JULY 2016

A Social Magazine Exclusively For The Residents Of Downtown Beaufort

HELLO SUMMER! Meet Evelyn & Charlotte King!



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Angie Williams-Art Corner Garrett Cawman-Beaufort Dining Guide The residents of Beaufort-We are always looking for residents to contribute articles, find great stories, and send us ideas.

Let's celebrate the great things happening in our community! No contribution is too small. Please email greg.moss@n2pub.com with your pictures, suggestions, or requests!



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publisher's note

SUMMER is in FULL SWINGS

Happy July to everyone! July is one of my favorite months. It holds so many wonderful activities. We of course start off the month with a big BANG celebrating Independence Day and the 4th of July, we have the Barta Fishing Tournament and Beaufort Ole Towne Rotary Road Race the third weekend, and other exciting things throughout the month. Combine that with fishing, trips to the beach, and just all the normal fun of living in a seaside town, and July turns out to be a pretty amazing month!

A couple of things to discuss in my publishers note. First off, thank you for all the wonderful contributions to the magazine this month! This was a delightful issue to put together and I hope you enjoy reading it as much as I enjoyed putting it all together!

Over the next few months we will have some pretty amazing events, including our wine tasting at Queen Anne's Revenge in August, our Senior Seminar in September (try saying that three times fast!) and of course our Wings and Wheels event in October. We hope to see you at all these events and please keep an eye on our Facebook page for more details!

As you are getting out there and enjoying all the beauty that Beaufort has to offer, please feel free to share any photos or stories with us. We love seeing you out and about in Beaufort, and we would love to share what you love to do! I have one BIG request for the recipients of this magazine. I would love to hear what you would like to have in the magazine. If you have any suggestions for articles, ideas for businesses to feature, or really any recommendations to make your magazine better, please let me know! Also, if you have a child that would like to be our kid of the month, a family recipe you wouldn't mind sharing, a precious pet that deserves the spotlight, or a fantastic trip that you have been on that you would like to share, please email me at **greg.moss@n2pub.com**. This is your magazine...let your voice be heard!

If you haven't already, please 'like' our Facebook page...we update it with all sorts of great information including the daily "*Beaufort-By-The-Se*a Weather Report," info about upcoming events, and much, much more!

Have a wonderful July, make sure to take your sunscreen and camera with you, and get out there and enjoy all that Beaufort has to offer!

Thank you! **Greg Moss** Publisher

Welcome New Sponsors!

We are delighted to announce that we have three new sponsors among the pages of *Beaufort-By-The-Sea*!

Sound Choice Painting

It doesn't get more local than this! Mark Gould, owner of Sound Choice Painting, lives right here in Beaufort on Front Street (take a look at our "Meet your Neighbor" article this month!). Sound Choice Painting offers interior and exterior painting and pressure washing, and you have probably seen him working around Beaufort recently! He has completed projects all over Beaufort, including on Broad Street, the Oaks, and all over the historic district! Sound Choice Painting offers beautiful quality of workmanship, fantastic service, and free estimates. Call them for all your painting and pressure washing needs!

1st Response Roofing

The roof is one of those things that you generally don't think about until something goes wrong. Though the name of this wonderful company is 1st Response, they love to help you prior to something going wrong. I was introduced to this company through my neighbor, John Carlisto, Reverend at St. Paul's Episcopal here in Beaufort. They replaced his roof and did such a great job that we asked them to take a look at ours. They are professional, economic, and just a good all-around company. They do all types of roofs, including shingle, metal, and unique. They offer free estimates and work with your insurance company to get things done. Prior to the storms showing up, give them a call to come out and take a look at yours. If your roof is over five years old, or if you have any lost shingles or leaks, please give them a call to make sure your roof will protect your home!

Crystal Coast Aviation

Everyone knows we have an airport in Beaufort, but many are not aware of all the amazing things they have to offer, even if you don't own an airplane! They offer air tours, sight seeing trips, and can connect you with charter planes if you want to have a whole new travel experience. For those interested in flying they offer pilot training and aircraft rentals. For those who have air planes, they offer fuel, storage, and can connect you with maintenance personnel. If you haven't taken a look at everything the airport has to offer, now is the time!







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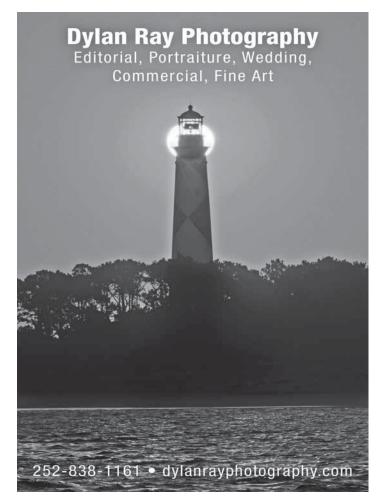
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save the dates!

August 4th, wine and beer tasting at Queen Anne's Revenge!

We all know the famous saying "It's Five O'Clock Somewhere!" Well, we are putting that into action. Join us Thursday August 4th from 5:00 to 6:30 at Queen Anne's Revenge on Front Street for a wine and beer tasting to celebrate the best time of day, 5:00! We will have a selection of beer and wine to try, light hors d'oeuvres, and some of the best water front views in Beaufort. As always we will have amazing door prizes and a lot of fun!

We are scheduling this to wrap up around 6:30 p.m. so anyone who is inclined can walk over to the Dockside Park and listen to the Live On Thursday concert when we are done. It will be a fun evening out in Beaufort!



September Senior Seminar, time and location TBD

We are inviting any and all senior citizens in Beaufort and children who have senior parents to come and take part in an event that is sure to be informative and fun! We are inviting partners from many areas that touch on senior life to come and speak about their area of expertise and give an overview of the different programs and options available to seniors around Beaufort! We will have representatives from health care, insurance, police and fire, assisted living, in home living, estate planning, legal, and financial planning come and discuss what options seniors have available to them.

Lunch will be provided and it will be a great forum to ask questions and seek guidance to make sure you are living the life you want! We will have more information about the time and location shortly, and we will be asking for RSVPs for this event as seating will be limited. If you have any questions or would like to participate call Greg Moss at 252-617-3040 or email greg.moss@n2pub.com.

Wings and Wheels,

Saturday October 8th, 4:30 - 7:00 pm Michael J Smith field. Beaufort Airport

This will be a truly spectacular event! Join us the evening of October 8th at the Beaufort Airport for an evening of airplanes, cars, food, and amazing demonstrations!

We will have an amazing selection of airplanes for you to tour and learn about, an opportunity to see some of the behind the scenes sights that the airport holds, and a showcase of what all our airport has to offer. There will also be a selection of very nice cars our sponsors are providing to tour and test drive on the runways! We will also have hang gliding and drone aircraft demonstrations, and a whole lot more!

This event will have theme inspired food, and all sorts of amazing give aways. Be sure to go ahead and put this on your calendar... you won't want to miss it!

As with all of our events there is no charge for these events... come out and enjoy!

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THE KING TWINS **Evelyn** Charlotte!

Well, I have to tell you, it doesn't get much cuter than this! This month I had the opportunity to sit down with the Evelyn and Charlotte King, twin nine-month-old girls who currently live on Front Street but will soon be moving to Ann!

These are two of the happiest and most fun babies around. Evelyn, the elder by one minute, and Charlotte, love their life around Beaufort and are true Beaufort Babies. You can often see them with their parents, Anna and David King, walking around Beaufort in their red double stroller. I was first introduced to these two at the Beaufort Music Festival, where they arrived sporting their matching pink ear protectors! They had a blast at the concert, and received a lot of attention!



Evelyn is an animal lover and crawls around their condo playing with the two family dogs, a Chihuahua named Tilly and a Minpin named Ila. Charlotte is a little more outgoing and will frequently discover new activities that Evelyn then mimics. They both love going to the beach but enjoy different activities there. Charlotte loves playing with (and trying to eat) the sand while Evelyn loves dipping her toes in the water.

One of their favorite activities is walking around Beaufort, and they especially love going to visit their new home. The King family is in the process of building a new home on Ann Street, and they don their ear protectors and head over to take a look at the construction! Evelyn and Charlotte currently live in the condos above Queen Anne's Revenge on Front Street as they are waiting for their new home on Ann Street to be completed. They can't wait to have their new home completed and have a great yard to play in!

The next time you see these cute twins out and about in Beaufort make sure to stop them to say hello!

around town

LIGHTS, **ACTIVITIES**, **PIRATES!**

One of the things I love about Beaufort is that it is always evolving and changing with the times while still maintaining its amazing small town charm. Here are some cool things that are happening around town!



New Streetlights with a Historic Look

New streetlights are going up on Front Street and the boardwalk. Work by Duke Energy and MasTec in conjunction with the Town of Beaufort began May 24th and has moved forward well due to the numerous fair weather days. These new streetlights are near exact replicas of historic Beaufort streetlights, are more efficient than the ones being removed, and are outfitted with power receptacles. Duke Energy is installing the streetlights at no cost to the town!

The previous streetlights were 30 years old. The new poles are cast aluminum poles and the fixtures are reminiscent of those used in Beaufort's past. Duke Energy will maintain the Streetlights over their 10 year lease with the town of Beaufort. The Town of Beaufort looked at many different options in conjunction with Duke Energy and they selected the one that best sticks with the town's aesthetics while providing updates like the ability to hold receptacles and banners. We will enjoy having the nice new lights in downtown!

Austin Vet is Growing!

Austin Vet has expanded their offices due to their need for additional space! Their wonderful practice here in Beaufort off of Lennoxville Road has grown and grown and to continue provide their high level of service they needed more room. Their addition has provided many new spaces including:

- Adoption Center
- New Groom Room
- New Offices
- New Exam Room
- Laundry Room
- Hospital Room
- New Isolation Unit

The expansion project should be completed the beginning of August and they are delighted with the amazing work HA Young Contracting has done so far on the building!

Austin Vet has plenty of friends available for adoption. These puppies and kitties are ones that are looking for new homes. If you are looking for a new family member, come see who they have available!





NOAA Opens its Doors to the Town

Saturday, June 11 the National Oceanic and Atmospheric Administration (NOAA) Beaufort Lab on Pivers Island opened their doors and labs to the public. They gave a wonderful insight into the work being done there and the large scope of what they do.

They offered many things, included a guided tour of its facilities, access to one of their labs where visitors got to learn about marine life, wild equestrian life, and numerous other areas. A popular stop inside for both children and adult alike was the microscope viewing table where you could see plankton and other lifeforms from water pulled out of Taylors Creek. Another popular stop inside was a display Paula Gilliken was discussing in regards to her work with the wild horses on the Rachel Carson Reserve.

The activities continued outside with more family friendly activities and displays. Director Bernie Gottholm and communications/ research specialist Jenny Vander Pluym were delighted to have the visitors to see all that NOAA Beaufort does!



The Pirates are coming! The Pirates are coming!

The second weekend in August will see such a splendid selection of scallywags that we will all know that the annual Pirate Invasion has arrived! This will be a fantastic event this year with events and activities for all ages! For two full days, you can step back in time with the sights and sounds of the 17th century as Beaufort comes alive with over a hundred pirate and militia re-enactors as they overrun the town. Enjoy historical demonstrations such as sword fighting, cannon firing, and see black powder weapons displays, a mock trial and hanging, and so much more!

There will be activities for everyone young and old to enjoy throughout the town, such as musical entertainment, magic shows, costume contest, storytelling, period encampments, and vendors. With wide eyes and amazement, aspiring young pirates will enjoy the spontaneous shenanigans as the nefarious characters roam the streets and shops, engaging in mock battles, bursting into song, and posing for pictures. Mayhem begins at 9:00 a.m. both Friday the 12th and Saturday the 13th. Check out their website, www.beaufortpirateinvasion.com for full details and the calendar of events!



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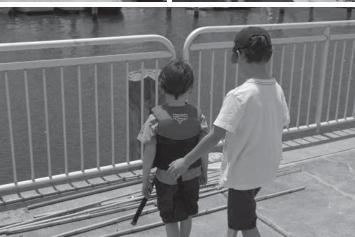




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Maritime Museum hosts Maritime Day at Gallants Channel

The Maritime Museum is so much more than just a place to visit on Front Street. They also have a gorgeous property off of Gallants Channel off West Beaufort Road on the North Side of the new bridge. That was the location of a fantastic festival they put on in June, a delightful time called Maritime Day! We took part in all the fun family friendly activities they had to offer. We painted sea life t-shirts, we played bocce ball and corn hole, and we had a blast looking at the amazing collection of HUGE kites they were flying. There was live music, cane pole fishing, and our high light for the day, getting to sail in their fleet of wooden ships.

We also got to see where Captain Sinbad docks his pirate ship, the Meka II. Our five-year-old, Gabe, marveled over his cannons and the beautiful ship!

All in all, it was a very fun day! Thank you for the Maritime Museum and the Friends of the Maritime Museum for putting on this event!







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A Conversation with Mayor **Richard Stanley**



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This month I had the wonderful opportunity to sit down with Beaufort Mayor, Richard Stanley! He is finishing up his fifth and final term of office, and it was a pleasure to discuss his history as Mayor and his vision for the town in the future!

Mayor Stanley is originally from the Beaufort area, and received his undergrad and law degree from Wake Forest. His wife, Lucia, is originally from Winston Salem and they met through friends. They have been married since 1988, and are delighted to call Beaufort home. They have a beautiful home on Turner Street, and you can't beat his less than 1 minute commute to the office!

Mr. Stanley is a practicing attorney here in Beaufort, and also has an office in Emerald Isle. His office is on Cedar Street, very close to the courthouse.

Mayor Stanley's involvement into local politics came about in a very interesting way. On the last day to file entry into the 2007 Beaufort Mayors race, Mr. and Mrs. Stanley were discussing some of the problems he had with the way the town was being run. Over the years, Mrs. Stanley had encouraged him to get more involved with the town, but he never had. Finally, enough was enough. Lucia told him bluntly to "Put up or shut up," and on his wife's advice, entered into the race.

Mr. Stanly won the Mayor's race, and while there were many things he knew he needed to address, there were two big items that needed immediate attention.

First, he saw an attitude by some elected officials at the time that caused a rift between long term locals and new folks moving in. It was almost an "Us or Them" attitude, and Mayor Stanley realized if the town was going to survive and prosper into the future, the general attitude needed to be more welcoming of both new citizens and new businesses. Prior to his leadership, the Town of Beaufort almost lost a couple of big new partners, including Bucky Oliver, Karl Blackley, and, the National Park Service.

The other thing that Mayor Stanley had to address was the total lack of planning on problems that the Town had, including utilities, sewer, and infrastructure.

Mayor Stanley ultimately decided that there has to be a better way to govern, and in his five terms as Mayor has shown that there is a better way.

There are many things he will he will look back on with fond remembrance once he retires. There is not enough space here to list all his accomplishments and activities, but some of his favorites include bringing the National Park Service to Beaufort, purchasing the old post office on Front St to hold the Park Service and the Town Hall, the Annexation of Front Street Village and the new Beaufort East Village development into the town, and changing public opinion about the new bridge.

One of his favorite activities from his tenure was the 300th anniversary celebration of the town of Beaufort. He enjoyed the months of presentations from long term Beaufortians, and the celebration of the amazing history of our town.

As he nears retirement from public office, he is also looking forward to having a little more time for activities. Lucia retired from the banking world a few years ago, so they look forward to doing a little traveling, and Mayor Stanley hopes to improve his golf game. You will be able to see him out on the links at North River Resort.

He knows that the work is not over for Beaufort, and he wishes well whomever takes his seat. He offers positive words for the future leadership of the town, saying "the town needs to be responsive but it needs to be lean. The leaders need to keep the people informed and build a consensus in the community."

We are lucky to have Richard and Lucia Stanley as part of our community, and we thank him for his many years of diligent service to the Town of Beaufort!

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Old Salt A BEAUFORT FAVORITE!

beaufort dining guide By Garrett Cawman

On Thursday June 9th I was given the opportunity to eat dinner at Old Salt in Beaufort. When you first walk in you immediately notice the design of the restaurant. I took a second to look around at the antique wooden walls, rustic mirrors and bird cages around the dimly lit bulbs giving off a very warm atmosphere. When the waitress shows you your table it will be covered with brown paper with a glass full of crayons. I might be 14 years old but a child at heart, I enjoyed doodling while waiting for Ms. Star to take our order. I really love this unique aspect of the restaurant.



Okay now for the rundown on their delicious food. For an appetizer my mom and I got the Zesty Shrimp Poppers. The poppers arrived quickly; four breaded jumbo shrimp. A zesty dipping sauce came with the poppers for a little extra kick. The Shrimp poppers are laid out on a lettuce bed with a fresh lemon slice. For my entrée I got the firecracker shrimp on cooked rice and black beans topped with a salsa. Once again I picked another spicy dish that will have your mouth watering. The flavor of the perfectly grilled shrimp with the tang from the salsa and the black beans were outstanding. My only issue, and I hate to say it because I love this dish so much, is the rice was a little undercooked. I have had this dish many times before where it was perfectly cooked, so this was a little out of character for them. Thankfully our waitress, Ms. Star, was very accommodating to this issue, giving me a bunch of different options but I had to save room for my delicious dessert.

The dessert I got was the Butter Cake. Now if you don't know about this cake, look it up because this is what Old Salt is famous for. This cake is freshly made along with all the desserts and it comes out in a wedge that is about four inches high. It is the texture of pound cake but with a tone more flavor than pound cake. It is very dense and moist and the top "crust" has a thin but dense sugary coating with some whipped cream and fresh blueberries and strawberries. On bottom you were treated with a sweet creamy glaze with raspberry flavored sauce shaped like hearts surrounding the cake and boy was it great!





sponsor spotlight



Masterclean is on the job!

Masterclean Carpet and Upholstery Cleaning has become the must call place for people all along the Crystal Coast when they need carpet and rugs clean and it is no surprise why! No job is too small or too large for the guys at Masterclean and they pride themselves in being a locally owned and operated company who their customers know, love, and trust!

Lee Barbee is the owner of Masterclean and has been growing the business from its modest beginning in 1988. Back then he was a single guy with one dingy van and he has since expanded his business to be the go-to service in both Carteret and Craven counties. Lee grew up in Morehead City and keeps locals a top priority.

When he is not working Lee loves live music, playing the drums, biking, and this summer he looks forward to taking on oyster farming with his father. Masterclean is still a small business with only five employees, but Lee attributes much of Materclean's success to the men he has on his team. They believe that hard work and great customer relationships are what keeps people returning year after year. Masterclean has been diversified many times over the years and now offers many services besides your standard carpet cleaning. Today, Masterclean's services include carpet and upholstery cleaning, but they have also added area rug cleaning, specialty Oriental rug cleaning, spot removal, odor removal, mattress cleaning and sanitization, water damage restoration, and mold remediation. One of their best perks is that they offer 24 hour emergency water removal service. Whether it's an accident, plumbing problem, or torrential rains, Masterclean is there to soak up your floods any time of the day, seven days a week!

Lee maintains a very high standard of quality and Masterclean is proud to be an Institute of Inspection, Cleaning, and Restoration (IICRC) Certified Firm. Why need a certification to clean carpet? The IICRC is an international organization that is recognized as a knowledgeable industry voice and resource. IICRC Certified Firms have earned the right to display the IICRC logo as a symbol of quality. In order to achieve IICRC-certified status, firms must meet a rigorous list of standards in business ethics and expertise. These standards include conducting business with honesty and integrity, employing technicians who have been formally trained and tested, and requiring a continued education program to maintain up-to-date on the latest changes in industry.



While dirt and stains may be obvious, other contaminants such as bacteria, pet dander, dust and soil are not as obvious. Debris can be ground into the pile of your carpet over time, damaging the fiber and creating a breeding ground for bacteria. This mak it extremely important to perform regular maintenance inside your home or business.

In addition to vacuuming, cleaning and checking for water damage on a regular basis, using a certified technician for cleaning will h extend the life of your flooring and upholstery and ensure that you home or business is healthful for those who live and work there. For those tasks that require a specialist, only a certified technician can deliver the results you can trust to look great, and keep you healthy. With the experience, education, and convenience of 24/ availability, why would you want to call anywhere else to save you from emergency flooding?! Lee knows firsthand how imperative is to address water damage immediately because the longer it sitt the more damaging and expensive it becomes!

Masterclean understands the value of your furnishings and is experienced in insurance restoration and will help guide you through the claims process. Untreated water damage can becom a breeding ground for mold within only 24 hours. Never ignore mold problem in your home because if it is visible on the surface of the wall, chances are that the mold infestation is originating from the interior of the wall silently destroying your health and home from the inside out. Luckily Masterclean knows how to e tract water and dry your home top to bottom including structure

h	document, hardwood floor, and inner wall drying. They will also
s	dehumidify and provide ozone, mold, and mildew treatment.
	× -
xes	If you have used Masterclean in the past, you may have noticed
	that they are in a brand new location at 111-A Riggs Road in
	Morehead City. Lee built this state of the art facility, not only
	because he wanted a more comfortable office, but specifically for
ıge	cleaning oriental and specialty area rugs. Oriental rugs aren't just
nelp	floor coverings; they are priceless handmade pieces of art that re-
our	quire and deserve special treatment. Masterclean's new building
	allows them to do a full immersion rug washing with particular
ian	care to the natural fibers and dyes of oriental rugs. They also do
	a complete rug dusting, hand clean fringes, remove pet urine and
/7	deodorize, thoroughly dry, and add moth protection treatment.
ou	
e it	If you are in Carteret County, Masterclean will pick up your rugs
ts,	for free and return them to you rolled and wrapped for protec-
	tion. Masterclean will truly take on any task with enthusiasm
	and commitment, no matter what the size. They clean everything
	from resorts, offices, and commercial businesses, to your per-
	sonal home, boats, or rugs. They also offer multiple packages that
me	can cover strictly your high traffic areas, to your entire home's
e a	carpet and furniture which includes preconditioning, Steamex
ce	extraction, spot removing, Dupont Teflon Protection, and deodor-
5	izing. This is the time of year to call Masterclean to take care
d	of your waterfront properties and get them ready for summer
ex-	visitors! Remember, you won't have to have your carpet cleaned
ral,	twice if you call Masterclean first!

Getting Help from a Financial Professional

Are you suddenly on your own or forced to assume greater responsibility for your financial future? Unsure about whether you're on the right track with your savings and investments? Finding yourself with new responsibilities, such as the care of a child or an aging parent? Facing other life events, such as marriage, divorce, the sale of a family business, or a career change? Too busy to become a financial expert but needing to make sure your assets are being managed appropriately? Or maybe you simply feel your assets could be invested or protected better than they are now.



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These are only some of the many circumstances that prompt people to contact someone who can help them address their financial questions and issues. This may be especially true for women, who live longer than men on average and therefore may face an even greater challenge in making their assets last over that longer life span. In fact, one study found that women often value advice from a professional in their financial decision-making even more than men do.*

WHY WORK WITH A FINANCIAL PROFESSIONAL?

- A financial professional can apply his or her skills to your specific needs. Just as important, you have someone who can answer questions about things that you may find confusing or anxiety-provoking. When the financial markets go through one of their periodic downturns, having someone you can turn to may help you make sense of it all.
- If you don't feel confident about your knowledge of investing or specific financial products and services, having someone who monitors the financial markets every day can be helpful. After all, if you hire people to do things like cut your hair, work on your car, and tend to medical issues, it might just make sense to get some help when dealing with important financial issues.
- Even if you have the knowledge and ability to manage your own finances, the financial world grows more intricate every day as new products and services are introduced. Also, legislative changes can have a substantial impact on your investment and tax planning strategy. A professional can monitor such developments on an ongoing basis and assess how they might affect your portfolio.
- A financial professional may be able to help you see the big picture and make sure the various aspects of your financial life are integrated in a way that makes sense for you. That can be especially important if you own your own business or have complex tax issues.



• If you already have a financial plan, a financial professional can act as a sounding board, giving you a reality check to make sure your assumptions and expectations are realistic. For example, if you've been investing far more conservatively than is appropriate for your goals and circumstances, either out of fear of making a mistake or from not being aware of how risks can be managed, a financial professional can help you assess whether and how your portfolio might need adjusting to improve your chances of reaching those goals.

WHEN SHOULD YOU CONSULT A PROFESSIONAL?

You don't have to wait until an event occurs before consulting a financial professional. Having someone help you develop an overall strategy for approaching your financial goals can be useful at any time. However, in some cases, a specific life event or perceived need can serve as a catalyst for seeking advice. Such events might include:

- Marriage, divorce, or the death of a spouse
- · Having a baby or adopting a child
- · Planning for a child's or grandchild's college education
- · Buying or selling a family business
- Changing jobs or careers

advisor, or lawyer.

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· Planning your retirement

· Developing an estate plan

· Receiving an inheritance or financial windfall

If you feel that consulting an expert might be helpful, don't postpone making that call. The sooner you get your questions answered, the sooner you'll be able to pay more attention to the things--family, friends, career, hobbies--that an organized financial life could help you enjoy.

*June 2014 study of affluent individuals conducted by Spectrem Group, a research/consulting firm focused on the affluent and retirement markets.

This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Although we go to great lengths to make sure our information is accurate and useful, we recommend you consult a tax preparer, professional tax

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we had a pocking good time at the

BEAUFORT MUSIC FESTIVAL





neighbors night out!

May 19th and 20th was the date of this year's annual Beaufort Music Festival, and Beaufort-bythe-Sea was there to enjoy the tunes! We hosted our "Locals Only" tent on the Beaufort Historic Grounds, and had the opportunity to listen to some great music, see some amazing sights, and hang out with Beaufort's music lovers!

Now, just a quick clarification, though we say "Locals Only" tent, we did not enforce that, but encouraged locals to come to the festival. The Beaufort Music Festival loves their locals and were delighted that so many came out to participate in the event. We were there all day Saturday and had close to 100 recipients of *Beaufort-by-the-Sea* sign in with us. Thank you for everyone who came by; it was great to see many folks I had met before and I was delighted to meet many neighbors that I had not had the opportunity to get to know!

In the week leading up to the festival there was a lot of concern that the weather would prevent the festival from taking place. We had had a lot of rain and the possibility of a rain out loomed large. Friday, the rain held off so that the bands could perform but all Friday night it poured. It was coming down so hard Saturday morning that it prompted me to go buy a new raincoat (good thing Kitty Hawk Kites was open early!) Luckily, the last few heavy raindrops fell around 9:45, and by the time the first band kicked off it was down to a light mist!

The weather improved as the day went on, getting warm and a little humid due to all the moisture in the air. Along with the tent, chairs, and joggling board (a type of bench I make that turned out to be very popular that day), we also provided watermelon and bottled water for anyone who wanted some! The watermelon was a big hit to say the least...I had brought four with me and had to leave to run and purchase four more! We got a lot of great pictures of folks cooling off with some delicious watermelon that day!

The festival provided a little something for everyone. There was of course the amazing bands from both NC and all over the country. There were also food trucks, beer vendors, and a lot of fun activities for the kids. Two of the most popular were the hula hoops that got passed around and enjoyed, and the Kitty Hawk Kites "Make your own Kite" table! Between kids spinning the hoops and running around tugging kites, we had a lot of worn out kids by the end of the day!

The Beaufort Music Festival turned out to be an amazing event. Everything went off without an apparent hitch, and the extra tents that the volunteers from BMF brought in made a huge difference in keeping both the attendants and the performers dry.

I hope that everyone who came out to the "Locals Only" tent and the Beaufort Music Festival had a wonderful time! We look forward to seeing you at our next event!











































































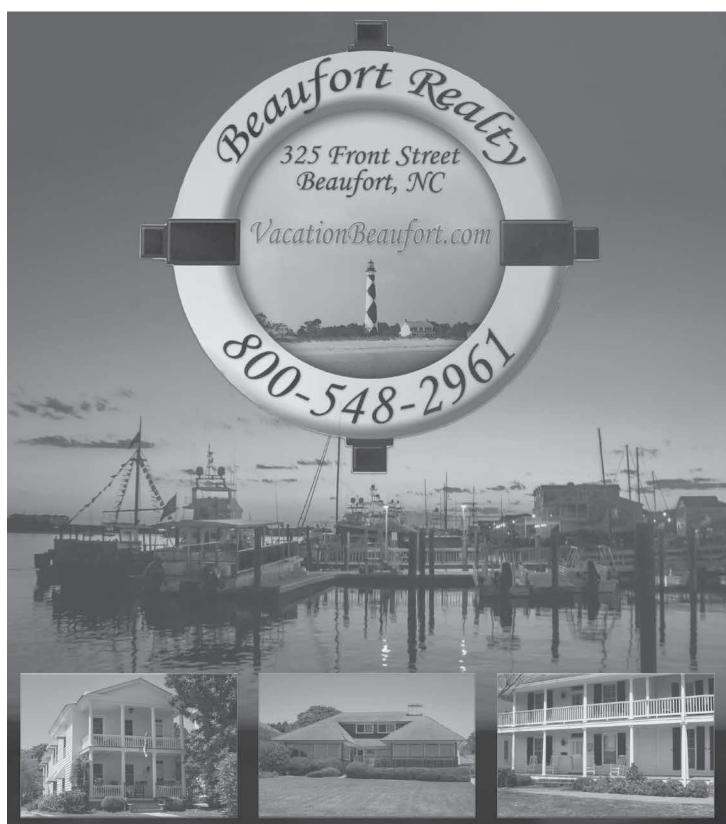




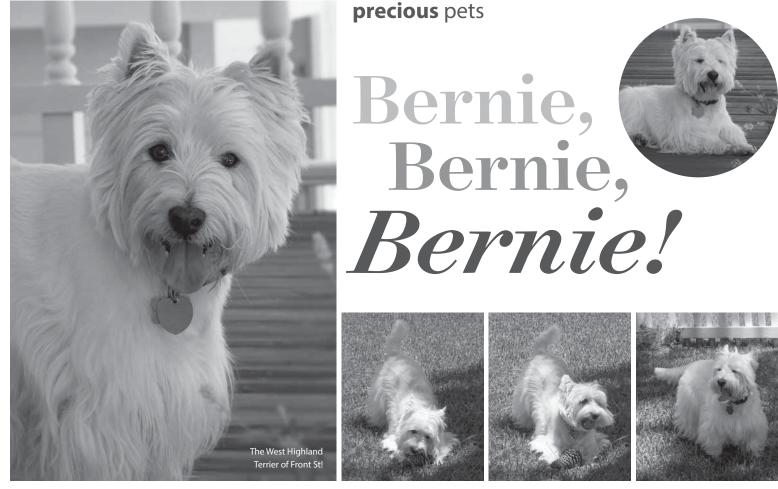








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If you are looking for a fun-loving and happy puppy in Beaufort, look no further than Bernie's back yard!

Bernie Crooms, a 10-year-old West Highland Terrier, lives with Bobby and Sandra Crooms on the waterfront side of Front Street. Bernie is a fun and happy pup who always has a smile on his face!

This pup is full of personality, and loves playing in his waterfront yard. He loves watching the activity on Taylors Creek, especially the boats going by. He often greets them with a friendly bark, however the horses across the way don't bother him at all!

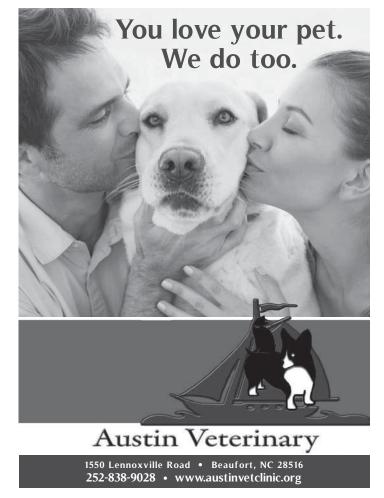
This fun terrier has a lot of neat quirks. He and Mrs. Crooms have a long-standing competition over the favorite cushion on the love seat, and he prefers his water out of a water bottle instead of a dish!

Bernie's brother Ernie lives here in Beaufort, with Judy and Don Currier. The Crooms love having Bernie's sibling close by!

The next time you are out and about on Taylors Creek, you might see a white puppy barking at you from the dock or the back porch. That's Bernie!



Do you have a pet and would like to share his/her story? Then email greg.moss@n2pub.com to have them featured in the next available issue! Dogs, cats, horses, fish and any other type of animals are welcome!



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on the water



... or in this case,

Under the Water? **DIVE, DIVE, DIVE!**

In past "On the Water" articles, we have discussed many aspects of living on the water in Carteret County. We have discussed boats, docks, marinas, fishing, and weather. We have touched on the topic of 'underwater', both in our article about oysters and our article on Tow Boat raising boats from the depths. Well, this month, we are diving into life underwater by talking about diving!

I have learned over the years that when I don't know enough about something to ask an expert, and that is what I did in this case. Beaufort has its very own diving experts, the team at Discovery Diving. Their shop at 414 Orange Street is an amazing thing to walk into. Hanging everywhere are implements of diving, from scuba tanks to wet suits, flippers to spear guns, masks to weight belts. I spoke at length with one of their dive masters, Tim Johnson, to get the inside scoop on diving in the waters around Beaufort!

The Coast of NC is home to over 2000 shipwrecks, some placed there as artificial reefs but the vast majority were ships that were lost in storms or war. There is a reason that the area is called the graveyard of the Atlantic! The Crystal Coast has been named the #1 dive site in North America by Sport Diving Magazine for 13 years in a row, and it is known not only for its wreck diving, it is also known for the abundance of sea life, both large and small.

Normally when we are out on the water, we are either fishing or traveling somewhere by boat, and it is hard to imagine the life under the waves beyond what we are trying to catch! Once you get below the surface, it is truly a different world.

Discovery Diving offers the opportunity to go down and explore that world. They offer diving experiences for anyone, from the first timer who has never dived before to dive masters that have explored the oceans of the world.

For those that have no diving experience, they offer the training required to get you beneath the waves safely. They are a PADI (Professional Association of Diving Instructors) 5 Star certified training facility, and with a basic certification you are able to dive in up to 60 feet of water. That is perfect for diving to many of the wrecks around Beaufort.

The beginners class combines classroom training, pool training, and then open water diving. The basic certification is good for life, and is more than enough to get you out there exploring. The beginner class for open water certification costs \$320, and includes all the gear you need to get out there with the exception of the 'personal' items, such as snorkel, mask, fins, and booties. It also does not include the required book. Those items run between \$150-\$200, so for around \$500, you can learn to dive!



This may sound like a no-brainer, but it is something they often The first open water dive is performed at Radio Island, and first have to remember divers. Second, Always Dive with a Partner! Whether you are a beginner or a seasoned pro, don't go out alone. You will never regret having a buddy there for your dive. Not only can you keep an eye out for each other, you can also share in the amazing adventures. It is a lot easier to prove a fish story with you have another witness! Always Watch the Weather! Storms can blow up in a hurry and if you are not mindful of conditions, it can put you into a dangerous situation. Plan Your Dives and Dive Your Plans. Prior to heading out make sure you know where you are going, and when you get there, stick with what you plan to do. Diving is not the activity where you make impromptu decisions. Know Your Air Consumption! Know how long you are down, how deep you go, and always leave a margin of error. Finally, IF it Doesn't Feel Right, Don't Do It! Trust your gut when you dive, and if there is a situation that doesn't give you a good feeling, trust your instincts.

time divers are often amazed by how clear it is underwater and the level of visibility. After that, you take your first true under water dive at the Indra Dive Site, an artificial reef just off our coast. Discover diving offers many classes for folks that have already received their basic certification. They offer an "Advanced Open Water" certification, which allows you to dive up to 120 feet, a Nitrox (enriched air) certification that allows divers to stay down longer and go deeper, and many different specialty certifications, including wreck diving, deep underwater hunting, and under water archeology. There are so many amazing things to see under water around Beaufort. It is one of the few areas of the continental US where you can do warm water wreck diving, and people are amazed at the abundance of tropical fish and underwater life. In a future

issue we will talk about the many places to explore under water around Beaufort. I plan on getting my diving certification so I can explore them myself and report back!

Tim from Discover Diving has a couple of important things to remind the divers of Beaufort. First off, Don't Quit Breathing! Diving can be a wonderful activity, especially here in Beaufort where we have both the amazing areas to dive and a company like Discovery Diving to prepare us to go under the water. Get out there and enjoy the life under the waves!

Chaplain House .1817

home of the month

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114 MOORE STREET *more than meets the eye!*

This month our home of the month features the beautiful Chaplin House, Circa 1817. The Home of the Month article this month is written by the owner, Liz Burke. She has put a phenomenal amount of work into this fantastic Beaufort home. Enjoy!

It was love at first sight. The little cottage by the sea had been on the market for a while. Built in 1817, a full 43 years before Abe Lincoln took his oath of office, the cottage was showing her age. But I didn't see old, I saw charming. Sure it needed a little work. I wasn't scared a bit.



Alarmed, my friends and family took me aside, one by one, to make sure I was of sound mind taking on such a project but I as sured each and every one that I knew exactly what I was doing. So, on a sunny day in June of 2015 I signed on the dotted line as the old but charming Chaplain house on Moore Street was mine I was now to be referred to as Lady Elizabeth on the Moore I job ingly told my friends.

On day one I rolled up my sleeves and started to work and nine months later I haven't stopped. Restoring an old home can be both incredibly challenging yet rewarding at the same time. On quickly learns to expect the unexpected. Every old home has a unique story to tell and the Chaplain house speaks to me throug

	its many layers. I am convinced that happy people have lived
S -	here. It's a cheery little house; perfectly imperfect.
5-	nere. It's a cheery fittle house; perfectly imperfect.
•	
nd	The unexpected reward was the bond I have formed with the
e.	people who have been part of the restoration and even more
ok-	importantly who were part of the hand holding that I desperately
	needed when I was in over my head. I have discovered that Beau-
	fort's outward beauty is obvious but it is its people that gives the
è	town its unique character.
ne	So I have compiled my own Angie's List which I will call Liz's
L	List. There are many talented people in Beaufort but my list
gh	• • •









contains those people who I can personally vouch for. Top on the list is Jed Naegelen who has been my right hand man from start to finish. There are good carpenters and then there are creative people but usually the two are separate. The creative person hires the carpenter to get the job done. But Jed is both and he came up with the unique molding in my home. He also laid the wide-plank white oak flooring in three rooms as well as the tile in the kitchen. There isn't anything Jed can't do. If he hasn't done it before he will figure it out. An old house requires self-starters.

The exterior front door was rotting so Mike Nelson, of Beaufort Wood Shop, custom-built a wood door to reflect the historical time period of the house. It is magnificent artistry. Mike is in a league all of his own. He also built the platform bed in the guest room and open kitchen shelves. A signed Nelson original is a family heirloom to be passed down for generations.

The painting in the living room as well as others throughout the house are by local artist Sally Anger, whose work is hung in many galleries around the US.

Local electrician, Doug Lewis, usually accompanied by his lovely wife, Melva, became family. Word of advice to anyone restoring an old home. Find the best electrician and plumber you can. Doug is shrine-worthy. Ditto Dino of Dino's plumbing.

Liz Burke truly loves this house, and it has been a labor of love. Liz found Beaufort through her grandparents. As a selfproclaimed 'military brat' she lived everywhere, but would come every summer to Beaufort and fell in love with it. Mrs. Burke thought that 114 Moore St would be her forever house, but the need to care for a family member has required her to put it on the market with Beaufort Realty. If you are looking for a beautiful home that you can enjoy as much as Liz Burke has, come and take a look at this amazing piece of Beaufort!









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meet the GOULD FAMILY of front street

We are delighted to welcome the Gould family to Beaufort! A few months ago they moved into a beautiful house on Front Street, and they have already started enjoying Beaufort!

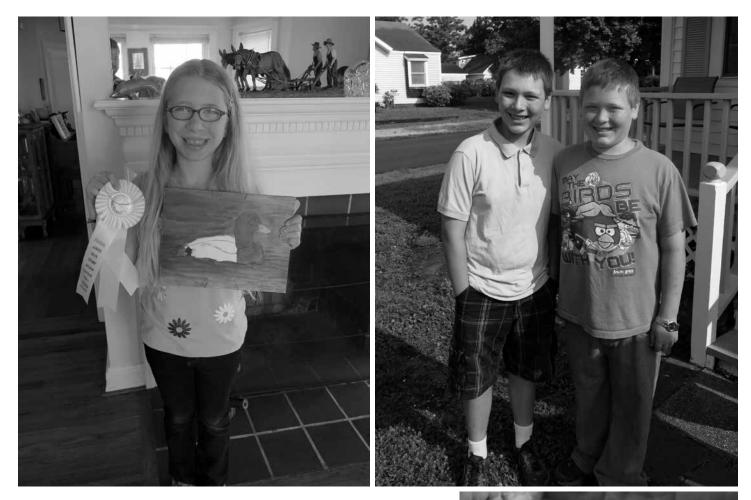
Mark Gould had lived in Carteret County many years ago, and from the way he talked about his time here, his wife Hillary knew they would eventually make it back to the Crystal Coast. Prior to moving to Beaufort the Gould family lived for many years in Myrtle Beach, and while they enjoyed the area, South Carolina never truly felt like home.

They finally decided that they wanted a better place to raise their three children, Mark Jr (13), Caleb (12), and Sarah (10). They spent a little time searching around the different options in Carteret County, and they decided Beaufort was the home for them! They found a charming home of Front Street, and immediately upon moving in, they felt like they were home!

In Mark's words, "Beaufort, especially for the kids, is almost Heaven on Earth." They have been to the beach more in the last three months than the last year they lived at Myrtle Beach. The small town feel is one of the things they truly love about Beaufort, how neighbors say hello, stop to talk while they are out walking, and how welcoming everyone has been.

Mark is the owner of Sound Choice Painting and has already became busy with work in and around Beaufort. He has had many projects both in and around the historic district. Many of the readers of *Beaufort-by-the-Sea* have used his services and have been delighted with his professionalism and service.

Hillary is a full time mom and homeschools the kids and writes/edits for many companies in her spare time. You can



see a sample of her work this month in our "Travel Tales" section...we featured a train trip they went on!

Sarah, Caleb, and Mark Jr have a very busy summer ahead of them. They all enjoy outside activities, including playing in the yard, going to the beach, playing basketball, and fishing. They love being able to walk and bike around Beaufort, and visiting their favorite restaurants, the Beaufort Café and No Name Pizza.

All three are musically inclined, with Caleb and Mark Jr playing drums and piano, and Sarah going to music camp to improve her singing voice. Sarah also enjoys painting; recently she won third place in a statewide competition for kids of her age group for her painting of a redhead duck!

Sarah and Caleb could see themselves living in Beaufort all their lives, while Mark Jr thinks he will at some point move to Chapel Hill since he and his dad are such big Tarheel fans. Don't worry Duke fans...Caleb carries the torch for the Blue Devils in the family!

There are also a couple of four legged friends with the Goulds; they have a black lab named Harley and a two month old cat named Tiger!

This is a very cool family to get to know. The next time you are walking down Front Street and see the Gould kids playing in the front yard while Mark and Hillary watch from the front porch, be sure to stop and welcome them to the neighborhood!



travel tales

By Hillary Gould of Front Street

A FAMILY TRAIN TRIP the Goulds will never forget!





hen my husband, Mark, and I were first considering what to do for our 10 year anniversary, we had thought about going away for a weekend together. However, Mark dreamed big. He thought that we should take two weeks instead

of a weekend and take our three children with us. He said that it could double as a family vacation and as a get-away to celebrate our anniversary. He suggested that we take a cross-country train trip. When I first heard that, I thought, "Cross-country? Really? That's expensive! How in the world can we do that?" Mark sat down at the computer, pulled up a chair for me, and showed me some of the things that he had researched. As it turned out, it was relatively inexpensive considering all of the places we

were planning on going and all of the things that we would see. Besides that, choosing to ride the train instead of drive would be safe and allow Mark, who does most of the driving most of the time, to enjoy the scenery with us and interact with us.

The planning was not easy. We had 14 days, and we wanted to see as much of our country as feasibly possible. We looked at Amtrak for schedules, deals, and ideas. Finally, we decided that we would drive to Atlanta (from our home in Myrtle Beach), catch the train there, and head south to Louisiana. We would have a layover for one night in New Orleans. After New Orleans, we would head to Texas. I had never been to Texas before, but Mark had lived there for several years. We decided to spend a



couple of days in San Antonio. From San Antonio, we were going to head over to California! While in California, we decided to see Los Angeles, Hollywood, San Francisco, Alcatraz Island, and Yosemite National Park. It took a long time to narrow it down, to plan it out, to check all of the train schedules, and work out our itinerary. I spent several hours in front of the computer. I would plan and re-plan, and I would schedule and reschedule. It was frustrating and stressful at times. Sometimes I would have to call Amtrak to talk to them about what we were planning and ask questions. The Amtrak associates were nice, helpful, and much calmer than I was at the time! One of the last conversations that I had with them before the actual booking was a long one where a female associate walked me through each segment of our trip, helping me to figure it all out. She seemed like she genuinely wanted to help us see and do all of the things we wanted within the time frame we had.

We ended up purchasing a U.S. Rail Pass. The rail pass got us eight segments. As it turned out, we needed 9 segments. So, we After that, it was time to head back east. had to pay for the rail pass and only one other segment. It was \$1580 for the entire train trip! That number really surprised me We did not tell the children anything about the trip before we because to travel that far, I expected the price to be much more left. At each stop, we told them where we were going next. We all enjoyed our time on the train. We ate, slept, and even completed for a family of 5 round trip. We didn't have to pay for gas, have any wear and tear on our vehicle, and we wouldn't have to worry some "home" schooling on the train. We brought books to read, about getting lost. movies to watch, and snacks to eat as we watched the world pass by. Our favorite place on the train was the observation car where We had a fun and memorable vacation/anniversary celebration. the windows went up to the ceiling allowing larger views. No one We did not have much time in New Orleans, but we made sure in our family had been further west than Texas before this trip, so we all experienced seeing the deserts, mesas, and the Pacific Ocean that we rode the streetcar. Of course, on the way to Texas, we crossed the Mississippi River. In San Antonio, we visited the for the first time together. It was a trip that we speak of often. The Alamo and the zoo. We spent a lot of time walking around the children, Mark, and I all remember it well, and I know that it will

be a great memory for the children as they grow up. Riverwalk and seeing all of the sites from there. We crossed over

ing toward California. We did not spend much time in Los Angeles, but we made it over to Hollywood to see the walk of fame, Grauman's Theatre, Capital Records, and high rise buildings like we had never seen before. We took the train up to San Francisco. The railroad paralleled the Pacific Coast Highway, so the scenery was amazing. While in San Francisco, we saw the Golden Gate Bridge. We visited Pier 39 at Fisherman's Wharf and saw some sea lions. We planned on going to Alcatraz, but the ferry schedule and our train schedule didn't quite work well together. We browsed through some shops there as we waited to depart.

one of the tallest rail bridges as traveled over the Pecos River head-

Our next stop was in a small town called Merced. From here, we were going to go to Yosemite. However, although I had done much planning, we were not aware of the time that it would take to travel from Merced to Yosemite and back. Because of our train schedule, we wouldn't have been able to spend any time at Yosemite, so we just decided to stay in that small town for the day.

making a difference

A Look Inside THE MARITIME MUSEUM











If you are not familiar with the North Carolina Maritime Museum in Beaufort, or if you haven't visited in quite a while, now is the time to go! There have been many additions to the Maritime Museum and even locals who are well-versed in Beaufort history are sure to be captivated by the new exhibits the museum has to offer, the biggest being the new conservation laboratory where artifacts from infamous pirate Blackbeard's ship, Queen Anne's Revenge, can be seen as they are studied and prepared by conservators for the museum.

The Maritime Museum is proud to offer many educational programs that teach and inspire school groups, community clubs, and children of all ages. At the museum you can find interactive exhibits, multiple scavenger hunts for kids, educational presentations and films, guided field trip opportunities, a beautiful and accessible library, and knowledgeable staff to guide you and answer questions. You can rent out many parts of the museum for special occasions and events, and the museum also offers summer camp and outreach programs.

The Maritime Museum in Beaufort focuses on coastal culture and maritime history, featuring exhibits on seafood industry, life-saving stations and lighthouses, sailboats, and motorboats. However, recently the museum has made great strides in expanding its education and programs to also include a new surfing exhibit, the history of the Civil Air Patrol, many interactive exhibits and activities,



and as the official repository for artifacts from Blackbeard's Queen Anne's Revenge, this is the best place to go to find information on the newest discoveries.

There are so many things for children to do at the maritime museum and it is for sure a place that will excite rather than bore. Kids of all ages have a blast throughout the museum participating in scavenger hunts of various difficulties, during certain hours visitors can go up to the widow's walk to gain extraordinary knowledge while enjoying beautiful scenery, in the works is a new interactive fishing experience, watch boat building at the Watercraft Center, and at the Discovery Cart you can check out shells and sea life of many varieties, get up and personal by touching, holding, and talking with the knowledgeable museum staff as they tell you about the types of marine life, reproduction, habitats, and more.

The new surfing exhibit was opened just in time for summer this year and features information on North Carolina's rich surfing past, the history of women in North Carolina surfing, and how it became a cultural and economic staple. Surfing in North Carolina goes back further than a century when it was used more for practical transportation than recreation. Visitors can even practice catching the perfect wave as part of the interactive exhibit.

One thing that everyone knows about Beaufort is that people here sure do love pirates. And after spending some time in the Maritime Museum the reason is clearly because of the rich history they share with Beaufort. The discovery of Queen Anne's





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Revenge has revealed the truth about these pirates and the conservation laboratory is the perfect way to see how these amazing artifacts come back to life after nearly 300 years. At the Queen Anne's Revenge exhibit, visitors can learn about how the economy, geography, and politics of the time created the "perfect storm" for piracy and how Blackbeard became a legend. On view from the ship are artifacts such as tools, coins, gaming pieces, beads, weapons, and more.

Also at the Queen Anne's Revenge exhibit you can see examples of how nautical archeologists mapped out the wreck sight for excavation and how artifacts were handled. The conservation methods to get artifacts from the sight to the museum are complex and it is so exciting to be able to see first hand the preparation that takes place as artifacts come from the ocean floor to the museum door. The lab was designed to support a wide range of conservation activities from opening concretions and cleaning, to photography and documentation. It has both wet and dry cleaning stations, an air scribe booth, and examination areas. Broad windows on two sides of the lab let visitors easily observe the work in progress and interact with conservators. A combination of students, professional conservators, and museum staff work in the lab.

Recently the work in the lab focused on a piece of wood. How interesting can a piece of wood be? Well the answer is extremely when it is 300 years old and from the Queen Anne's Revenge. Students from the Institute of Nautical Archaeology were examining the wood and taking very specific measurements. Every hole and ripple was measured and charted to get a precisely

accurate picture of the wood. Very little wood remains from the hull of the Queen Anne's Revenge, but by measuring the angle of the wood's arc and figuring out exactly where it would have been placed on the hull of the ship, the archaeologists can map out what the rest of the ship would have looked like. From that one piece of wood they can also tell more about where the ship came from due to how it was constructed. With the expanded Queen Anne's Revenge exhibit, the legend of Blackbeard lives on.

Currently you can typically find work being done in the conservation lab on Wednesdays, but soon that will be extended to weekends as well. The extended Queen Anne's Revenge exhibit is made possible by generous donations by Beaufort Wine & Foods and the Friends of the North Carolina Maritime Museum. The funding for the entire exhibit was approximately \$40,000. Beaufort Wine and Food is a 501(c)(3) nonprofit organization and proceeds from its events benefit organizations that excel in community enrichment and enhance quality of life in Carteret County. Through the generosity and support from sponsors, members and wine and culinary participants, Beaufort Wine and Food has donated more than \$525,000 to local charities and nonprofit organizations in the last decade. The entire conservation laboratory addition was made possible by a donation from Beaufort Wine and Food for \$31,000. The Friends of the North Carolina Maritime Museum continue to provide support to the museum through member donations.

The North Carolina Maritime Museum in Beaufort is open Monday through Friday 9 a.m. to 5 p.m., Saturday 10 a.m. to 5 p.m., and Sunday 1 p.m. to 5 p.m. The museum is open to the public.

resident recipe chess pie

Every family has special deserts for different times a year. A certain pie around the holidays, a special birthday cake, an amazing creation that only mom could make. It's one of those things that if you don't have it, it just doesn't feel like the season has passed. Elizabeth Gould of Ann Street has sent one of her favorite summer desserts, her grandmother Kate Corbett's Coconut Chess Pie! It is a fun and easy recipe and the perfect thing to cool off with during summer! Enjoy!

- 1 Stick Butter (4 ounces)
- 1 ½ cups granulated sugar
- 3 eggs, beaten
- 1 cup flaked coconut
- 2 teaspoons vinegar
- 1 ¹/₂ teaspoons vanilla

Preparation:

Combine all ingredients and mix. Pour into an unbaked pie shell. Bake for about 1 hour at 350 degrees, or until a knife inserted in center comes out clean.

Enjoy!



Would you like to have your favorite family recipe featured in the neighborhood publication? We are looking for anyone who has a good recipe to share! For more information, please email greg.moss@n2pub.com!



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ARTIST ESCAPE & WORKSHOP

OCTOBER 16-23, 2016

art corner By Angie Williams



Have you ever wanted to join an artist workshop? Well here is your chance to join a Plein Air Workshop. What is this you might wonder? If you are not familiar with this term or not sure what one does at a workshop like this, then this article will help explain it.

Plein Air is basically that... plain air! It's just you, your paintbrush, paints, canvas or other material to paint on and the plain outdoors. If you enjoy relaxing, being outside, smelling fresh salt air, admiring details that surround you, exploring your own talents and learning a few new tips and techniques, then this is for you.

Sue Seamon, a local artist, has attended many painting retreats over the years from Key West to Nova Scotia and has savored them for the camaraderie with other painters as well as for the shared learning experiences. After moving to Beaufort six years ago from High Point where she was an illustrator and writer for the furniture industry, Sue imagined creating such an event in Carteret County and now is ready to have this event for you!

This workshop is "Paint in Peace Down East." One of the best outdoor art experiences in this area is to paint plein air and we have so many areas that are inspirational for artists of all mediums. Whether you enjoy the scapes of the ocean or the smaller details of the plants and animals that make this one of the prettiest places to live, you will enjoy painting what you see Down East. I enjoy painting the view from the sandy shore line to the beyond, but I also enjoy painting buildings- barns especially and the trees and plants that surround them. Being in this location, you will enjoy many different visual 'eye candies' for you to explore and paint!

Although plein air painters are obvious in Beaufort, the boardwalk area especially, the more remote venues of "Down East" are often overlooked since these unspoiled primal spots seem hard to reach.

Sue is offering a week-long, two session retreat in the beauty of this area where she now calls home in Marshallberg. "One of the reasons that we moved to this Sound-side village was to access more painting opportunities. I can step out of my back door and find instant subjects, in rapidly changing light where the sounds of nature help to inspire me." Sue explains.

For this painting expedition where all skill levels and mediums will be welcomed, guests can enjoy a "house party" atmosphere at Davis Shore Sportsman's Lodge in Davis NC which was recently renovated by owners, Kim and Mack Overby. According to Sue, the place is rustic, homey and comfortable, and promises to be a unique launch pad for this creative get away.

The two sessions will be back to back during the week of October 16 through 23. The first session is



October 16-20 and the second session is Oct 19-22. The outdoor programs are being led by several professional area artists who will give individual attention to the limited number of students in each small class. The stay at the lodge will feature cozy rooms, three meals daily, afternoon "happy hours" and art instruction at picturesque venues.

Donna Nyzio and Jimmy Craig Womble, familiar plein air artists in our county, are pleased at the idea of sharing the unspoiled beauty of our low-lands with you! This is really a great opportunity, learning from these two artists, I wish I could attend!

Lou Wilson owner and instructor at Arts & Things in Morehead City, was equally enthusiastic about the experience. Just in case there is unexpected weather, Lou has kindly offered her spacious studio to shelter you for this art week.

Let's get to the other best part of this event - the food! A continental breakfast and box lunches will be taken along on the art outings. And before dinner, guests will return to the lodge for "happy hour" and show'n'tell of the day's efforts. Then you will enjoy dinners that have been planned around local seasonal seafood by Down East cooks, Clay Gaskill and his father. They promise special treats such as chowders, clambakes, barbecues and homemade desserts.

According to Sue, the real fun will come in the evenings while guests exchange ideas with fellow artists relaxing on the lodge porches with a glass of wine.

Have I enticed you to register for this event? I hope so! Now I guess you are wondering what you should bring. You will want to bring all your own art supplies and materials. Comfortable clothes, shoes and portable rain gear might be a good idea. A camera might also be a good idea for the changing light and you might want to bring several photos of subjects you might like to paint if classes are moved indoors.

This class is for those 18 years and older. The fee includes the comfortable rooms, cozy sitting areas inside and out, wine-happy hour and the days of instruction you sign up for by well-known Beaufort artists.

For information on fees, reservations and other details, contact Sue at (336) 869-7000 or at sueuseamon@ gmail.com Enjoy and have a great time!

This sounds like a great get away not just for the art, food and the "Down East" relaxing experience, but also meeting other artists and possibly learning new techniques and gaining new friendships.

The lodge is located on 70 East driving from Beaufort. Take the second stop sign turning right. You will see the lodge, the second house on your left.

your home matters

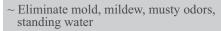
crawlspace mold SUMMER FRAT

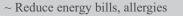
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A hot summer, and unsealed crawlspace with a dirt floor can create big problems for your home and health. This combination invites mold and wood rot in your crawlspace and threatens the health and safety of your home and family.

And it all starts with the air in your crawl space. Did you know that you breathe the air in your crawlspace? It's true. The air is cycled through your home by the stack effect. Here's how it works: As you know warm air rises. As the warmer air rises through your home, it carries the air that was previously in your crawlspace and anything that is light enough to travel with it. This includes moisture, mold spores and even rodent fecal matter.

As this air rises in the home, replacement air enters from the lowest part, the crawlspace. This replacement air is made up with unconditioned outside air that enters through vents and other leaks.

As a result, whatever is in your crawlspace air ends up cycling through the living sections in your home. In fact, over 50% of the air you breathe on the first floor of your home comes from the crawl space.

"Over 50% of the air you breathe on the first floor of your home comes from the crawlspace."

And if you have a dirt crawl space with open vents then you have a never-ending source of moisture. Even if the dirt's surface seems dry, when you dig down a few inches' damp earth is revealed. And this moisture is constantly released into the crawl space.

As the temperature rises, so does the amount of moisture that's released from the ground. So you can see how the hot, dry weather can create a problem when combined with your crawlspace.

Encapsulating your crawlspace is the best solution to moisture control. Some folks like to cut corners by laying down a thin, 6-mil, non-UV-resistant plastic liner.

This cheap "solution" has little-to-no effect since there's still a lot of ways for air to enter. For example, crawl space doors, hatches, vents, leaking pipes, porous concrete walls, concrete block cracks, and other gaps and holes can all let moisture into your crawlspace.

All of that extra moisture leads to mold growth, musty odors, and structural damage, not to mention that insects and critters love moist environments. Additionally, energy costs are higher. Moisture ruins houses by providing a hospitable environment for mold and other fungi, and insects that destroy wood framing.

Crawl space moisture, and the mold and mildew that thrive in this environment, affect the floor support system and the entire house. Three things destroy organic materials in general, and wood in particular: water (moisture or high relative humidity), heat, and ultra-violet radiation. Of these, water is by far the most damaging.

"Three things destroy wood: water, heat, and ultra-violet radiation. Of these, water is by far the most damaging."

Crawlspace Mold: How to Stop CrawlSpace Moisture

Properly sealing the crawlspace and removing the moisture from the ground and air is part of the solution that helps provide a mold-free and insect-free environment, which leads to a more energy-efficient and healthier home.

To avoid moisture's negative effects, a crawlspace should be completely sealed - a.k.a. encapsulated - and isolated from the ground and the humid outside air.

An effective method in lowering crawl space humidity, tested and perfected throughout the U.S., Canada, United Kingdom and Ireland, is installing a crawl space vapor barrier system. This encapsulation system, called Emeseal is a 90 mil polyethylene



ENERGY STAF

with polyester-cord reinforcement. It's installed over the dirt floor and walls. The extra-heavy, reinforced crawlspace liner is also treated with an antimicrobial finish that protects against mold and mildew growth under the liner. It warrantied for 25 years and is tough enough to crawl on and place storage items in your crawlspace.

Years ago the theory was that crawlspaces would become dryer if they were vented. Now, years later, studies and experiences have proven that the most overlooked space in the house needs to have its air and humidity conditioned, just like the rest of the house.



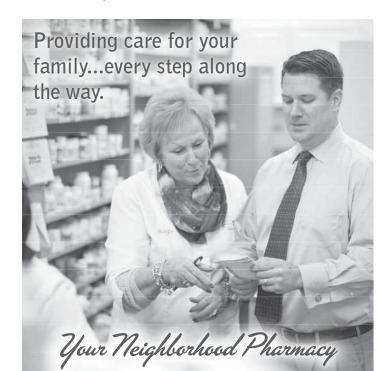
DO YOU TILDY?

healthy living



Pain strikes. A headache looms. The question is, "What do you take?"

Considering that almost 80 percent of adults take some type of pain relief at least once a week, it's worth weighing the options. With the advances in modern medicine these days, the choices are almost endless. Of course, it is always recommended to talk to your doctor to find out what is the most appropriate course of action for you.





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Americans pay a pretty penny for pain relief, costing them more than \$2 billion a year for over-the-counter painkillers. For prescription drugs to manage pain, people spend more than nine times that amount. One option for pain relief is NSAIDs (Non-Steroidal Anti-Inflammatory Drugs), which relieve inflammation, as well as pain. How do they do this? They block the production of prostaglandin, which can be blamed for pain, inflammation, and even fever. Naproxen (such as Aleve), ibuprofen (such as Motrin, Advil and Nuprin), and aspirin compounds (such as Bayer, Bufferin, Anacin and Excedrin) all fall under this category. While NSAIDs are beneficial for muscle aches, headaches, migraines, and other types of mild or moderate pain, there are some pitfalls. The risks include stomach and intestinal bleeding. Long-term use should be approached with caution as it increases the risk of kidney damage, stroke and heart attack. Unfortunately, NSAIDs may even raise blood pressure in some individuals. Again, consult with your physician if you suffer from hypertension to see whether NSAIDs are appropriate.

Another option you might reach for is acetaminophen. This fever reducer and pain reliever is known for being gentle on the stomach. But is it worth the risk? The Food and Drug Administration proposed changing labels in recent years on acetaminophen products to carry stronger warnings. Now, severe liver damage has been found to may occur if the maximum daily dose is exceeded. This warning is seen on Extra Strength Tylenol bottles. Tylenol has even decreased their maximum daily dose on Extra Strength Tylenol from 4,000 to 3,000 milligrams prior to the FDA announcement, recognizing the risk of acetaminophen overdose. The dose interval has also increased from four to six hours. Mixing acetaminophen with alcohol can also damage the liver. It is critical to always read the labels of all medicine ingested.

Other options of pain relief include topical analgesics, such as patches. However, be cautious of allergic reaction to adhesives or skin burns. Heating patches for sore muscles are another choice to be considered. Regardless of what pain relief you choose, the bottom line is to be an educated individual. Read labels, exercise moderation, and be safe in seeking out pain relief.



By N2 Staff Writer, Amy Lynne Howlett

After months of hard work, your garden finally springs forth a bounty of fresh fruit and vegetables! Come harvest time, there is more than enough for your family, friends and neighbors; especially so with prolific crops like tomatoes and squash. Many gardeners freeze, dehydrate or can their extra produce to enjoy it throughout the year. Others use garden leftovers to enrich their compost pile. But what if you could use your garden for good?

With the plethora of grocery stores and the abundance of food at farmers markets and in our own gardens, it is hard to fathom that many Americans face hunger. According to the U.S. Department of Agriculture, 17.4 million U.S. households were food insecure in 2014, meaning that at some point during the year they were unable to acquire enough food to feed their families. You can be part of the solution by using your garden to combat hunger and help those in need, as well as give back to your community!

The Garden Writers' Association sponsors a national program called "Plant-A-Row" that encourages gardeners to plant an additional row of crops for the sole purpose of donating them to local food banks. Whether you sow additional seeds or just want to contribute your garden's surplus, consider giving to a local soup kitchen or food pantry, where fresh produce is a welcome treat. Websites like AmpleHarvest.org allow gardeners to find food pantries in their area accepting donations.

In addition to feeding the hungry, you can use your garden to give back to the community. Thank your local fire department with a box of homegrown veggies! Firefighters take turns cooking for the crew in between calls and would be grateful for some free, fresh produce. You can also teach your children entrepreneurship by selling your extra produce at a fair or roadside stand as a fundraiser for their various clubs, scout troops or sports teams. Another idea is to make recipes featuring your garden's harvest; turn your overabundance of tomatoes into zesty salsa or pasta sauce, or use your spare apples for applesauce or an apple pie! Everybody loves homemade jams and relishes or freshly baked zucchini bread. A surplus of basil makes delicious pesto, and any combination of herbs can be dried or used to make infused olive oils. All of these products can be donated or sold to benefit local schools and nonprofit organizations, such as churches and animal shelters, and they make great teacher gifts as well!

This year as you enjoy the abundance of fresh fruits and vegetables from your garden, remember those who are less fortunate and thank those making a difference in your community by using your garden for good!

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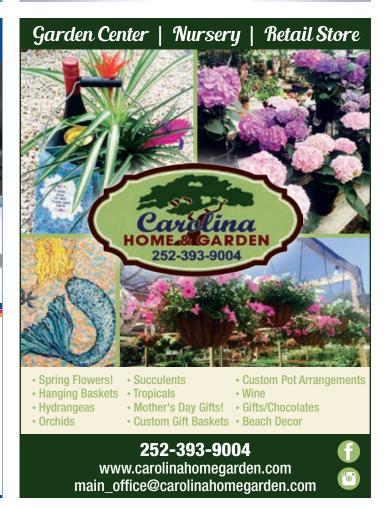


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