

FREE

Down Home

MAGAZINE

Vol 2/Issue 4 May/June 2010

Plum Tree
MARKETPLACE
and the buy local movement

UP, UP
& EXPLORE

PEACE
LOVE
AND

Strawberries

explore



bluegrass



summer
FUN & CAMP
planner
inside

got to be
NC
Goodness Grows In NC
FESTIVAL



**FREE
ADMISSION**

MAY 21-23

**FREE
PARKING**

NC STATE FAIRGROUNDS

- ★ Full Carnival
- ★ NC Food & Wine Expo
- ★ Free Live Music
- ★ Petting Zoo
- ★ Fish Fry on Friday
- ★ Pig Jig on Saturday
- ★ Lawnmower Racing
- ★ Antique Tractors



www.ncagfest.com

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Blue Sky Photography
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Down Home

MAGAZINE



Summer vacation tends to go hand and hand with the dreaded words: "Mom, I'm Bored". Not something I look forward to - especially since the words could echo in my house - times three.

Don't let boredom turn your

kids into sour apples - get them up, get them out and get them exploring.

Be a tourist in your own town - be a kid with the kids - get crafty - or just make a difference in your area.

In this issue, loads of Summer fun, camps, ideas and activities to keep you and your kids busy and happy all Summer long.

Peace, Love & Strawberries - Cindi

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

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DHM is distributed where consumers are - from the Piedmont to the Coast and can be found online at www.downhomemag.com

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

On the Cover

Olivia & Dalton Urban visit Holden Brothers Farmers Market in Holden Beach, NC

photo by John Urban
Blue Sky Photography



Down Home Magazine is a 2010 Member of WC Chamber



Get Up,
Get Out
& Explore
down home

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

*Destinations in Eastern North
Carolina include amusement
parks, historical landmarks, golf,
wineries, parks, beaches, and con-
ventions 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
Hew Hanover County, North
Carolina.*

- 🌿 Fort Fisher
- 🌿 USS NC Battleship
- 🌿 Downtown Riverwalk

I'm not sure if there is anywhere else in the world where you can walk on water, but I do know there is only one place that I've been that you could do just that.

Well, maybe not on the water, but there is a retaining wall that - at low tide - is just high enough above the water that you can walk it from Fort Fisher to the Island just on the other side.

Located on the southern tip of Pleasure Island near Wilmington, Fort Fisher lies between the Atlantic Ocean on the east and the Cape Fear River on the west.

Fort Fisher was a Confederate fort built during the American Civil War to protect the vital trading routes of the port at Wilmington, North Carolina, from 1861 until its capture by Union forces in January 1865.

And no visit to Fort Fisher would be complete if you didn't visit the NC Aquarium or take a ride on the Ferry to Southport. For the Ferry Schedule or to learn more about Fort Fisher, got to www.pleasureislandnc.org

Fort Fisher

“I love to walk out on
the wall and watch the
sunset”

April Peterson



photos by April Peterson & Cindi Pate

USS North Carolina Battleship Memorial

Wilmington, NC

Stationed in the river just across from downtown Wilmington, the Battleship NORTH CAROLINA beckons visitors to walk her decks and envision daily life as well as fierce combat that her crew faced in the Pacific Theatre during World War II.

A reason all in itself to visit Wilmington, NC.



Just across from the Battleship, in beautiful downtown Wilmington, you can explore the River Walk. Where streets are still paved with cobblestone once trampled on by horse drawn carriages.

And where shopping isn't defined by malls or big box retailers. Instead, find the highest concentration of unique boutique shops between the Cotton Exchange and Chandler's Warf as well as the most amazing dining experiences.

If you're really lucky, you might just run into one of the stars of Dawson Creek or other stars being filmed in the downtown area.



RECEIVE
THIS GIFT
WITH YOUR
DONATION
TO THE FIRST
PEOPLE HERITAGE



Christy Kearney (Bakery) Rita Eason (Seafood) and Dalton Lewallen (Bagger) Carlie C's IGA - Goldsboro

mrs. picky finicky

What a great time Mrs. Picky had in hosting a taste sampling at the Carlie C's IGA in Goldsboro. The Staff was excited to see a local food vendor and trying all of her products. Customers loved receiving the stacks of recipe idea cards and chatting about NC Products. Mrs Picky Finicky is proud to support local, buy local and be a member of all the local products that you can purchase at Carlie C's IGA's.

Watch for the next issue to learn more about what makes Mrs. Picky so finicky!



First People Heritage Center 2010 limited edition of 100 each, 11" x 17" numbered/signed print will be yours with your donation.

The original watercolor by Dreamweaver features his traditional American Indian accessories; owl and swan feathers, shells, beads, and his spirit bag.

Each \$100.00 tax deductible donation will receive the 2010 print as a gift. 100% of the donation will go toward First People Heritage Center.

For more information, to contribute money or services, or to volunteer to help in any way you may email:
firstpeopleheritagecenter@earthlink.net or phone Dreamweaver or Lotus Blossom at 919-736-9412.

Born Southern

Dress for Success Even During the Summer Months

*Hurrah! Hurrah!
For the sunny South so dear;
Three cheers for the homespun dress
The Southern ladies wear.*

--Carrie Belle Sinclair

Southern girls know the joy of June's arrival: summer tans, wide brimmed hats & adorable sandals. But dressing professionally can be a challenge during the summer months

In general, the northeast regions tend to dress more traditionally in professional surroundings, regardless of the heat. But, if you live in the southern states, one tends to dress a little bit more casually or more relaxed than the traditional dress side.

Regardless of the humidity and heat, there are things that you can do to ensure you look good and dress appropriate during the Summer months.

Remember that your dress sends silent messages to others. It is your visual image

that people tend to notice first when forming impressions of you. Make sure your summer look is credible and polished to attract more clients and gain greater career growth. Here are some tips that women can follow to look professional, but still stay cool in the heat of the summer.

For starters, wear a professional solid color dress with an open-weave sweater as a jacket or opt for a dressy cotton blouse, and work skirt worn at the knee area. A dress or skirt is always cooler than wearing a pantsuit. It's pure physics, you're able to get a cooler draft from the opening in the dress or the skirt. Remember that a light to medium color is always more professional than a dress or skirt in a bold, wild print. And, where lighter colors because the white reflects heat were dark attracts heat.



Consider the material that you're wearing. Select blouses made out of the natural fabrics like cotton, silk or linen. Linen and cotton are great choices for the summer because they are natural fibers and they breathe nicely. Looser fitting fabrics also allow the air to circulate and are cooler than tight fitting fabrics. When you also add a lower stylish neckline like a v-neck, scoop neck, or square neckline you will avoid having anything up by your neck, allowing more airflow. However, be cautious that you do not bare too much skin or cleavage. Conservative is the key, make sure you're wearing something for work, not for dinner.

The same thing goes for jackets. If you have to wear a jacket, again, use a jacket that has natural fibers in it so that it is cool, and gets good airflow. Then it works great although it may wrinkle. If you pick a color that's neutral, you can use the same jacket over different tops.

If your dress code allows you to go barelegged and your legs are flawless, you can do so, but remember you will lose a little credibility here. If you do decide to go without wearing hose, it's a good idea to tan your legs, or get a self tanning lotion. The

enhanced darkness of the skin tone will make it look as though you are wearing hose.

If you do have to wear hose at work, there are things you can do. Here are a few shortcuts to keeping cool if your dress code at work requires hosiery. Try wearing dress trousers with knee-hi hosiery, or select a dress or skirt which, when worn with hosiery will be cooler than a pantsuit. Remember, you don't need to wear hose that gold all the way up.

When choosing footwear, some of the same concepts will apply. The lighter the color the shoe, the cooler it will be. Take shoes that have open until, or are more strapped like. Of course, you need to make sure you pick something that makes sense for the office, but the more air that you can get flowing through the shoes

the cooler you will be.

For those of you that must wear full suits, take a look at the lining. Typically, suits made for summer have thinner lining sometimes no lining all. The thinner lining is again allow for air to flow through easier. For suits and core wardrobe pieces, stay away from dark colors and black, which absorb the heat. Select lighter-colored fabrics like eggshell, camel, tan, taupe or light grey. Another tip is to search for bracelet sleeves in suits, which expose the lower portion of your arms.

Applying these tips will make sure that you don't sweat it too bad during the summer and you still look great.



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607 Dollard Town Road - Goldsboro, NC

Don't Forget Mother's Day!

www.barbsofgoldsboro.com



MY FAMILY AND I SPEND ALMOST THE WHOLE SUMMER AT TOPSAIL, AND STILL CAN'T GET EVERYTHING! CENTRALLY LOCATED AND WONDERFUL PEOPLE. MY HOME AWAY FROM HOME!!!

SANDRA LEIGH PIZZINO
MT. OLIVE, NC



(L) Jody Currin of Four Oaks and (R) Lisa Shively of Eden at the **Southern Women's Show** in Raleigh discussing how much they would love to have their picture in Down Home Magazine - we were happy to oblige!



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UNITED WAYNE
FROM THE HEART. HERE AT HOME.



Young Children's Festival

This exciting event is tailored especially for young children ages birth to five, and will promote the Born Learning Campaign message that children are born learning, and that parents can use everyday moments such as sorting laundry or grocery shopping as learning moments. The festival is from 10:00 a.m. to 2:00 p.m. at Herman Park and the Wayne County Public Library. Through funding from the United Way of Wayne County, the Partnership for Children implements the local Born Learning initiative. Born Learning is a national public awareness campaign that is designed to help parents, caregivers and communities provide young children with early learning opportunities. By starting early, parents can give children the tools they need to arrive at school ready to succeed.

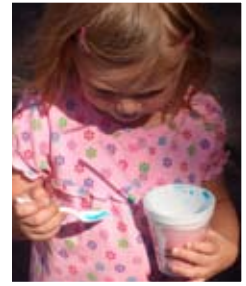
In addition to children's activities in the park, the festival will offer a storytelling session at the library. There will be three story sessions, one will be led by book author, Selena Smith, from "Joey Wants to Know, and storybook characters, The Mouse from children's book "If You Give a Mouse a Cookie" and Froggy from Penguin Putnam book series. The first 100 children at the first story session will receive wooden train whistles. We will also offer free train rides on the Kiwanis miniature train, children's activities, a petting zoo, face painting, and moonwalk. Refreshments will also be available at no charge. After visiting agency booths, children may enter a drawing for prizes to be given away at the end of the event.

Anyone who would like more information about Born Learning or the Children's Festival may contact Kim Best at the Partnership for Children at 735-3371, Ext. 242.



FREE Festivities include:

- Miniature train rides
- Costume Characters– Bring Your Camera!
- Petting zoo
- Storytelling at Public Library
- Moonwalk
- Entertainment
- Activities for young children
- Refreshments
- Raffle prizes
- Car seat checks
- Born Learning parent materials
- Community agency displays



We love taking my little girl Jalyn, the current Wee Miss Goldsboro, camping down near Topsail Beach

**Crystal Warrick,
Kenly, NC**

.....
...we enjoy
Emerald Isle and
our own back yard

**Johnny & Julie Wall,
Goldsboro, NC**

**Saturday, June 6th
Herman Park
& Wayne County Library
10am-2pm**

**For more information, call:
The Partnership for Children
at 735-3371 Ext. 223
www.pfcw.org**

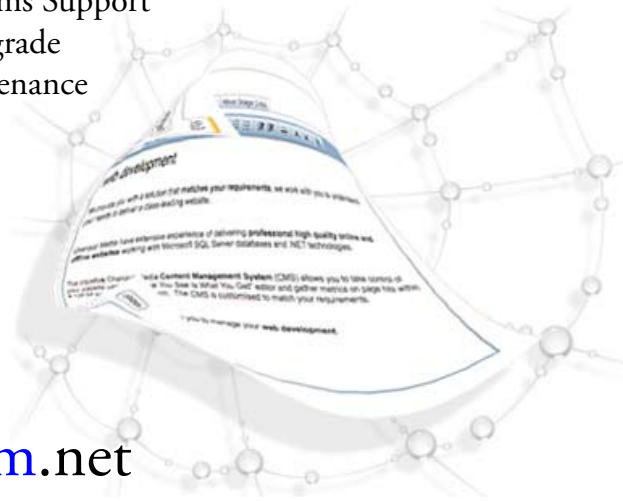
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Up, Up & Explore

by Jana Barfield

Have you ever heard, “The best things in life are free”? How about “Seize the moment”? Well, I experienced both recently. Still in a sleepy Sunday morning fog, I made my way to the coffee maker via the TV and flipped it on to catch the morning news. The anchorwoman was just telling a story about a man that had launched himself and a cluster of helium filled balloons from Sanford the day before. “just like in the Disney movie, UP.” She said. I paused to watch the pictures. She proceeded to tell about his statistics. He apparently had reached an altitude of 5,000 feet and had drifted West before the winds had turned him back East again.

The anchorwoman had listed the gear that the pilot of this aircraft had on board. Satellite phone, GPS system and a parachute, just to name a few. All of this prompted my silent question, “What would make someone tie themselves to balloons and drift across the state?”

It was at that point announced that he would be landing Northeast of Fremont shortly and if anyone living in that area should go outside and see him.

We don't exactly live in that area, actually about 6 miles or so from there, but I wanted to see it, so I bounded through the house asking my kids and husband if they were up for the adventure. As you can imagine, no one immediately jumped up. My husband, oldest son and youngest son grunted and mumbled, but my girls, who have a sense of adventure themselves, sprang into action.

We left the house with our pajamas still on and brushed our hair in the car. I chose to take what our family has nicknamed the “super slab”, 795 North to Fremont. At first I went down 222, but couldn't see him anywhere. How hard could it be to see a guy with about 40 brightly colored balloons floating on the horizon?

After many stops and turns, I turned right onto Aycock Acres road and followed that to the end. Now, the end of Aycock Acres intersects into Arthur Davis Road, and I am sure you are thinking what does this



have to do with anything. Let me tell you. There is nothing at this intersection except a railroad crossing and no parking signs. The No Parking signs really caught me off guard, I mean, who would be parking there? There is nothing else out there. Nothing. It was during my tirade about crazy things that I saw the 5 story stack of balloons over the trees. It was breathtaking.

We followed the sight and pulled off of the road, got out of the car and sprinted into the field to get a closer look. Did

I mention that we were still in our pajamas? We were greeted by the pilot, Jonathan Trapp and his 4 friends, or ground support crew. They welcomed us over.

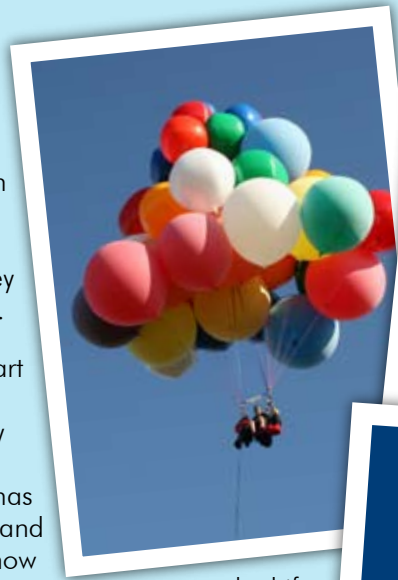
Here is the best part - they didn't even seem distracted by three crazy-haired girls in their pajamas armed with robes and a camera. You know most people around here might have been a little on guard, but not so Jonathan Trapp and company. Then again, this guy did strap helium balloons to his butt and float across North Carolina, so normal is probably somewhere just off his radar.

Brittany, Anna Beth and I were educated about the entire flight. We found out that he cannot steer his aircraft. He can only control altitude. If he goes too high, he releases one or more balloons, too low, he releases weight. Sounds pretty simple, right? Not so, I assure you. Each balloon serves a purpose, he has to consider temperatures at various levels, wind speeds, high pressure systems and let's not forget other air traffic. He has to have a registered flight plan and be in contact with airports and his ground crew.

As we were about to leave, he

asked if the girls wanted to ride. Are you kidding? So he gave them each a crash course in what to do if... Then he strapped my little Earhart's into the chair. The craft was tethered to a line that was at this point anchored to his car. They floated about 50 feet above the ground for about 15 minutes each. I can tell you it was an experience they will never forget. There was no sound except for the occasional flock of geese passing in the distance and the quiet conversation of the ground crew.

The vibrant colors of the balloons against the clear Carolina blue sky was beyond beau-



“The vibrant colors of the balloons against the clear Carolina blue sky was beyond beautiful.”

tiful. Once their rides were over, we helped the crew deflate the balloons, which was almost as much fun as floating.

This experience proves two things, you never know what each day holds in Eastern North Carolina and you have to be open to try new things. If we would have not followed the urge to jump in the car and go, my daughters might not would have ever floated 50 feet above the earth.

For more information about Jonathan Trapp and his adventures, visit him at www.clusterballoon.com. Tell him that the crazy girls in their PJ's sent you!

photos by Jana Lee Barfield



photo by Dean Bryant Johnson

Ocracoke Island. Slower pace. Fewer people. Isolated beaches. A place to recharge before getting back to the daily grind....

**Dean Bryant Johnson
Goldsboro, NC**

I like going to Bald Head Island for the day, rent a golf cart and ride all over the island with the family. The kids LOVE it.

**April
Trujillo
Kure
Beach,
NC**



Plum Tree MARKETPLACE



At the same time that other cities were working hard to build community gardens and improve their farmer's markets, Goldsboro NC lost theirs. And, until recently, the

area had no market. But an attempt made by the local health department to provide healthy fruit and vegetables to their own staff, encouraged the city to allowed a small market in the Wayne County Social Services parking lot.

In an added effort to reconnect the local community with fresh, local organic produce, Grandpa's Children - a non profit American Indian Organization, established a community garden this Spring on a beautiful lot off George street in downtown Goldsboro. The garden is available to any Wayne County resident who desires to plant a garden, but may not have the space in their urban setting.

Currently, many of the raised beds have already been beautifully planted, yet there are still plots available.

Along with the Community Garden, Plum Tree Market Place opened a Farmer's Market on Saturdays which provides the community with an assortment of goods from local farmers and artists including gourmet foods, fresh eggs and American Indian art.

Access the Market Place blogspot at www.plumtree-marketplace.blogspot.com to find out each week what to expect at the market.



Summer FUN & CAMP grammer

2010 Spring Farm Festival

Saturday, May 8, 2010

10 a.m. to 2 p.m.

CEFS Small Farm Unit

Goldsboro, N.C.

FREE ADMISSION!



Join us for this FAMILY EVENT with lots of kid-friendly activities as we celebrate sustainable agriculture and local food and farming in North Carolina. The 2010 Spring Farm Festival will include educational booths and activities, workshops, tours, kids' activities, a farmers market, local food and live music all day.

Arts Council Wayne invites you to have a picnic in the ACWC gardens and enjoy a

FREE exhibit!



SPRING BANK STABLES & equestrian center



Summer Riding Camps!

390 Old Hwy 111, Goldsboro - 919-738-7952

June 14 - 18

Beginners, ages 6-10

June 21-25

Intermediate/Advanced, all ages

July 12-16

Beginners, ages 11-18

July 19-23

Intermediate/Advanced, all ages



Spring Bank Stables and Equestrian Center will host Summer Day Camps in June and July for the 10th consecutive year. Camps will run Monday - Friday from 8:30am to 4pm.

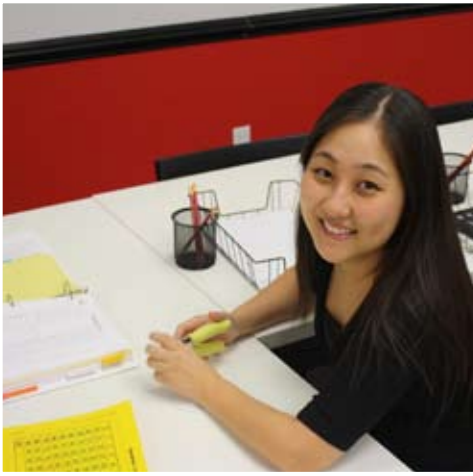
Campers have loads of fun and learn horsemanship skills as well as riding skills. Camps are structured for beginners, intermediate and advanced riders from 6 years and up.

All horses are safe and well trained for instruction at various ages and are used in the year round school program here at Spring Bank. Other than barn activities, campers may participate in one or more of the following: Field trips to nearby equestrian facilities, fishing, swimming and boating at the Cliffs of the Neuse State Park, or bad mitten. Water fights are also subject to break out at any time!

You can count on a safe and fun filled week at Spring Bank Stables' Horse Camp! For more info, please view our ad above and our web site at www.springbankstables.com. Feel free to visit Spring Bank anytime. Spring Bank Stables and Equestrian Center is located at 390 Old Hwy 111, Goldsboro. **919-738-7952.**

www.downhomemag.com

16



Remember to practice your MATH over the summer.

Has your child ever heard these words from their teacher as they leave on the last day of school? Probably not. They are more likely to hear the teacher say to read, read, read over the summer. While reading is certainly an important skill to keep fresh over the summer, math is just as important. In fact, studies show that on average, students lose approximately 2.6 months of grade level equivalency in mathematical computation skills over the summer months. That's a lot of ground to make-up in the new school year. Summer is a great time to sharpen skills and get a jump start on the upcoming school year concepts at Mathnasium. A few days a week in our fun, relaxed center over the summer can

make a big difference in the classroom in the fall.

If your child frequently says, I hate math or I'm no good at math or even math is boring, then Mathnasium is the place to be. Mathnasium is a learning center where kids come to improve their math skills. Whether math is difficult or easy for your child, we can provide them with the instruction and techniques needed to make math fun and make sense to them. Our summer workouts are designed to give students an extra boost heading into the new school year. Without the burden of homework, they can concentrate on improving skills and understanding concepts, all in a fun, stress-free environment.

Our summer programs begin June 7 and run through August 20. Each program includes 16 sessions (2 sessions per week) of 90 minutes each. Choose between Mondays & Wednesdays or Tuesdays & Thursdays from 10:00-11:30, 11:30-1:00, 4:00-5:30, or 5:30-7:00. We will be closed every weekend and the week of July 5th. Don't worry if you have a vacation planned, as time for that has been built into the schedule.



**2517 E Ash Street,
Goldsbro, NC**

During each 90 minute session, your child will experience 1 hour of individual instruction and 30 minutes of math games. The math instruction will be tailor-made for your child based on a comprehensive assessment given upon their enrollment. The games will reinforce math concepts and make learning even more fun.

Whether or not your child already loves math, summer is a great time to experience Mathnasium. We make math make sense to kids! And, we will change those negative attitudes into positive ones. No matter what your child dreams of doing when they grow up from the fast food worker, the doctor, the lawyer, the nurse, the cashier, the tile-layer, the structural engineer, and even the stay-at-home parent understanding math can help them succeed. But be forewarned, your child could become crazy about math! Call 919-778-0112 today to reserve your spot. Check out www.Mathnasium.com to learn more. We are located at 2517 E Ash Street, Goldsboro, NC.

*Center for Summer Learning, Johns Hopkins University (Cooper, 1996)

** Although we assess students frequently, you will never have to pay the assessment fee again for your child, no matter how long your child attends Mathnasium of Goldsboro or how often he or she returns all the way through 12th grade.



hand over the digital camera!

It's no surprise that kids see the world in a whole new way.

It becomes even more evident when they're let loose with a digital camera.

Time was when the cost of the family camera - and film - made it difficult to decide whether to hand it over to the young ones. But as digital cameras become cheaper & easier to use, more kids are getting involved in photography at an earlier age than ever before.

If you would like to encourage your child to express them self, hand over the digital camera and watch the fun and memories

begin.

The photographs above were taken by Caleb Strickland. He is the 9 year old son of Chad and Susie Strickland of Goldsboro, NC. Caleb enjoys photography, technology, and music.

His mother gave him a digital camera and look what he did with it!

Please see the next page for info on Down Home Magazine's Young Photographer Photo Contest.

Summer
FUN & CAMP
planner

Arts & Events



Plum Tree Market Place

Farmers Market & Community Gardens
South George between Walnut & Chestnut
Open 9:00 - 1:00 Saturdays through Fall 2010



2010 young photographer photo contest



Down Home Magazine is hosting a Photo Contest for North Carolina kids in grades K-12. Age groups are broken down by grades K-2 / 3-5 / 6-8 and 9-12. Each grade group will have one winner in each category and a Best in Show will be awarded. All winners receive an award ribbon and will be featured in the July/August 2010 issue. Best in Show wins the July/August 2010 Cover!

Theme: Summertime

Categories: People, Places, Things (color photos only)

Judging Criteria: The judges will simply be looking for young photographers who show a good eye for a picture and technical ability. This is a competition that places emphasis on your photography skills and creativity rather than your image manipulation abilities.

Deadline for Entry: June 1st

Submission: Send your child's 5x7 photo to Down Home Magazine PO Box 901, Pikeville, NC 27863. Label back of photo with Child's Name, Grade, Age, Address and Parent's Names. Also include a high resolution photo on a labeled disc. 300 dpi or higher.

(only one photo per category - photos will not be returned)

StageStruck Camp

June 14 - 25

StageStruck's STARS 2010, musical theatre camp for 1st - 7th grade students. M-F, 8:30 am - 12:30 pm. Cost \$150. Performance June 25, 7 pm, The Paramount Theatre.

June 15 - 18

StageStruck's Storytellers 2010, read-aloud storytime & acting for 4, 5 & 6 year olds, 4 - 5 pm. Cost \$40

July 5 - 16

StageStruck's DramaWorks 2010, music, theatre, choreography, set design classes, 6th - 12th grade students. Cost \$200. Performance July 16, The Paramount Theatre, 7 pm

Center Stage Presents Oliver!

Directed by Jim Grant

The Goldsboro Paramount

June 4 & 5, 2010 at 8:00PM and
June 6, 2010 at 3:00PM

for more information (cstmanager@rocketmail.com or 919-394-2431). Ticket prices are \$12/adult, \$10/student/senior/member. Tickets are also available at the Arts Council of Wayne County.

Free Summer Concerts

June 11 and June 25

Ft Fisher Military Recreation Center
910-458-8434

Surf It, Save It Aquarium Surf Festival

June 5 - 6

at Ft Fisher, NC Aquarium

910-458-8257

www.nccaquarium@ftfisher.com

Summer Enrichment Camps at Sylvan Learning

This summer, Sylvan Learning would like to offer your child the opportunity to participate in our Summer Enrichment Camps. We will be holding ten camps. Each camp is one week (10 hours) long and will involve fun, hands-on activities to enhance your child's summer learning experience. The camps will take place Monday – Friday from 1:00 – 3:00 pm.

June 21 – 25

Science Discovery 1

(Grades 3 - 5): \$199

Hands on workshop to build research, experimentation, and discovery skills.

June 28 – July 2

Writing Workshop: \$199

Narrative Writing

(Grades 3 – 7): Discover how to use the writing process to compose a strong written story.

Essay Writing

(Grades 8 – 12): Discover how to use the writing process and research skills to compose a strong research paper.

July 5 – 9

Attacking Algebra

(Grades 7 – 9): \$199

Use hands-on materials and activities to explore basic algebra

concepts.

July 12 – 16

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July 19 – 23

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July 26 – August 2

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August 2 – 6

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August 9 – 13

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Use various artistic mediums to create persona works of art.

August 16 – 19

Get It Together (Grades 4 – 12): \$199

Kick off the new school year right by getting organized!

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Goldsboro, NC 27534

USO Dance

June 26

Starlight Dance Band, USO Dance, Wayne County Museum, 7 pm - 9 pm. Tickets \$25/person

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May 7 - July 2

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July 19-23

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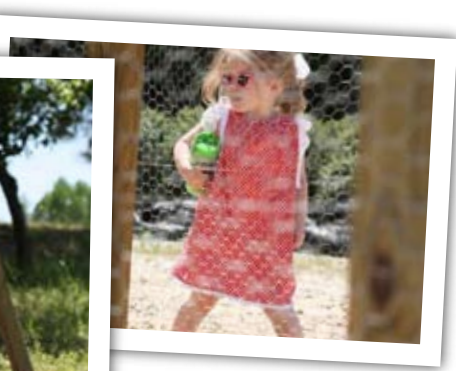
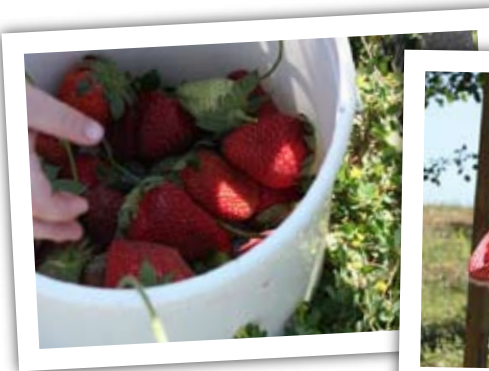
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Girls interested in participating in the Wayne County Junior Miss program should attend one of the no obligation informational meetings to be held Sunday, May 2 at 4:00 at Mathnasium Learning Center located at 2517 E Ash Street and Monday, May 10 at 6:30 at Bridal Gallery located at 2806 Cashwell both in Goldsboro. To RSVP and for more information contact Casey Chudy at 288.2828 or waynejuniormiss@hotmail.com.

Wayne County's
Junior Miss™
SCHOLARSHIP PROGRAM

PEACE
LOVE
AND
Strawberries
by Kristen Williams

**"She sauntered down rows and rows
of ripened strawberries..."**





Picking strawberries.....just one of the many must-do events in the spring! And this year was a first for my almost three year old daughter, Savannah. We planned our day to visit Smith's Nursery in Benson. A friend had recommended the farm after taking her children and having such a memorable experience. We didn't mind the 40 minute drive from Pikeville because we knew a good time would be waiting for us! And a good time we had!

It's much simpler to drive to your local grocery or roadside fruit stand to purchase a container of the juicy red fruit. Chances are, however, no lasting memories will be made. When we arrived, the parking area was full of minivans....a tell tale sign that moms/dads with children were present. Looking out across the rows of thousands of strawberries, little heads bobbed up and down as buckets were filled. Standing not far off, adults with camera in hand gave endearing remarks to their youngsters as they made a lasting memory together!

The experience with Savannah and me was no different! She sauntered down rows and rows of ripened strawberries as the sweet, fresh aroma permeated the entire farm. You don't get that experience in the grocery store. I followed close behind, with my camera of course! I had to smile as a few unripened green strawberries found their way into our bucket. And then, after picking all she wanted to pick, I watched as her hand reached in the bucket. She pulled out a strawberry and threw it back! She did this a few more times and I finally asked the obvious question, "why?" She simply said, "Mommy, I need to put 'em back." We talked about how we would enjoy eating these at home and that they would...well...rot if left on the ground. She didn't like that idea. So off we went to pay for our fruit! But our day wasn't over. We enjoyed a long walk down the farm to see chickens, goats, and even enjoy a leisurely swing! Savannah was a tired toddler, but I think we both agree that everything was well worth the energy spent! We have so many memories from our day, ending with a bowl of fresh strawberry shortcake after supper!

So, skip the store and make the memory!



Savannah 2 1/2 and Noah 10 months -
at Smith's Nursery in Benson NC
for a day of picking



Adventures

Down Home

by julie wall



Just before the weather turned hot, my husband and I were at our local nursery picking out a couple of additional plants for the landscape in front of the studio. We were visiting with Daniel Casey and talking about his daughter, Samantha, who is a fiddler.

He mentioned that she would be playing at Waynesborough Historical Village the following Friday evening. The Pig in the Park Festival would be held the following day, but they were going to entertain the folks cooking the pigs the night before. Of course, I wanted to go - Samantha's reputation preceded her, in that she won the Oreo Cookie Jingle contest a few years back. I've played the violin since I was seven years old, and dabbled a little bit in bluegrass fiddling while I was in high school, so I was really excited to be able to go and see her play. YouTube is one thing; in person is something else, entirely.

Wall 2 Wall
photography





We arrived at Waynesborough at dusk, which was just shortly before 8:00 pm that evening. The aroma of coals in pig cookers was heavy in the air, and had my mouth watering shortly after getting out of the truck.

It didn't take us long to find the festivities, so I got my camera equipment set up and ready to go so I would be ready to shoot. Samantha and The Bluegrass Jam started to play shortly after eight o'clock. They had my attention immediately. I had to remind myself to take pictures. This little girl had a voice bigger than the band. She was amazing to listen to. Her musical talent didn't stop there, however. That girl played the "Orange Blossom Special" with as much skill as fiddlers many years older than she is. My fifteen year old son, Tim, came with us to help me carry the camera equipment, and he had a great time. If you get the opportunity to catch

Samantha and the band, you absolutely should.

I don't know what it is about bluegrass music that brings people together, but once again, on this evening, it did just that. I hadn't met anyone out there prior to the evening, but there was just an incredible feeling of community there.

While they were playing, when I wasn't tapping my foot in time to the music, I was taking pictures of the sights, wishing that I could somehow implement the aromas into the photos, somehow

Samantha Casey and The Bluegrass Jam played for about an hour, and when they were finished, I was fortunate enough to get to speak with her for a couple of minutes. At age 13, Samantha says she's been playing the violin for eight years, and with some quick mental-math, I realized she's been playing since the age of five. I asked her how she got interested in playing and she told me she's just always liked music. She, her dad, Daniel, and the band play all over Eastern North Carolina, including civic events, churches, and bluegrass festivals.

When I asked her what she enjoys doing in her spare time, this talented teen answered, "Reading "

Samantha and her dad, Daniel, were also gracious enough to let me take a couple of pictures of the two of them together.

We had such a fun night. My only regret was that I was going out of town on business the following day, and wouldn't be able to go to the Pig in the Park Festival



You can check out Samantha Casey and The Bluegrass Jam on the web at www.thebluegrassjam.com

To learn more about the foods and products you can find at Rabbittown Farms and Vineyard, visit www.rabbittownfarms.com

While nationwide the number of farms and farmers has dwindled, right now in North Carolina there is a surge of new sustainable small farms.

Rabbittown Farms and Vineyard in LaGrange, NC is one of those sustainable farms and was a recent target of the "mob". Owned and operated by Jack and Amy Moye, they are third generation farmers - transitioning from conventional row crop production to organic certification.

The farm's goal is to supply the local community with farm fresh eggs from free range chickens & with locally & organically grown fruits & vegetables. They also provide educational fun on the farm.

The community involved Crop Mob helped Jack and Amy with their vineyard just last month.



The Mob in Eastern

NC? What's this New Trend in Local Farming - Crop Mob?

A Crop Mob is a group of hard-working, passionate volunteers who desire to reconnect with their neighbors, the community, the land, and the origin of their food. This group peacefully raids small, local, and sustainable farms to provide extra hands to complete projects or work on the farm.

Small farms that practice sustainability forego a lot of mechanization and the use of chemical pesticides and fertilizers. With this

more intensive way of farming, community participation is often necessary.

However, Crop Mobbin' not only benefits small, local, and sustainable farmers, but builds stronger communities. It conjures the ideal of old timey barn raisings and when neighbors helped each other during planting and harvest seasons. As a Crop Mobber, you work along side others who share the same goals, creating lasting friendships. You glean knowledge from each other and you grow to appreciate the source of your

food supply. The exchange of stories and jokes, the sharing of knowledge and laughs, and the empathetic sweat are just the tip of the iceberg. Your efforts build you up, encourage the success of small, local, and sustainable farmers, and they help foster the community!

You do not need to be a Slow Food member to join the Mob!

To learn more about how you can get involved with this local program, go to www.slowfood-downeast.weebly.com.

Love Affair with the Strawberry

No matter if you get 'em from your local grocer, farmers' market, fruit stand or you pick them yourself, this is the season to start your love affair with the Strawberry. And, of all of the ways to love the berry, these recipes are those that Down Home loves best. Enjoy!

Strawberry Salsa

Ingredients

1 pint fresh strawberries, sliced
4 roma (plum) tomatoes, seeded and chopped



1 jalapeno peppers, seeded and minced
2 cloves garlic, minced
1 lime, juiced

1 tablespoon olive oil

Directions

1. In a large bowl, combine strawberries, tomatoes, chile peppers, garlic, lime juice and oil. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to serve!

Simple Strawberry Pie

Ingredients:

Nine-inch pie shell, baked.

4 cups of strawberries.

1 cup of water.

1 cup of sugar.

3 tablespoons of cornstarch.

2 tablespoons of white corn syrup.

Boil together the water, sugar, cornstarch and white corn syrup. Cook until the mixture begins to thicken. Allow to cool.

Once cooled, add strawberries and pour into the baked pie shell. Chill, then serve.

Strawberry Shortcake

Ingredients:

6 cups of sliced strawberries.

2 cups of flour.

¾ cup of semi-skimmed milk.

½ cup of sugar.

½ cup of margarine.

2 teaspoons of baking powder.

1 medium egg, beaten.

Whipped cream.

Stir together the sliced strawberries and half of the sugar; then set aside.

Mix together the remaining sugar, flour and baking powder.

Cut in the margarine until the

mixture looks like crumbs.

Combine the egg and milk; then add to the dry ingredients.

Stir until just moistened.

Spoon into a suitably sized baking pan.

Bake at 425°F (220°C) for 20 minutes.

Allow to cool in the pan for ten 10 minutes.

Remove from pan and split into two layers.



Spoon the strawberries and whipped cream between the two layers and over the top.

Serve.





Strawberry Cooler

Ingredients:

- 1 cup sliced fresh strawberries (or thawed/frozen)
- 1 cup yogurt
- 1 cup skim milk or club soda
- 2 Tbsp. honey

Directions:

Whip all ingredients in blender until smooth. Garnish with whole strawberry or sprig of fresh mint. Makes 3 cups.

Strawberry Sour Cream Bread

Ingredients:

- 2 1/3 cups Bisquick or other Baking mix
- 3/4 cup sugar
- 1/3 cup sour cream
- 1/4 cup vegetable oil
- 1 tsp. cinnamon
- 3 eggs
- 2 tsp. vanilla extract
- 1 cup washed, hulled, and chopped fresh strawberries or chopped frozen unsweetened strawberries, partially thawed
- 1/2 cup nuts, chopped

Directions:

Preheat oven to 350 degrees F. Spray a 9x5x3-inch loaf pan with nonstick cooking

flour. Combine baking mix, sugar, sour cream, oil, cinnamon, eggs, and vanilla. Beat 50 strokes by hand. Fold in strawberries and nuts. Pour into prepared pan and bake 45-60 minutes until toothpick inserted in center comes out clean. Cool loaf 5-10 minutes on wire rack before removing from pan. When cool, wrap in plastic wrap or aluminum foil and store in refrigerator.

Strawberry Butter

Ingredients:

- 1 cup fresh sliced strawberries
- 1 stick unsalted butter, room temperature
- 1 tablespoon honey



Directions:

Put the berries, butter and honey in a food processor and pulse until the mixture turns pink and the berries are chopped into tiny pieces. Place the butter in a bowl, and put it in the refrigerator until slightly chilled but not firmly set (or spread some on your biscuit right away if you can't wait). Turn the butter out on a piece of wax paper and shape it into a stick, or a roll, or a circle, or whatever shape you want. You can even use cookie cutters to

cut out shapes, and there are special butter molds you can buy to pack the butter in. After it's shaped, wrap it up in the wax paper, refrigerate and use within a week.

Strawberry Tossed Salad

Ingredients

- 1/2 cup vegetable oil
- 1/3 cup sugar
- 1/4 cup cider vinegar
- 1 garlic clove, minced



- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- Pinch white pepper
- 8 cups torn romaine
- 4 cups torn Bibb or Boston lettuce
- 2-1/2 cups sliced fresh strawberries
- 1 cup (4 ounces) shredded Monterey Jack cheese
- 1/2 cup chopped walnuts, toasted

Directions

Combine the first seven ingredients in a jar with tight-fitting lid; shake well.

Just before serving, toss the salad greens, strawberries, cheese and walnuts in a large salad bowl. Drizzle with dress-

spray and dust lightly with flour. Combine baking mix, sugar, sour cream, oil, cinnamon, eggs, and vanilla. Beat 50 strokes by hand. Fold in strawberries and nuts. Pour into prepared pan and bake 45-60 minutes until toothpick inserted in center comes out clean. Cool loaf 5-10 minutes on wire rack before removing from pan. When cool, wrap in plastic wrap or aluminum foil and store in refrigerator.



Strawberry Cheesecake Crepes

Ingredients:

- 1 (4 ounce) package cream cheese (softened)
- 1/4 cup icing sugar
- 1 tablespoon lemon juice

- 1 teaspoon lemon zest
- 1/2 teaspoon vanilla extract
- 1/2 cup heavy cream (whipped)
- 1 batch crepes
- 4 tablespoons strawberry jam
- 2 cups strawberries (sliced)

Directions:

1. Mix the cream cheese, icing sugar, lemon juice, lemon zest and vanilla in a bowl.
2. Fold in the whipped cream.
3. Spread 1 table spoon strawberry jam onto a crepe.
4. Add 1/4 cup of the cream cheese mixture and some strawberries in the crepe, roll and serve.

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Johnston County
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Cottle Strawberry Nursery & Farms
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Faison, NC 28341
Duplin County
Phone: (910) 267-4531

Deans Farm Market
4231 NC Hwy. 42 West
Wilson, NC 27893
Wilson County
Phone: (252) 237-0967

Holden Brothers Farm Market
5600 Ocean Hwy. West
Shalotte, NC 28470
Brunswick County
Phone: (910) 579-4500

for a farm in your area, visit
www.ncfarmfresh.com



I left home right out of high school - I was just eighteen. And, I didn't know a whole lot about the kitchen. But, on this particular day, I wanted strawberries like my mama made: cut up, sugar added and chilled. And, after the berries had chilled for a while, she always added a little heavy cream to them.

Well, needless to say I cut up the berries and placed them in a bowl as I'd seen mama do many times ...but after several minutes of chopping, there was no liquid in my berries. I thought that these had to be the sorriest strawberries ever.

So, I did what any beginner chef would do - I added water. You talk about sorry, one taste of those berries and a disappointment that I had never known came about me.

Well, it wasn't until I called my mama that I found out the liquid comes in the "sitting" process. Those little berries make their own juices in their own sweet time.

Cindi Pate

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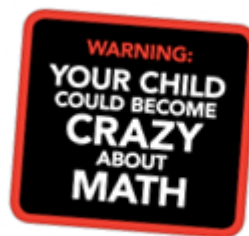
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