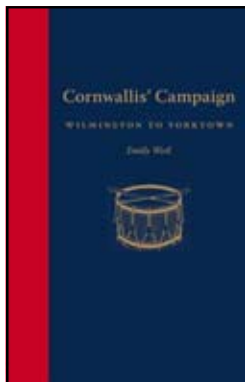
THE CHURCH CHOIRS- OPEN AUDITION!!!

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January 30, 2010, 9am

Paramount Theater

info: 919-581-4804



Cornwallis' Campaign: From Wilmington to Yorktown By Emily Weil

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All proceeds go to the Wayne County Historical Association.





Casino Night

Arts Council of Wayne County

February 5, 2010

919-736-3300

<http://www.artsinwayne.org>

Eastern NC Landscape Conference & Trade Show

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Wilson County Ag Center
8:00 AM - 3:30 PM
Wilson, NC

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Life Is So Good

Date: February 12, 2010
Time: 07:30 PM - 09:30 PM
Paramount Theater
www.goldsboroparamount.com

Mike Wiley returns with David zum Brunnen in the inspiring true story of a slave's grandson who goes to school and learns to read at age 98. Based on Richard Glaubman's bestseller about 103 year old George Dawson, this is the adaption of the Oprah-selected book that received the 2001 Christopher Award for work affirming "the

highest values of the human spirit." It is the story of an entire century; a life lived by George's credo: "Life is so good. I do believe it's getting better".

Plumtree Gardens Gallery Exhibit

February 13, 2010
5:00 PM - 7:30 PM

Special American Indian Exhibits as well as art, jewelry, pottery and photography from local artists.

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Black History

Underground Railroad & local Black History
January & February
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116 N. William Street,
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919-734-5023

Speaker-Book Signing Emily Weil

Her book Campaign is the topic of the evening
Date and Time to be announced
Wayne County Museum
116 N. William Street,
Goldsboro, NC 27530
919-734-5023



Grease, The School Version*

Paramount Theater

Presented by Stage Struck
February 25, 26, 27, 2010
7:30; 28 @ 3:00,



keep
your eyes
and **ears**
open to
find out!

Here's a valentine guaranteed to grow on recipients: a plant that is synonymous with a special pal, the sweet pea.

Materials

Kitchen sponge
Scissors
Three-inch clay pot
Acrylic paint
Potting soil
Plastic baggie
Packet of sweet pea seeds
Ribbon



Instructions

Cut heart shapes from a kitchen sponge with the scissors.

Using acrylic paints, sponge-print a design onto the pot. Allow to dry.

Place potting soil, seeds and planting instructions into the pot and wrap the whole thing in a ribbon.

Cream Cheese Mints

1 lb powdered sugar
3 oz package cream cheese
candy or food flavoring
candy paste color



Blend cream cheese with powdered sugar until mixture has a stiff consistency like dough. Form into small balls and roll in granulated sugar. Press into flexible molds and unmold at once, or just flattend each ball with a fork.

🍀 **Ideas for mom for Valentine's day.** 🍀
recipe from barb mapp



create new traditions for Valentine's Day

Traditions can be a source of strength to families by creating a sense of unity and serving as a connection between generations. Although Valentine's Day has traditionally been viewed as a holiday for couples to express their romantic love, it provides an excellent opportunity for parents to teach their children about expressing love within the home and to those around them. Here are some fun and easy ideas for starting Valentine's Day traditions in your family.

Family service project - One possible service project could be to create handmade Valentine's Day cards or craft items for people in nursing homes or hospitals. The family can go together to deliver these items (be sure to contact the facility first to make arrangements).

let's laugh

What kind of flowers do you never give on Valentine's Day?

Cauliflowers!

What did the valentine card say to the stamp? Stick with me and we'll go places!

What did the boy octopus say to the girl octopus? I wanna hold your hand, hand, hand, hand, hand, hand, hand, hand, hand, ?

What did one pickle say to the other? You mean a great dill to me.

Knock knock

Who's there?

Frank

Frank who?

Frank you for being my friend!



Another project neighbor. If you paper hearts in a variety of colors and sizes. If you choose, you can write special messages on the back. You can scatter the hearts on a front door, vehicle, etc. for the person (or family) to find the next day.

Valentine's Day treasure hunt - Create a Valentine's Day treasure hunt (with clues written on hearts to lead the way) for your children to complete when they wake up in the morning or when they get home from school in the afternoon. There can be small trinkets to encourage them along the way and a fun treat as a "prize" at the end.

Family craft night - Have a family craft night where family members can create cards for friends, each other, or extended family (such as grandparents). If you choose to do one of the service projects listed above, this could also be an opportunity to create the items for that project. (There are a number of websites available that provide easy and affordable ideas for creating Valentine's Day cards and crafts.)



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ANOTHER FRESH NEW YEAR IS
HERE - ANOTHER YEAR TO LIVE! TO
BANISH WORRY, DOUBT, AND FEAR,
TO LOVE AND LAUGH AND GIVE!



Deborah Ford of Pikeville, simply said, "I want to be a better person in 2010." It's doubtful Deborah will succeed. How do you improve on perfection?

- Cooking Wild Game & Fish -

My husband and father-in-law are avid deer hunters, as many men are here. (Yes, even some women. Not me, though!) Between the two of them, they keep my freezer pretty full of deer meat. Venison is naturally organic, untainted by hormone injections and much leaner than beef. When I use it in soups and stews, we really can't tell the difference between it and beef. I like making it into jerky most of all - my boys can't get enough of it.

Deer Stew

Ingredients:

1 lb deer meat cut into small pieces. (salt & pepper to taste)
4 large peeled potatoes, 3 carrots scraped and cut into small pieces and 1 large onion sliced.



Soak meat in water for 1 hour before cooking. Add 2 cups water in a crock pot and cook the deer meat on high for 4 hours. Dip a half cup of broth from the crock pot and add 3 tbsp of flour. Stir and pour mix back into the crock pot to thicken broth. Add the vegetables and cook for 2 more hours.

Fish Stew

This is an easy fish stew popular in Eastern North Carolina that goes especially well with cornbread. And everybody should know that you don't cook a fish

stew unless you intend to invite a large crowd over to eat.

5 lb. fish (rock, king mackerel) or substitute with any fish
5 lb. potatoes
3 lb. onions
1 lg. can tomato juice
1 can tomato paste
1 lb. shrimp
1 doz. eggs
1/2 bottle Texas Pete
1 tbsp. salt
1 tsp. pepper

Peel potatoes and onions and slice; cut fish in cubes $\frac{3}{4}$ x $\frac{3}{4}$ to 1 inch squares. Place layer of onions in pot. Add layer of potatoes and layer



of fish. Repeat layers until all are in pot. Add tomato juice and seasoning. Add enough water to come 2 inch below

top of ingredients. Cook over low heat approximately 2 hours until potatoes are done. Add shrimp & eggs on top and cook until done. Do not stir while cooking. Add more seasoning if needed.

Deer Jerky

Ingredients:

2 lbs thinly sliced deer meat
1/2 cup soy sauce
1/4 cup worster-shire sauce
3 table-spoon crushed red pepper
A few dashes of Texas Pete
1/8 cup steak sauce or favorite BBQ sauce
2 tbsp of garlic powder
2 tbsp cup black pepper
Marinate overnight in the refrigerator and place strips of venison on dehydrator trays. Run dehydrator until meat is dried and will snap when bent, 8 to 12 hours.



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It's Valentine's Day

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10am - 6pm

Regular Hours: Th-Fri. 10am-6pm
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607 Dollard Town Road - Goldsboro, NC
(next to Andy's Transmissions)

www.barbsofgoldsboro.com

Barbs

of Goldsboro

Barbs of Goldsboro



A true woman is driven to succeed at all times. And Barbara Mapp is a true woman. She writes! She sews! She cooks! She leads!

Barb's - yes, her friends call her Barb - list of talents is long. And she has combined her talents into a Country Gift, Antique, Vintage Shop and Gallery set back off the beaten path of Dollard Town Road.

The shop reflects a very eclectic atmosphere of hundreds of items, many from Estate and Auction Sales as well as a full line Floral Shop and Gift Baskets, hand made aprons, cookbooks, a full line of Jams, Jellies, BBQ Sauce and other condiments and mixes.

A member of *Goodness Grows in North Carolina*, Barb has created her own line of jams, jellies, cookie mixes and BBQ sauce. Ditchbank Roads Gourmet Food Products are made in small batches for that taste of home goodness. There is a

Southern Tradition in each 10 ounce jar and as for her BBQ sauce, its her very own. A mild sauce with a little kick. Perfect for meats, chicken or simmer a batch of meatballs in this sauce for a great appetizer. Or, as one of her customers would say, "good enough to drink".

Barb's Sweet Potato Butter is her best seller. "People buy it by the case", she adds. Barb also makes pear, peach, strawberry and pineapple preserves and pepper jelly - All made from locally grown products.

This talented artist has also published five cookbooks in all. Each having easy recipes, all using basic ingredients you should already have in your own kitchen. Her cookbook titled *Just Like Grandma Use to Make*, a collection of old timey



Barbara Mapp - Owner

Barb's shop features unique gifts for all occasions, vintage and antique furniture, porcelain, collectable glass, crystal, art and paintings, some featuring NC artist. Home decor, gift ware, pottery, wrought iron from NC blacksmith, collectable plates, tea sets, cut glass, quilts, gift baskets, homemade gourmet foods and more.

recipes, is her best seller.

Barb can be found most Thursday, Friday and Saturdays in her vintage shop/gallery at 607 Dollard Town Road just off Hwy. 111. When you stop by, tell her Down Home Magazine says hello!

919-778-7773
www.barbsofgoldsboro.com

the past, restored

I had the privilege of being invited to the Ole' Country Store. What I found was a little bit of the past, restored. The first thing I had to get a picture of was the old gas pump. That was a warm slice of nostalgia. It reminded me of my grandparents, and the old photos they used to share with us on the old slide projector. The sun was setting and the light was pretty, so I walked around the store and shot some more pictures.

Once inside, I felt right at home. Mind you, I'm a transplant from the west coast, so feeling right at home in a strange place upon arrival still gives me warm fuzzies. The woodwork on the inside was warm and inviting and there was an array of different sundries on the shelves, in addition to local crafts on the displays. They even had pots of warm boiled peanuts (how can I not think, "yum!"?). Fresh coffee was on, and old time candy and sock monkeys were plentiful. I felt like a kid in a candy store, truth be known.



a warm slice
of nostalgia



share a coke



Mr. Gray's hat



(Wall 2 Wall
photography



peanuts anyone?



local sundries



Come on in



farm fresh



photojournaling by Julie Wall
@ www.wall2wallphotography.com

Rusty Lane refurbished the store, which had previously been the old Gray Bros Store, to the new Ole' Country Store. The store had initially been owned by R.W. Gray, who had built the building from lumber from his own property in 1948, but it closed in the early 1990's. Now, almost twenty years later, Mr. Gray's hat and tobacco tin are still in the store, which has an old-timey feel to it. Owners, Cheryl and Rusty Jeffris, are also working on completing Oscar's, which will be a family-friendly pub, attached to the building, that opens to a tidy fenced outdoor area that will be wonderful for visiting in the spring for those of us that enjoy eating outside.

The couple is very conscientious about doing for the community, rather than being just another corner store. They are hoping that people from all walks of life will visit to sit down and have a bite to eat and socialize. They are very excited about offering items and products from local producers and crafts-people, as well as keeping the local store concept alive. You can just feel the history when you walk through the door, and it's a nice feeling.

That community involvement was very apparent during my visit. Folks just kept coming into the store, visiting with friends, and Cheryl and Rusty and their family were right in the thick of things. The local community is not cookie-cutter in the least. Off duty law enforcement was there visiting with the older folks, the younger families, and everyone in-between. I can honestly say that I enjoyed my visit (as well as my step back into a kinder, more community oriented place in time), and can't wait to go back and pick up a jar of Raspberry - Jalapeño jam to go with my cream cheese and crackers, as well as a hot-cocoa kit for four. What a treat our evening was! I just had to share it with y'all!

Ole' Country Store can be found on the corner of Harper and Hull Roads in Snow Hill. From Goldsboro, take Hwy. 13 into Snow Hill, take a left at the light by the elementary school, and they are a few blocks down on the left.

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Born Southern

Traditional black-eyed peas and collards for New Years Day



In the South, the breeze blows softer...neighbors are friendlier, nosier, and more talkative. {Why use one word when ten or twenty will do} Our way of thinking is different, as are our ways of seeing, laughing, singing, eating, meeting and parting. Our walk is different, as the old song goes, our talk and our names. Nothing about us is quite the same as in the country to the north and west. What we carry in our memories is different too, and that may explain everything else."

--Charles Kuralt in "Southerners: Portrait of a People"

It's a Southern Tradition to eat black-eyed peas on New Year's Day for good luck and prosperity in the year ahead. Black-eyed peas symbolize wealth and prosperity because they look like coins and swell when cooked. Most southerners complete the meal by serving collard greens which represent money and corn-bread which represents gold. Southerners can tell you what

they eat on New Year's Day but can't tell you WHY!

To answer this question, we have to look back-- far back-- to the Civil War. It was the end of the War. November 1864, known as Sherman's March to the Sea or the Savannah Campaign; General William T. Sherman of the North and his troops marched from the captured City of Atlanta towards the

Port of Savannah. Sherman ordered his troops to strip the land of all food, crops, and livestock and to destroy anything they couldn't carry away. The troops followed their leaders' orders. The surviving Southerners were left with nothing.

EXCEPT, black-eyed peas. The black-eyed pea supply was left completely intact. (next page)

Now, the troops did not leave these peas as some sort of good-will gesture. They just didn't know people could eat k-eyed peas!

In the north, black-eyed peas were known as "cowpeas" or "field peas". Cattle ate cowpeas, people ate English peas. Since only cattle ate these peas and the troops had already either taken or eaten all of the South's cattle, they saw no need to destroy this crop.

The rest is history! After the Civil War, black-eyed peas were the only source of food in the south. The pea saved thousands from starvation. From New Years Day 1866 forward, the tradition grew to eat black-eyed peas on New Year's Day for Good Luck and Prosperity

Today, the tradition of eating black-eyed peas for the New Year has evolved into a number of variations and embellishments of the luck and prosperity.

- Served with greens (collards, mustard or turnip greens, which varies regionally), the peas represent coins and the greens represent paper money. In some areas cabbage is used in place of the greens.

- Cornbread, often served with black-eyed peas and greens, represents gold.

www.downhomemag.com

- For the best chance of luck every day in the year ahead, one must eat at least 365 black-eyed peas on New Year's Day.

- Adding a shiny penny or dime to the pot just before serving is another tradition practiced by some. When served, the person whose bowl contains the penny or dime receives the best luck

for the New Year, unless of course, the recipient swallows the coin, which would be a rather unlucky way to start off the year.

The catch to all of these traditions is that the black-eyed peas are the essential element and eating only the greens without the peas, for example, will not do the trick.

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Cartridge World

In the Spotlight

1209D N. Berkeley Blvd / Goldsboro (near Old Navy)

In today's world, there is a need to reduce, reuse and recycle. Recycling your ink and toner cartridges is just one more way to join the green movement.

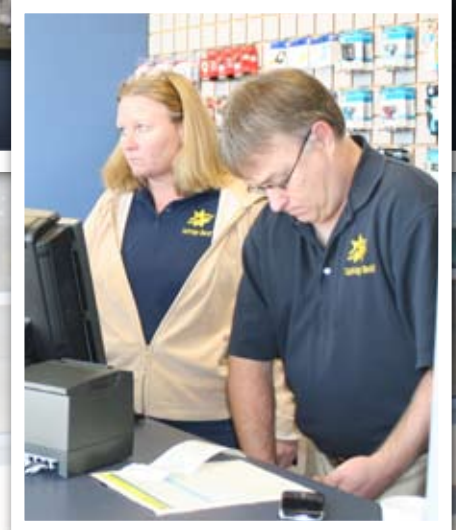
Jeff Neal, a retired MSgt and co-owner of Cartridge World (along with his wife Cheryl) takes pride in the fact that his store offers a quality product and a cost savings to his customers along with green technology.

The fact is that it takes about 3 and a half quarts of oil to make a new laser cartridge. And, that same cartridge- if thrown in a landfill - would take 450 years to decompose. In one year, if the worlds discarded cartridges were stacked end-to-end, they would span around the world 5 and a half times.

Bringing in your empty ink and toner cartridges - no matter where you ink up - not only helps save the planet, it also puts savings in your pocket. For every ink cartridge recycled at Cartridge World, you get \$1 store credit - \$2 for toner cartridges.

Jeff & Cheryl also offer in-house computer and printer repair as well as a fund-raising project. But they could not express enough that folks need to **BRING IN EMPTY and/or USED CARTRIDGES** for recycling.

Pictured below, customers Thomas & Bernice Jones of Mount Olive stopped in to purchase ink - next time they say they'll bring in their empty cartridges. And, owners Jeff & Cheryl Neal explain Cartridge World Mission.





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Wedding Punch
Gingerale
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frozen strawberry & 1/2 bag frozen raspberry
of frozen lemonade
of frozen raspberry grape
t of frozen sherbet put sherbet in last and let

Gold Punch for Your Reception
1 48-oz can pine-apple juice
1 three-ounce package Instant lime gelatin
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1 cup lemon juice
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juice, mustard, worcestershire sauce, and black r in a large bowl. Add the bread crumbs and eat, and toss gently to mix.

o rings; you often get a e unique product this way you can save a lot of ey in the process.



While flowers ha dings for centuries, carry on this tradition with flower bou- l, gave Mary of quets. Give you guests the gift of flowers nd ring as an en

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