

Delicious Ice Cream Recipes

THE GREATER

SPRING LAKE

Summer 2014

METRO MAGAZINE

Little Girl
Found

Best of
CUMBERLAND

Faith
Walk

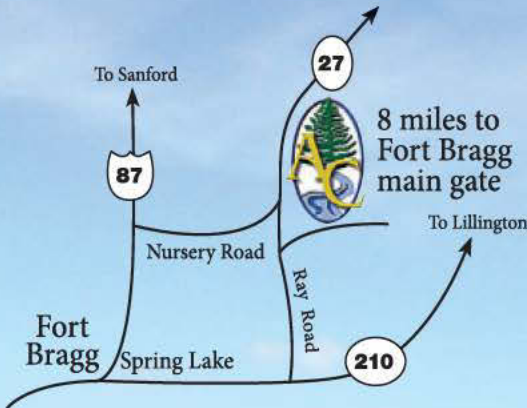
Grilling an
Incredible
Steak

Can't Sleep?

July 4th Festival Photos

ANDERSON CREEK CLUB

Affordable Luxury in the North Carolina Sandhills



- Gated Community**
- 24 Hour Security**
- Club House Bar and Grill**
- Pools, Tennis, Playground**
- Day Care & Pre-school**
- Parks and Nature Trails**
- Homes from \$244,900**
- Condos from \$154,900**

"One of the top 50 master planned communities in the United States."

**Award Winning Davis Love III
Designed Golf Course**



Anderson Creek Realty



910-814-2633



www.AndersonCreekClub.com

**25 Ray Road, Spring Lake, NC 28390
15 Miles to Fayetteville/10 Minutes to Fort Bragg**

Prices are subject to change without notice. All information deemed reliable but not guaranteed. **Where to Retire magazine*

WEDDINGS

Mariani's Wedding Venue & Catering



*One of the most romantic venues around...
Mariani's is the perfect place for your wedding ceremony,
indoors or outdoors*

Here at Mariani's, we can offer you a wide variety of services to meet your every need. From wedding receptions to banquets and parties, we can tailor our services to whatever your needs.

Our outdoor venue is perfect for that romantic late evening wedding, while our indoor venue can accommodate your wedding party in comfort any time of day. Receptions, banquets, and parties of all kinds can be held anywhere inside the building, or outside on our lakeview patio.

You can have your ceremony, dinner, reception, and after-party all in the same place for the price that a catering company would charge you just for catering your event.

- **Wedding Ceremony & receptions** • **Anniversary**
- **Birthday party** • **Corporate event** • **Class Reunion**
- **Military Ball** • **Proms** • **Catering** • **Christmas party**

Please visit our website at www.marianivenue.com

26 Commerce
Plaza Circle

to see our facility.
(910)521-1212

Pembroke, NC

Contents

2014 Chamber Board

Dr. Navid Aziz, Chairperson
Steve Starnes, Vice Chair
Debora Hudson, Secretary
Garistine Simmons, Treasurer
Danice Langdon, Sergeant at Arms
Tommy R. Burns, Board Member, ex-officio
Josie Miller, Board Member
Judy Herring, Board Member
Rose Ferguson, Board Member
Desandra Washington, Board Member
Matt Smith, Board Member
Cassandra Hill, Board Member
Suzy Harboszky, Board Member
T.J. Jenkins, Board Member



10.

- 5. President's Perspective
- 8. E-Commerce
- 10. Ice Cream Recipes
- 14. Art From The Heart
- 18. Child Abuse
- 20. My Faith Walk
- 22. Best of Cumberland
- 28. Bright Eyes, Bright Minds
- 30. Don't Sleep Well

Spring Lake Economic Development Corporation

Dr. Navid Aziz
Jean Stultz
Dineen Morton
Carl Manning
Vivek Tandon
Allen Coats
David McNeil
Tim Bohler
Billy Wellons



36.

- 32. Pre-Health Academy
- 34. New Recreation Director
- 36. Trip To Australia
- 38. Anderson Creek
- 42. Little Girl Found
- 44. Grill Incredible Steaks
- 47. Citizen Spotlight
- 48. Art of Window Dressing

Staff

Jeffrey Hunt
President and CEO

The Greater Spring Lake Metro Magazine is printed quarterly for the Greater Spring Lake Chamber of Commerce by The CFM Group. The appearance of advertising does not constitute endorsement by The Greater Spring Lake Chamber of Commerce.

48.



FOR ADVERTISING RATES IN FUTURE ISSUES CONTACT:

The CFM Group Magazine Publishing

www.thecfmgroup.com or email: cfmgroup@hotmail.com

PO Box 2243, Clinton, NC 28329 Phone 910-379-8230

No part of this magazine may be reproduced without written permission. Copyright 2014. While reasonable care will be taken, CFM Group cannot be held responsible for unsolicited manuscripts and photographs.

THE GREATER

SPRING LAKE

METRO MAGAZINE

CHAMBER OF COMMERCE

From the President's Perspective

Jeffrey C. Hunt, CCE, President and CEO,
Greater Spring Lake Chamber of Commerce



Many of you have heard me talk over and over about the many possibilities on Main Street. Now close to 5,000 individuals from and around Spring Lake enjoyed our 4th of July festival on Main Street. Despite a few vocal critics, the Spring Lake Chamber and its events committee successfully hosted an enjoyable community event. Every attendee from Spring Lake and beyond has complimented the Chamber for hosting the Fourth of July, Main Street Festival. The Board of Directors of the Spring Lake Chamber of Commerce would also like to thank the Town of Spring Lake and the Police, Fire and Public Works employees for their hard work and effort.

For those who were unable to attend, there were over thirty-five (35) food and craft vendors. We had a Kid's Zone sponsored by Dr. Aziz, the Spring Lake Chamber Chairperson. The Kids Zone was very popular and included three (3) bounce houses, and games

for kids under the age of three (3) years old. We had two (2) live bands, the Beats and Radio Boxx, along with two gospel groups and spoken word by the Marquis Market Slam. The bands rocked Main Street until the Fort Bragg fireworks started. There was also a car show and my favorite the dunk booth. I was dunked more than a fair share but far less than my replacement Spring Lake's Mayor, Chris Rey. Even his daughter Caroline enjoyed sending her dad to the ice cold water.

What an incredible vantage point to see the fireworks on Fort Bragg from Main Street. We could not have asked for better weather. We are looking forward to doing it again next 4th of July.

Jeffrey C. Hunt, CCE
President and CEO

4th of July Festival



On Main Street



4th of July Festival on Main St.

Sponsored by the Spring Lake Chamber of Commerce, FTCC, Spring Lake Storage, Dr. Naveed Aziz, The Shops of Main St., Steve Starnes, Duke Energy, RLM Communications, Wal-Mart, Food Lion, PWC & Spring Lake Public Safety Foundation

A Fun Family Event For All

To Compete with E-Commerce, Local Retailers Need to Adapt



By
Jonathan Medford

E-COMMERCE

Why local residents make online purchases and how local retailers can adapt to the growing e-commerce culture

Being involved in the business community, we hear a lot about the importance of shopping locally and avoiding sending our money out of the county and state through on-line shopping. We know that shopping locally keeps more dollars circulating in our county's economy, and shopping with a locally-owned establishment circulates even more.

People in our county get the concept, but still choose to buy online for a variety of reasons (and not just for bargain hunting). Three common reasons include:

1. **Hours of Operation** - What time does your retail store close? Many locally-owned retail shops have inconvenient hours for people who work the standard 8 to 5 job. People turn to the Internet as a convenient way to shop when most local establishments are closed.
2. **Research** - People want to make well-informed purchase decisions, so they use the Internet as a research tool to narrow down their search. After an hour of researching a product online it's really easy to click the purchase button and be done with it (even if you think you can purchase the product locally).
3. **Convenience** - Running all over the county looking for a specific item can be a frustrating experience when you come up empty handed. Some-

times people find the Internet to be a "sure thing".

By having an online presence of your own, you not only increase sales by removing these barriers for your customers, you are also providing Columbus County with an opportunity to bring outside money into our local economy.

E-commerce sales have almost doubled since 2009 yet an alarmingly small percentage of retailers in our small towns have an online presence. Here are a few reasons why I think every retailer in our county should have their own e-commerce store.

1. **Drive In-Store Sales with Local Consumers** - By putting your entire inventory online, you will make it easy for local consumers to shop your store while it is convenient for them. Your online website never "closes".
2. **Sell to Former Residents** - We always hear about how our young people go off to college and never return because the opportunities are not here for them. This population as well as other long-time residents that have moved away from our area have a special affinity for Columbus County and the cornerstone businesses that they loved to shop at. Make it easy for them to become customers again.
3. **Bolster Your Social Media** - What good is a

healthy Facebook following if you can't sell to your fans online? By having an e-commerce store you can promote new product lines and give them a means to purchase right away.

4. **Getting Inventory Online is Becoming Easier** - We recently programmed an e-commerce website for a local jewelry store and we were able to populate their website with thousands of pieces of inventory by connecting their website with their internal business system so that their inventory flows through to the website automatically.

5. **Better Search Engine Traffic** - When your 5 page brochure website becomes a 1,000 page e-commerce site, search engine users now have 995 more ways that they can find your website.

Improvements in technology over the past 5 years have made it easier than ever for small businesses to make the leap into e-commerce. Still there are many factors that retailers will have to consider before making the move.

Find a local e-commerce consultant that can help you develop an e-commerce strategy for your business. Most firms will be happy to sit down with you and develop a no obligation proposal that will meet the specific needs of your business.

We want Columbus County residents to shop local. It's time we make it easier for them.

Jonathan Medford is a partner of Inspire, a marketing firm that specializes in Branding, Inbound Marketing, Advertising and E-Commerce. He lives in Whiteville, NC where he is actively involved in the Whiteville Rotary Club and Columbus Chamber of Commerce & Tourism. For more information about his work, please visit www.inspirenc.com or contact him directly at 910.431.3554 or jon@inspirenc.com.





Freedom Play Set

Affordable
Solid Pine Play sets
20 stock models
and
Custom Designs
4 models under \$995.00
Manufactured in Fayetteville NC
We Are the Factory!!





Ally Opp Trampolines

Commercial Structures
Churches & Home Owners



**Gazebos
Pavilions
Pool Houses**



**Ironclad
Basketball Systems**
60" and 72"
Glass Backboards
Board and post padding included
Life Time Warranty
Starting at \$899.00



Carolina PLAY Structures
CPS
Recreational Products

See us on or www.carolinaplay.com

3 locations
US 301 Fayetteville
910-920-1682
US 401 N. Raeford
910-624-9039
US 1 Southern Pines
910-258-4362



Who Doesn't Love Ice Cream

"I scream, you scream, we all scream for ice cream!"

In 1984, President Ronald Reagan designated July as National Ice Cream Month. He also declared that the third Sunday in July would be National Ice Cream Day. We're definitely thankful, because ice cream is a summertime (or

anytime!) favorite for people of all ages. With hundreds of flavors and toppings to choose from, you can't go wrong with ice cream!

Whether you get it in a cup or in a cone, atop a waffle or in a banana split, it doesn't really matter. The rich, creamy, goodness is delicious any way you order it.



Roasted Banana Ice Cream

3 medium-sized ripe bananas, peeled
1/3 cup light brown sugar
1 tablespoon butter (salted or unsalted), cut into small pieces
1½ cups whole milk
2 tablespoons granulated sugar
½ teaspoon vanilla extract
1½ teaspoons lemon juice
¼ teaspoon coarse salt

1. Preheat oven to 400 degrees F.
2. Slice the bananas into ½-inch pieces and toss them with the brown sugar and butter in a 2-quart baking dish. Bake for 40 minutes, stirring once during baking, until the bananas are browned and cooked through.
3. Scrape the bananas and the thick syrup in the baking dish into a blender or food processor. Add the milk, granulated sugar, vanilla, lemon juice and salt, and purée until smooth.
4. Chill the mixture for at least 8 hour (or overnight) in the refrigerator, then freeze it in your ice cream maker according to the manufacturer's instructions. If the chilled mixture is too thick to pour into your machine, whisk it to thin it out. Makes 1 quart



Butter Pecan Ice Cream

1 cup packed light brown sugar
½ cup water
1/8 teaspoon salt
2 large eggs
2 tablespoons unsalted butter
1 cup whole milk
1 teaspoon vanilla extract
1 cup heavy cream
1 cup chopped toasted pecans

1. Combine the brown sugar, water and salt in a saucepan and bring to a boil, stirring to dissolve the sugar. Boil the syrup for 2 minutes.
2. Meanwhile, beat the eggs together in a medium bowl. Slowly beat in the syrup.
3. Cook in a double boiler over, not in, boiling water, stirring constantly, until the mixture reaches 175°F and coats the back of a spoon. Do not allow the mixture to boil. Add the unsalted butter and stir until melted. Strain into a medium bowl and refrigerate until cold.
4. Add the whole milk and vanilla extract and mix well to combine.
5. Beat the heavy cream until soft peaks form. Fold it into the egg mixture.
6. Pour into an ice cream maker and freeze according to the manufacturer's directions. Fold in the chopped pecans before transferring ice cream to a container

Makes 1 quart

ICE CREAM FACTS

~ Americans are the number one consumers of ice cream worldwide, eating 48 pints of ice cream per person every year on average. New Zealand comes in at number 2.

~ Immigrants at Ellis Island were served ice cream as part of the welcoming to America.

~ About 9 percent of all the milk produced by U.S. dairy farmers is used to produce ice cream

~ Vanilla is the most popular flavor, accounty for 20-29% of overall sales of ice cream with chocolate coming in a distant second.

~ The biggest ice cream sundae in history was made in Edmonton, Alberta, Canada, in 1988, and weighed in at over 24 tons.



**More ice cream is
sold on SUNDAY
than any other day of the
week!!**

Southern Peach Ice Cream

3 eggs
1 cup sugar
2 cups cream
2 cups whole milk
2 tsp. vanilla extract
1 tsp. almond extract
1/4 tsp. salt
1 cup mashed ripe peaches, pitted and chopped with 1 tsp. lemon juice
Beat eggs and milk together in a large saucepan. Slowly add sugar and cook over low heat. Stir constantly with a wooden spoon until mixture smoothly coats the spoon, about 10 minutes. Cool com-



pletely, then add cream, extracts, salt and mashed peaches. Refrigerate overnight. Pour into chilled ice cream canister, and prepare according to ice cream freezer manufacturer's instructions.

Makes 1 quart

 *Cornucopia...* a market for all seasons.

An Inspired & Unique Shopping Experience...




Mention This Ad
To Receive
A Free Sample
“Try Me Size”
Of Our Pure Soy
Candles!!!



Local Artisan & Antique Market

Vintage Collectables, Enduring Antiques, Local Handcrafts, Garden & Home Décor, Soy Candles, Gourmet Wine Jelly & Beyond...

Home Of  **Electro Nic**
Fayetteville's First & Favorite
Vaping Supply & “Try Me”
Juice Bar!!!



146 South Bragg Boulevard ~ Spring Lake, North Carolina
910.534.2701

New Location!!!

facebook: [cornucopia market](#)
website: www.cornucopiamarket.com

Harnett County Resident Shares
Art From The Heart

By Rick Myers



For more than two months in late 2013, artist Brandon Tart toiled in a labor of love, creating a sculpture to be displayed outside of the True Value Hardware in Pembroke. This sculpture was a culmination of a vision and dream he had carried since 2005 to create a piece of art that incorporated a hardware store and the individuals within the organization.

Tart, a native of Lillington NC, says he has carried a great love for art from an early age. Thanks to his father, a strong work ethic was also instilled in Brandon. As he speaks of his journey into the art world, he fondly recalls the strong encouragement he was given by his mother. "From the beginning she saw what my art represented and encouraged me to pursue it," he says. According to Brandon, his father wasn't as open to his art back then, but now supports him totally. "Dad can now see the civic importance of my art," he adds.

Over the years, Brandon has earned a distinguished educational history which includes a Bachelor of Fine Arts degree from East Carolina University, two years of study at Southeastern Theological Seminary School and he has even studied abroad through the Estonian Academy of Art on the Island of Saaremaa. During this time, he also served briefly as an art teacher at Western Harnett High School. Brandon later took the advice of his father and decided to pursue an advanced art degree. That brought him to UNC Pembroke, where he is currently enrolled in the MAT Art Education program.

As stated earlier, for a long time Brandon had a desire to design a piece of art involving a local hardware store. His reasoning for this was actually quite simple. "The idea was to do a community project which incorporated the values, beliefs and culture of the people of that community along with the hardware store, because this is where the literal 'building-up' of a community begins," he explains.

After his enrollment into UNCP, Brandon put the wheels in motion to begin his project. One day in August of 2013 he simply walked into the True Value Hardware and asked the first person he saw if he could speak to the owner. That person happened to be Lindsey Locklear, one of the owners of the business started by his late father Curt Locklear.

Brandon began to explain to Locklear his vision for this artwork and how he wanted to incorporate True Value Hardware into the plan. Locklear liked the idea. "He told me to put some ideas down on paper and we would take a look and go from there," says Brandon. That is exactly what Brandon did. He brought sketches to Locklear and together they picked a design and reached an agreement that Locklear would provide the materials and Tart would provide the labor. The project was begun in October and completed in early December.

The completed artwork is now on display at True Value Hardware in Pembroke and can be viewed by anyone who desires to see it. There is much more to this piece than just random shapes. At the top of the piece is a circle with three protruding hammers. "The hammers honor daddy's legacy,"



stated Locklear. “The high hammer signifies his high level of integrity, service and community betterment, with the lower hammers representing those of us in the community trying to elevate ourselves to that level,” he added. When speaking of the hammers Brandon added, “It’s not so much representative of the tools of the trade in as much as it represents our investment in each other. If we look deep into our shared reality, and you will see that what makes it real are things that are not seen. To our minds that is quite abstract. So too, is this artwork. It represents that tiny, unseen part in us all that becomes real when we work together!”

Among the other aspects of this piece is a cross, with each section represented by Lumbee colors. “The Christian Cross is used because of the significance of Christianity in our community,” explained Tart. Locklear was also able to see the spirituality within Brandon. “Brandon is a very spiritual person and that reflects in his work,” said Locklear. “Because of this, I knew whatever he came up with would be great,” he added.

Brandon doesn’t consider meeting Lindsey Locklear as accidental. “This is proof that we meet the right people when we are meant to,” he said. He feels there was a certain destiny to their meeting. Early on this was a special relationship. “What I love most about Mr. Locklear is the fact that he helped me believe in myself,” said Brandon. “I personally

believe that the entire Locklear family is a strong representative of what it means to be Lumbee, which in my very humble opinion, means believing in our fellow men and women to help make them better human beings. I know, because Mr. Locklear believed in me!”



SONIC
America's Drive-In®

1208 N. Bragg Blvd.
Spring Lake, NC

910-497-0693



OWL'S ACADEMY
EST 2014
NORTH CAROLINA
"Bright Eyes, Bright Minds"

Child Development Center

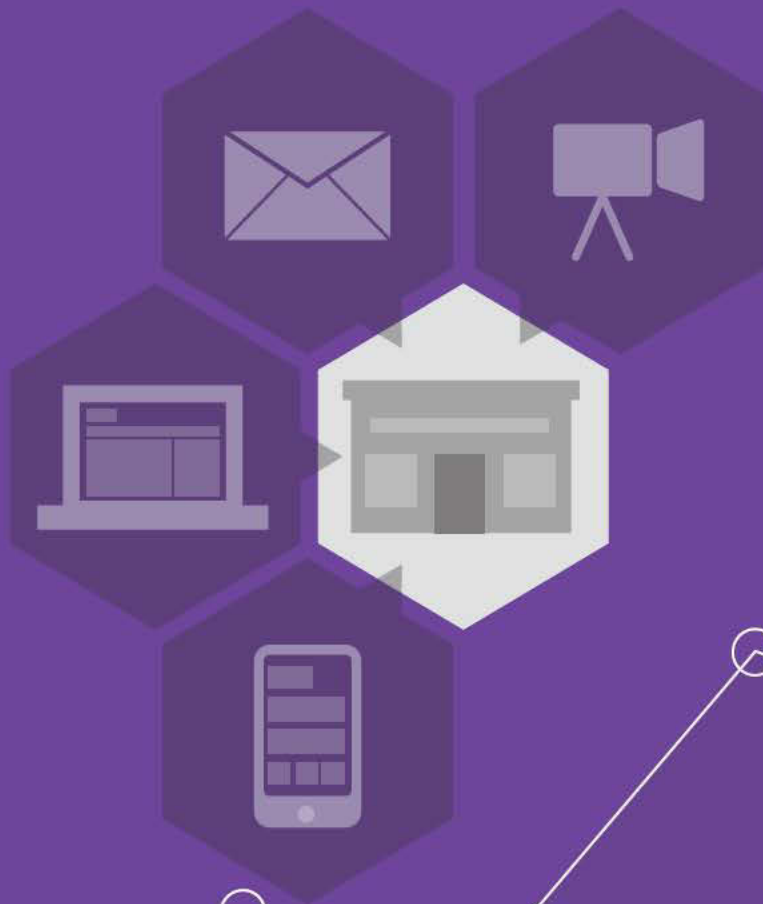
Now Enrolling for ages 6 weeks – 12 years

- Convenient location near POPE AAF & Fort Bragg
- Respectful Staff & Dependable care
- Clean & Comfortable Facility
- Structured Curriculum & Educational Programs
- Real time video monitoring system

Come meet our teachers to see the quality of care that Owl's Academy offers.

**174 W. Manchester Road
Spring Lake, NC 28390
(910)491-2165**

YOUR LOCAL INBOUND MARKETING GURUS



inspire
910-395-0200
INSPIRENC.COM

Child Abuse: A Serious Matter



By
Dr. Shanessa Fenner
Principal

According to the U.S. Department of Health and Human Services, a report of child abuse is made every ten seconds. More than four children die every day as a result of child abuse. More than three million referrals of child abuse are received by local and state agencies each year.

As an elementary principal, it is my duty to protect, educate, and love my students. Just the thought of someone harming them is infuriating. Every day there is news of our future youth being beaten, raped, starved, tied up, burned, and the list goes on. Then we have the added stress and worry of registered and unregistered sex offenders and pedophiles preying on our precious children. Many of our children come to school hungry, living in poverty, homeless, drug or alcohol abuse in the home, lack of exposure, single parent homes, and are being raised by grandparents.

Some of the reasons for abuse include stress in the family environment, parents having little exposure to positive parental models, unemployment, poverty, lack of education, marital problems, mental issues, and the parent may have been abused as a child.

There are four types of abuse: physical, emotional, sexual, and neglect. Pay close attention and recognize the signs of physical child abuse which are changes in behavior and academic performance, unexplained bites, burns, marks, broken bones, or black eyes, seems frightened of their parents and cries when it is time to go home, abuses animals or pets, and reports that a parent or caregiver is abusing them.

Nearly 70% of all reported sexual assaults are on children 17 and under. The majority of sexual abusers are males and the victims are females. Many boys are abused too. The signs of child sexual abuse are difficulty walking or sitting, bedwetting, sleeps with clothes on, refuses to change for gym, runs away, and reports sexual abuse of a parent or another adult. Signs of neglect include frequent absences from school, begs or steals food, dirty or has a body odor, lacks medical or den-

tal care, lacks clothing, or states that no one is home to take care of them.

It is imperative to have conversations with children about abuse and appropriate and inappropriate touch. When I was a teacher I would have discussions throughout the year with my students about inappropriate and appropriate touch because it was a big wake up call for me when I realized how many students were being fondled or touched inappropriately.

Child abuse can have traumatic lifelong implications for victims. Some children are resilient and are able to bounce back and overcome their past experiences. Some states require all adults to report suspicions of child abuse or neglect. North Carolina is one of those states and everyone is required to report child abuse. Listen to the child. Keep your eyes and ears open. We have to advocate for our children and get involved. It is not your job to investigate, just report what you suspect. Many times we are their only hope and voice. If you suspect a child is being abused call the National Child Abuse Hotline at 1(800)422-4453.

**HELP STOP
CHILD ABUSE!!!**



Building Life Skills

- * Infant Program
- * Early Pre-school Program
- * Pre-school Program
- * Pre-kindergarten Program
- * Junior Kindergarten Program
- * School Age Program
- * School Age Summer Program
- * Early Gymnastics Program
- * Dance Program
- * Taekwondo Program



751 Lillington Hwy., Spring Lake

910-496-9000

www.overhillsdc.com



My Faith Walk



By Bishop Alfred L. Marshall



In the Bible, it says “Now faith is the substance of things hoped for, the evidence of things not seen.” (Hebrews 11:1). But I like the way Apostle Paul states it in Romans 4:17, “call those things which be not as though they were.” So with that scripture, I will tell my story about faith.

In 1989, I was serving in the U.S. Army. While stationed in Camp Casey, Korea, during a physical training test (PT), I injured my knee and the doctors did not know what created this type of injury. At that time, medical personnel sent me to several physicians and none could tell what caused the injury. They finally sent me to Walter Reed Medical Center in Washington, DC, and like the previous diagnosis, the doctors still did not know what had happened. Finally, they concluded that I was able to receive a medical discharge from the military because the injury was it difficult for me to perform my job.

Things did not get better for me. At this time in my life, my pain and suffering was the reason I thought I had, to lead me towards alcohol and the alcohol became my addiction of choice. I needed alcohol to get up in the morning, became dependent upon it during the day, and needed alcohol to go to bed at night.

The doctors had told me that I would never be able to walk normal again like I did before unless I have surgery on my

knees. I firmly did not want an operation; so I turned my faith to the Lord Jesus Christ. When I gave my life to the Lord, I joined True Vine Temple Reasoning Center in Spring Lake, North Carolina under the leadership of Bishop Jobe and Pastor Hattie Lathan.

During this time, I was not able to put shoes on my feet. I walked with a cane that eventually led me to become dependent upon a walker and finally I ended up in a wheelchair. The military gave me a motorized wheelchair to assist me in getting around since by this time I was completely bound.

One day I was at True Vine for noonday prayer. Pastor Lathan’s cousin, Evangelist Isabel White from Maple Hill NC, was in the service and she asked me if I wanted to wear shoes again and I answered “yes.” Evangelist White sat me down by a window and anointed my feet with Holy oil and prayed for my healing. The very next day I was able to put on a good pair of shoes.

As time went on, it seemed as if my condition would become better but it became worse. I was told again that I would never come out of the wheelchair unless I have surgery on my knees, but my faith became stronger in the Lord, and I vowed to testify that at the end of the year I would run around the church in my complete, total healing.

The people had seen my condition when I first came to the church and that I was not getting better and but now bound to a wheelchair. Now, I began to decree and declare that I would run around the church in my healing at the end of the year. Some people laughed and told me to stop lying on the Lord. That made me trust, believe and turn to the Lord, even more, and every time that I got the chance I would testify and tell my testimony

In 1999, at the end of the year, December 31st, I went to the church in my wheelchair and the people told me "maybe next year the Lord will heal you." But I told the people that the year has not come to the end yet and the Lord will do what He said HE will do. It came to the last 10 minutes of the year

and the pastor made a call for all the people to come up to the altar to pray the old year out and bring the new year in. During prayer, I began to get out of the wheelchair and slowly I walked up towards the altar with tears in my eyes. Everyone could see the pain I was in, but all I could say was "thank you Jesus." Instead of going to the altar, I begin to walk slowly around the church, praising the Lord. On my 3rd lap around the church, I had accumulated a slow jog that turned into a run. After that night, the last one of 1999, I never have been back in that wheelchair again and never had the surgery that the doctor suggested to get me to walk again. My faith was and still is in the Lord. My trust and hope is in Him and Him alone; not a doctor's report. I believe the report of the Lord!



The Snyder Music Academy *Offering Quality Music Education for All in a Christian Setting*

Summer 2014 Camps

Piano Camps

Instructor: Anna Bunn

Introduction to Music for Little Mozarts

Ages 4-5 years

Mondays & Wednesdays, June 16, 18, 23, 25

Piano Ensemble Camp

Ages 12-16 years

Mondays & Wednesdays, July 14, 16, 21, 23

Guitar Camps

Instructor: Dr. Carlos Castilla

Beginner or Intermediate

Ages 11+

June 16 - 20

Art Camps

Instructor: Laura Harsant Reeves

Creative Cultures Camp

Ages 7-10 years

July 14 - 18

Mixed Up Art Camp!

Ages 11 - 14 years

July 14 - 18

Art & Coffee

For adults & older teenagers

June 17 or July 15

Music of the World

Instructor: Amanda Schafer

Ages 5-12 years

June 16 - 19

Fall semester begins August 25th.

Register Today!



Fall 2014

Private Lessons for piano, voice, strings, guitar, woodwinds, brass, percussion/drum set, harp (harp available on site) and other instruments. **New for Fall:** Suzuki violin and viola.

Group classes in: piano & guitar. **Dance classes** for toddlers to 5 year olds.

Music Therapy for special needs children and adults.

Kindermusik offered for infants-5 years.

Music for Little Mozarts - keyboard class for ages 4-5.

Art Classes for ages 6 and up and **Adult Coffe & Art Classes**.



For more details, pricing information, and registration,

please visit our website
www.snydermbc.com
 (click Music Academy link)

Online Registration and Payment Available.

BEST of the BEST

**Do you have a favorite tanning salon, favorite restaurant,
favorite vet, or gym???**

If so, now is your chance to recognize them in the “Best of the Best in Cumberland”. Fill out the attached ballot of all of your favorite businesses along with your name, address and phone number. Each completed ballot will be entered for a chance to win a FREE \$100 VISA GIFT CARD. The winning business in each category will receive a certificate of recognition to post inside their place of business.

Return your ballot to the Spring Lake Chamber of Commerce or mail to:

**CFM Group,
Dept.-Cumberland Best of Best
PO Box 2243
Clinton, NC, 28329**

Deadline for your entry is August 29th. The winning entries will be announced in the Fall issue of The Greater Spring Lake Metro Magazine.

Name _____ Address _____ Telephone _____

Best Accountant _____

Best Acupuncturists _____

Best Air Conditioning and Heating _____

Best Taxi _____

Best Animal Hospital _____

Best Antique Store _____

Best Used Appliance Dealer _____

Best New Appliance Dealer _____

Best Art Gallery/Dealer _____

Best Assisted Living Facility _____

Best Attorney _____

Best Automobile Dealer - New Cars _____

Best Automobile Dealer - Used Cars _____

Best Auto Body Repair _____

Best Detail & Clean Up _____

Best Auto Parts _____

Best Auto Repair and Servicing _____

Best Bakery _____

Best Bank _____
Best Banquet Room _____
Best Barber _____
Best Beauty Salon _____
Best Beauty School _____
Best Place to Buy Blinds & Shades _____
Best Boat Dealer _____
Best Boat Repair _____
Best Bowling Lane _____
Best Bridal Shop _____
Best Building Materials & Supplies _____
Best Metal Building Supplier _____
Best Burglar Alarm Company _____
Best Cabinet Maker _____
Best Car Wash _____
Best Carpet Cleaner Company _____
Best Rug Dealer _____
Best Caterer _____
Best Cell Phone Company _____
Best Day Care _____
Best Chimney Cleaner _____
Best Chiropractor _____
Best Cigar & Tobacco Store _____
Best Dry Cleaners _____
Best Medical Clinic _____
Best Computer Dealer _____
Best Concrete Contractor _____
Best Consignment Shop _____
Best Contact Lenses _____
Best Dance Lessons _____
Best Dance Shoes/Supplies _____
Best Day Spa _____
Best Dentists _____
Best Disc Jockey _____
Best Dog Day Care _____
Best Dog Training & Obedience School _____
Best Drapery & Curtain Shop _____
Best Electric Contractor _____
Best Embroidery Shop _____
Best Fitness Program/Gym _____
Best Fencing Company _____
Best Finance Company _____
Best Fish Market _____
Best Formal Rental/Sales _____
Best Florist _____
Best Furniture Dealer/New _____
Best Furniture Dealer/Used _____
Best Furniture Refinishing _____
Best Garage Door Company _____
Best Garden Center _____
Best Gas Company _____

Best Gift Shop _____
Best Auto Glass Repair _____
Best Golf Course _____
Best Grocery Store _____
Best Gun Store _____
Best Hair Braiding _____
Best Hair Removal _____
Best Hair Replacement _____
Best Hardware Store _____
Best Health Food Store _____
Best Heat Pump _____
Best Heating Contractor _____
Best Home Health Service _____
Best Hobby Shop _____
Best Home Improvement Service _____
Best Medical Supply Company _____
Best Hotel _____
Best Hot Tub/Spa Company _____
Best House Cleaning Service _____
Best Hunting Store _____
Best Insurance Company _____
Best Insurance Agent _____
Best Interior Decorator _____
Best Jewelry Store _____
Best Jewelry Repair _____
Best Kennel _____
Best Landscape Contractor _____
Best Kitchen Remodeling _____
Best Landscape Designer _____
Best Lawn Maintenance _____
Best Lawn Mower Maintenance/Repair _____
Best Limousine Service _____
Best Locksmith _____
Best Machine Shop _____
Best Martial Arts _____
Best Massage Therapist _____
Best Place to Buy a Mattress _____
Best Men's Clothing _____
Best Storage Unit Facility _____
Best Meat Department _____
Best Motorcycle Dealer _____
Best Moving Company _____
Best Muffler Shop _____
Best Music Instruction _____
Best Musical Instrument Dealer _____
Best Nail Salon _____
Best Office Supply _____
Best Oil Change _____
Best Optical Shop _____
Best Optician _____
Best Painter _____

Best Party Supply Rental _____
 Best Pawn Shop _____
 Best Pest Control _____
 Best Pet Shop _____
 Best Pet Grooming _____
 Best Pharmacy _____
 Best Photographer _____
 Best Physical Therapist _____
 Best Physician _____
 Best Surgeon _____
 Best BBQ _____
 Best Hamburger _____
 Best Milk Shake _____
 Best Sushi _____
 Best Fried Chicken _____
 Best Pediatrician _____
 Best Pizza _____
 Best Place to Go on a Date _____
 Best Plumbing Contractor _____
 Best Plumbing Supplies _____
 Best Printer _____
 Best Radiator Repair _____
 Best Real Estate Agent _____
 Best Realtor _____
 Best Place for Women to Lunch _____
 Best Place for Men to Lunch _____
 Best Thai Food _____
 Best Chinese _____
 Best Country Cooking _____
 Best Subs _____
 Best Jamaican Food _____
 Best Yogurt _____
 Best Cupcakes _____
 Best Ice Cream _____
 Best Wings _____
 Best Dessert _____
 Best Spaghetti _____
 Best Steak _____
 Best Seafood _____
 Best Gyro _____
 Best Hot Dog _____
 Best Mexican Restaurant _____
 Best Salad Bar _____
 Best Coffee _____
 Best Roofing Company _____
 Best Academy _____
 Best College _____
 Best Screen Printing _____
 Best Septic Tank Service _____
 Best Shoe Repair _____

Best Place to Buy Shoes _____
 Best Shopping Center _____
 Best Siding Contractor _____
 Best Signs & Banners _____
 Best Skin Care _____
 Best Speech Pathologist _____
 Best Sporting Goods _____
 Best Swimming Pool Contractor _____
 Best Swimming Pool Service & Repair _____
 Best Tattoo Shop _____
 Best Tanning Salon _____
 Best Movie Theatre _____
 Best Child Entertainment _____
 Best Tire Dealer _____
 Best Towing Service _____
 Best Transmission _____
 Best Tree Service _____
 Best Truck Dealer/New _____
 Best Truck Dealer/Used _____
 Best Tutoring _____
 Best Uniforms _____
 Best Alterations _____
 Best Veterinarian _____
 Best Wedding Supplies & Services _____
 Best Window Dealer _____
 Best Women's Apparel _____
 Write-In Your Favorite _____



Children's Health of Carolina, PA

www.childrenshealthofcarolina.com



Cumberland Children's Clinic

1708-A Owen Drive
Fayetteville, NC 28304
(910) 307-7330

Raeford Pediatrics

206 Southern Avenue
Raeford, NC 28376
(910) 875-8897

Lumberton Children's Clinic

400 Liberty Hill Road
Lumberton NC 28358
(910) 739-3318

Pembroke Pediatrics

812 Candy Park Road
Pembroke, NC 28372
(910) 521-0201

We have four locations!  We accept Tricare!

YOUR NEW FAVORITE RESTAURANT
Opening In August

CHOPSTICKS

ASIAN CUISINE

DINE-IN • TAKE-OUT • BUFFET

414 N. Bragg Blvd. ~ Spring Lake, NC

910-436-2728

Sun-Thurs 11:00am-10pm ~ Fri-Sat 11:00am-11pm

Authentic Chinese, Thai & Korean

Made to Order - Dine In - Take Out



Beef Bulgogi



Sesame Chicken

STAURANT...

Hot Buffet & Cold Bar

Features over 36 items from your favorite Chinese, Thai and Korean Appetizers and Entrees

APPETIZERS - SEAFOOD - THAI SOUPS
- SALADS & CURRIES - THAI NOODLES
-KOREAN BULGOGI - KALBI
HOT SPICEY CHICKEN/PORK- KIMCHEE
- KOREAN VEGETABLES

10% Discount

(uniformed military and local personnel)

Use Promo Code

414NBSL

To Receive 10% Discount

(not to be used with existing discounts)



Thai Beef Salad



Pad Thai



Kalbi Beef California Rib



Fried Rice

Owl's Academy

“Bright Eyes. Bright Minds”



Owl's Academy is Spring Lake's newest licensed childcare center. They provide educational programs for students and ease of mind for their parents. Beyond the bright colors and soft music is a story of illness, willpower, a dream come true, and how Owl's Academy brought a family together.

James is an Army Chief Warrant Officer with duty at Fort Bragg, and Tasha is studying as a graduate student and teaching within the Wake County public school system. Their one year old son Arthur is in recovery from a severe respiratory illness and requires frequent check-ups at the University of North Carolina Medical Center. As a family they made a promise to do whatever it took to ensure the longevity and happiness of their son. Their resolve was tested during the last winter when the snow storms swept through the Eastern coast. Tasha and Arthur were driving to Fayetteville for the weekend. She was hoping to beat the storm but encountered heavy traffic leaving Raleigh and was forced to be on the road when the snow storm blew in.

Her SUV lost traction and slid into the median before coming to rest inches away from a ditch. Although, nobody was injured and very little damage was done to the vehicle the experience was enough to force a change. Tasha was nearing her graduation date from graduate school and Arthur's health was improving dramatically so the decision was made to consolidate the households in Spring Lake.

After Tasha resigned from her position with Wake County and Arthur said goodbye to his friends from daycare the next phase was to find a new job for Tasha and daycare for Arthur. During her job search Tasha kept up the home school program she began when her son was eleven weeks old with reading stories aloud, flashing cards, counting, and educational games. Tasha graduated from Strayer University with her Masters in Business Administration and found it difficult to find a new job. After three months of searching for a new position a wave came over her to use her MBA and start her own business. She decided to use her passion for



helping children learn, years of higher education, and teaching experience to create a place for children and families to learn and grow. The name "Owl's Academy" came from Arthur's owl backpack (his favorite companion on the frequent road trips and visits to the Dr's office) and the motto "Bright Eyes. Bright Minds" came

from Tasha's experience as a teacher seeing a light in children's eyes as they were learning. And that is the story of how Owl's Academy was able to bring a family together, and provide a place for children to learn and grow.

Owl's Academy officially opened 5 June 2014 and is now caring for children in the Spring Lake area. If you're interested you can find them on Care.com, Facebook.com, or visit them at 174 W. Manchester Rd, Spring Lake, NC 28390.



Let Us Give Your Home A Makeover



*You Choose the Color...
... We Will Do the Work*

Register House Painting Services

Frank Register, Owner 910-337-2091

Exterior and Interior Painting
New & Used Homes
Serving North & South Carolina

ALL WORK GUARANTEED!!!



“I Don’t Sleep Well”

Symptoms of Insomnia & How to Break the Cycle



By Dr. Aziz

“I don’t sleep well”. “I toss and turn till four in the morning”. “I do go to sleep quickly but I wake up in the middle of night and cannot sleep after that”. These are some of the complaints which my patients make all the time. If you are one of them you have what we call “Insomnia” Not getting enough sleep doesn’t just feel bad, it’s bad for your health. Researchers have correlated lack of sleep with a number of ailments, including weight gain, irritability, diabetes, depression, and low energy. If you are having trouble sleeping, follow these six tips for a better night’s sleep.

1. Avoid using the bed for anything other than sleep.

If you aren’t sleeping, don’t sit on your bed. People who lie in bed to read, work, or watch TV often report having trouble sleeping. The reason is that your body adapts to your sur-

roundings, associating certain places with certain activities. If you use your bed for things other than sleeping, it can confuse your body: it doesn’t know if it should fall asleep or stay awake. Only use your bed for sleep. Move the TV out of the bedroom. Try to work at a desk or a couch.

Whenever possible, sleep on the same bed. If you travel a lot, it might help to take a familiar sleeping item with you, perhaps your pillow or a thin blanket.

2. Avoid caffeine.

Everyone knows that caffeine keeps you awake. But what you might not realize is how long caffeine stays in your body. Caffeine has a half-life of three to five hours. That means that it takes three to five hours after you drink caffeine to eliminate JUST HALF of the caffeine you ingested. The full effects of the drug can last 8-14 hours. And remember that

caffeine isn't just in coffee and tea. Caffeine can be found in chocolate, energy drinks, soft drinks, weight loss pills, and pain relieving medication.

A good rule of thumb for everyone is not to drink any caffeine six hours before bed. If you have trouble sleeping, make that ten to twelve hours or try cutting it out completely.

3. *Exercise, but not right before bed.*

Exercise, particularly upper body exercise is one of the best ways to ensure a great night's sleep. Exercise burns extra energy, floods your body with relaxing endorphins and siphons blood away from your brain and into your extremities. When you have a lot on your mind, blood flows to your brain to help you think. That's generally a good thing, but not when you're trying to sleep! Weight lifting relieves the pressure so you can relax, get a good night's sleep, and tackle the problem the next day when you're better rested.

But, don't exercise right before bed, especially not cardiovascular exercise. Cardio makes you feel active and energized which is great at the beginning or the middle of the day, but not so good when you're trying to sleep.

4. *Diet.*

Don't eat heavy meals before you sleep! Eating heavy meals and/or eating right before you sleep can cause acid reflux, which makes it harder to fall asleep. The general rule of thumb is to eat your last meal at least three hours before you get to bed.

Fluids: I find myself advising my patients to drink more water all the time. You should drink at least six to eight glasses of water a day, but not right before bed! Drinking too much water right before bed will make you wake up in the middle of the night to use the restroom. Try to drink more liquids in the morning and afternoon and take it easy later on in the day.

5. *Meditation.*

One of the main causes of insomnia is stress. Try to alleviate your mind with some form of meditation. Many different options are available. Yoga or other stretching based exercises can help (but remember not to do so too close to bedtime).

You could also try to focus on your breathing. Close your eyes and take a deep breath. When doing so, pay attention to the way oxygen fills your lungs. Breathe in and out for five second counts. That means that you should spend five seconds breathing in and five seconds breathing out for every single breath. Concentrate on how it feels as the air fills you up and then leaves.

Springlake~Summer 2014

6. *Write in a Journal.*

Another great way to relieve stress is to write down your thoughts in journal. Writing down your fears and anxieties can help you feel like you have some control over your life. In addition, when people fail to evaluate their thoughts, they often end up overestimating how bad their situation actually is. Just writing things down might help you realize that things aren't as bad as you thought they were.

You can write at any time of the day but, if you have trouble sleeping because of anxiety, you should try to make it a point to also write down your thoughts right before you go to bed. You might be surprised how much better you feel afterwards

If you wake up in the morning tired and lethargic, if you have a headache in the morning or if your spouse tells you that you snore at night you may have a condition called sleep apnea. For that you should consult your doctor.

Stitch In Time



PICTURE FRAMING - CUSTOM EMBROIDERY
VINYL LETTERING - CUSTOM T-SHIRTS

**412 S. Main Street
Springlake, NC 28390**

910-497-4171

Istitchintime@embarqmail.com
Facebook: Stitchintime Springer

Copiers Plus, Inc.
408 Chicago Drive
Fayetteville, NC 28306
Main: (910)323-2404
Cell: (910)237-5924
www.copiers-plus.com
dbrisson@copiers-plus.com



"The PLUS stands for Service!"



Doug Brisson
Regional Vice President
of Sales



FTCC

Spring Lake Campus

Pre-Health Academy



By
Dr. DeSandra
Washington

The Pre-Health Academy is a unique academic experience at FTCC designed to enhance students' preparation for applying to FTCC's Health Programs. This innovative initiative is rooted in academic and student services partnerships across the FTCC community.

The health care industry is one of the fastest growing job sectors in the country. There is a growing demand within the population of sick and aging Americans. Studies produced by the Occupational Outlook Handbook, the NC Department of Commerce and the North Carolina Community College System identify health care fields as one of the fastest growing areas of need. These reports also point to Community Colleges as the drivers for preparing students to enter health care fields in great demand. FTCC currently has in place a successful, high demand Health Program. The Pre-Health Academy provides an opportunity to build upon and enhance the success of this program while meeting this critical industry need.

In addition to successfully preparing to enter a health major, pre-health students who complete their requirements are

within several courses of also completing their Associates in General Education (AGE). Spring Lake Campus staff will be able to readily identify and therefore help students understand the tremendous value in also acquiring their AGE.

Pre-Health Academy Benefits:

Student Success: Pre-Health Academy students will have the chance to participate in hands on experiences, such as: mentoring programs, career readiness programs, networking and job-shadowing opportunities, community outreach efforts, and similar initiatives that help students' translate their classroom experiences to their chosen field. Students will also learn to use innovative technology tools, such as e-portfolio systems that can help them capture and track their comprehensive experience as members of the Pre-Health Academy.

Campus Community: Pre-Health Academy students will work with a core team of faculty and staff to help foster a unique community of similar interests. The strongest predictors of student retention are found in the student's ability to develop a strong connection with their campus community—especially with their peers. Pre-Health Academy students will be working closely with a common group of their peers who are driving towards the same goals. This will result in an opportunity to foster a unique community and work with staff, faculty, peers, and alumni excited about the health care industry

Faculty Engagement: The Faculty members' role is to help develop the core skills necessary that lead students to become successful scholar-practitioners. Additionally, faculty will promote an atmosphere of academic success for students from intensive academic advising that includes student orientations, program planning and registration assistance, academic coaching and assessment, and career skills development.

What exactly is the Pre-Health Academy?

The Pre-Health Academy will offer students interested in applying to a health program the option to take their required courses in one location—the **Spring Lake Campus!** Students will join a close-knit community that provides cutting edge career, leadership, and professional development experiences to enhance their academic course work. The Pre-Health Academy will also offer specially trained advisors and student services staff to help students successfully navigate their program.

How will classes be offered?

The courses students must complete to apply to their health program of choice have been structured into a block schedule format. The block schedule format enables students to attend the classes they need with little to no course conflict. All courses are located in one building location, which also supports the ease of transition from one class to the next?

Does a student have to apply to the Pre-Health Academy?

No application needed! Students who have completed all required general admissions to the college, pre-curriculum English/ Reading/DRE courses and DMA 010, 020, and 030 are able to take courses in the Pre-Health Academy.

How do students register for Pre-Health Academy courses?

Students should see their academic advisor in the HTC building to receive their Ed Plan and register for courses. Students can also receive their Ed plans at the Spring Lake Campus and on Ft. Bragg, and receive guidance on the appropriate classes for registration. To make it easy for registration, unique section numbers have been created for the Pre-Health Academy— refer to courses with section numbers 0310 or 0311.

Are Pre-Health academy courses the only classes being offered on the Spring Lake Campus?

The Spring Lake Campus will continue to offer a variety of additional curriculum and continuing education courses... until we have the need for a new building!

What type of special programs and initiatives will occur as a part of the Pre-Health Academy?

Students will receive intensive academic support and coaching, be engaged in career assessment and career development programs, have the opportunity to participate in a nationally-known leadership organization, meet and network with professionals in their career field of interest, and become engaged in similar activities designed to deepen their awareness about their own skills and abilities and the skills required to be success in their field of choice.

How do students and others get additional information about the Pre-Health Academy?

If you have additional questions, please contact:
Dr. DeSandra W. Washington, Dean of the Spring Lake Campus – 910.678.1010 or FTCC-SLC@Faytechcc.edu. You can also visit the Pre-Health Academy Website: http://www.faytechcc.edu/spring_lake/prehealthacademy.aspx



NEW!
\$5
BUCK
LUNCH

LIKE BACON?
The \$5 Buck Lunch with the Bacon Cheeseburger, fries, drink, plus a sundae.

“ALL DAY EVERY DAY”
1006 North Bragg Blvd.
Spring Lake, NC 28390
(910)497-5756

Spring Lake Has a New Recreation Director **Ms. Gail Elder White**

By Nellie Leach McCoy

Did you know that Spring Lake, NC has a new Recreation Director? Well, as of January 2014 Spring Lake has hired Ms. Gail Elder White. She came aboard after Ken Metcalf was named Spring Lake's new Town Manager. She has some big shoes to fill, and I think that she is just the person to fill those shoes.

Ms. Gail Elder White received her formal education in Delaware, graduating from the University of Delaware. She started her career working in The New Castle County Parks and Recreation Department. She moved to North Carolina taking a job in the Mecklenburg County Parks and Recreation Department as the Assistant Director of Operations.

In later years Ms. White became the Recreation Director for the city of Salisbury, North Carolina and worked there for 17 years. She is an active member of the State and National Parks and Recreation Department Association, and has served in different roles there. She is a certified Parks and Recreation Professional becoming a recipient of the State Fellow Award and a member of the American Academy for the Administration of Parks and Recreation Agencies. It is apparent that she is very qualified for the task of running the Spring Lake Parks and Recreation Department.

Plans for future growth of the Spring Lake Parks and Recreation Department are numerous and quite interesting. Because of grants earned and other pending grants, there will be many useful and helpful things implemented. Some of the future plans are an aquatic area, a space for recreation as part to the existing walking trail adjacent to the building, more basketball areas for use by all, upgraded tennis courts, a small golf area, splash pads for kids, and a plethora of other things.

There are three neighborhood self-contained parks in



some areas around town with limited activities for kids to play under parental supervision or other adult individuals. Check with your community watch association for locations. The Parks and Recreation Department hosts the Boys and Girls Club for activities for youth mostly from Spring Lake.

A published booklet will be useful and act as guide for patrons about dress code policy, fees charged for usage of facilities, and a new logo for letterhead from Parks and Recreation has been designed and put to use. You may obtain a booklet at the front desk in The Parks and Recreation Department building.

I see many wonderful things happening at the Recreation Department on Ruth Street and the Mendoza Park located off highway 87 North. The park has been renovated in the past years with expanded facilities.

Ms. White has two children, a young lady and a young man who live in this state.



FINISHLINE MOTORSPORTS

157 SOUTH MAIN STREET ~ SPRING LAKE, NC 28390

(910)568-5827



PARTS - SERVICE - REPAIRS - ACCESSORIES - PAINTING

Tires - Wheels - Chains - Brakes - Engine Components

Filters - Exhaust - Helmets

**PRICE MATCH - GUARANTEED
LOWEST PRICE IN TOWN!!!**

Trip to Australia Opens Door for New Business



By Bunny Powers

My business, Aunt Bunny's Gourmet Wine Jellies is very unique. I got the idea from a trip I took to Australia with a group of Girl Scouts where I had the pleasure (among other things) to experience some unusual jellies.

When we returned home I could not find anything like I had tasted while traveling so I just decided to experiment with making my own. And the rest (as they say) is history.

I have been making Jelly from Wines since 1999. I started with 1 flavor – Port. This is still my personal favorite but I have expanded over the years and now I currently have over 30 flavors. All but 1 of them is made from wine. I have Mango/Peach that is made from juice to satisfy those folks that do not want a wine jelly.

I am always looking for new flavors to try out. Most of the wines that I use are from local North Carolina Wineries. I do have a couple of seasonal flavors such as my Christmas Red and White and my Chocolate Strawberry and Orange Cranberry. All 4 of these are typically only available in the 4th quarter of the year. I am always looking for new flavor ideas and plan on adding a Syrah and a Red/Pink Moscato. Just a few of my other flavors are: Apple Cider, Blackberry, Bramble, Cabernet Sauvignon, Champagne, Chardonnay, Merlot, Nectar, Peach, Pineapple, Pinot Grigio, Pomegranate, Port, Raspberry, Riesling, White Zifandel and Spring



There are no artificial colors or flavors added to the mix. The flavor you taste is the flavor from the wines.

Until a few years ago I gave my jelly away to family and friends for special occasions. I started selling it December of 2009 when I did my first Craft Show that was a fund raiser for our local Special Olympics.

I have recently opened an online store there so you can now order the jellies from my website at www.abwinejelly.com. I am currently selling my jelly primarily through trade/craft shows but I am also in a few shops around Fayetteville/Spring Lake area such as Cornucopia Market on Bragg Blvd in Spring Lake.

You will also see on my website one of my latest ventures with my new cookbook, "Eat, Drink & Have Jelly, Cooking with Aunt Bunny's Gourmet Wine Jelly." This was a joint venture along with my daughter who is a Professional Chef.

My email address is abwinejelly@gmail.com or you can reach me by phone at 910-624-2028. I also work full time at Powers Swain Chevrolet as the IT Manager. I hope to someday have enough business from the jelly to do that full time but for now it is a part time venture.



PAIR ♦ A ♦ DICE

TATTOOS AND BODY PIERCING



In Loving Memory
Heather

244 S Bragg Blvd. Spring Lake, NC 28390 ~ (910)436-8025
www.facebook.com/Pair.A.Dice.Tattoo

ANDERSON  CREEK CLUB
Affordable Luxury in the North Carolina Sandhills

A Master Planned Community *A Great Investment!*



Are master-planned communities like Anderson Creek Club a good real estate investment?

One of the concerns many home buyers have is whether their new home will not only maintain its value, but appreciate over time. After the recent real estate downturn - buyers are understandably cautious about making a major investment in a home and neighborhood.

Master-Planned Communities: A Strong Track Record

The good news, however, is that when it comes to home sales and appreciation, developments like Anderson Creek Club have a strong track record of performing better than traditional subdivisions or “bedroom communities” that lack the variety of neighborhoods and home styles, parks, pools, nature preserves, golf course and other amenities like those available inside the gates of Anderson Creek Club.

The U.S. Department of Commerce, for example, reported that in 2010 new-home sales across the country sank to their lowest level since 1963. Yet that same year, Anderson Creek Club and other master-planned communities across the country, actually saw new-home sales increase. What’s more, that trend has accelerated as the economy has rebounded: A 2013 survey by real estate advisory firm RCLCO found that new-home sales were significantly higher in a majority of communities like Anderson Creek Club.

Anderson Creek Club Provides A More Stable Investment

A report by the Urban Land Institute, notes, “Overall, according to several real estate experts, new-home buyers during the housing downturn exhibited what’s been termed a ‘flight to quality’ or a movement to safer, more stable housing investments. Homes also typically rent quicker and for higher prices in Anderson Creek Club.

That stability results from the fact that master-planned communities are carefully planned from the earliest stages of development. As a result, homeowners face no unwelcome surprises such as overdevelopment, congestion or businesses that suddenly crop up in a residential area. In addition, communities such as Anderson Creek Club are governed by property owners associations that ensure the community is well maintained, protecting the neighborhood’s property values.

Spring Lake~Summer 2014



A Great Place To Invest

Real estate advisor RCLCO reports that developments like Anderson Creek Club continue to attract new home buyers seeking a stable real estate investment. In 2013 and 2014, as the economy continues to strengthen and consumer confidence continues to improve, Anderson Creek Club remains a great place to invest because of the value-sustaining ability unique to master planned communities – especially And



Anderson Creek Club- Gated Golf Community Preview Event: ***Carriage Glen*** ***An Age –Targeted, 55+ Neighborhood***

An inclusive Preview Event was held on June 28th, 2014 at the Anderson Creek Golf Course Clubhouse.

Anderson Creek Club is an affordable gated golf course community of new homes quietly nestled away in 1,700 acres of North Carolina pine forest. Amenities include 24 hour security, Pools, 24 parks, Club houses, Fitness centers, Tennis, golf, nature trails, fishing and more. Located just minutes from Fort Bragg and Pope Airfield, 15 miles from Fayetteville and 45 miles from Raleigh.

Carriage Glen is a unique age targeted (not age restricted) neighborhood specifically designed for 55 and over active adult homeowners. Carriage Glen is the 18th neighborhood to be located in Anderson Creek Club and the first age targeted neighborhood within the gates of the community.

Carriage Glen includes a private clubhouse, recreation center, fitness room, pool, etc. and is surrounded by a nature trail and the Anderson Creek Golf Course and is a short walk to the main Clubhouse, pro shop, restaurant and pub. Carriage Glen residents will take part in the myriad of social activities. Yard maintenance can be included in the monthly homeowner's association fees so you can enjoy more of your free time without the landscaping worries. Carriage Glen features the acclaimed "Epcan Collection" by McKee Homes and a specially created

"mature lifestyle" home collection by "H&H Homes."

McKee Homes will build an EPCON Community with an extraordinary age-targeted line of beautiful homes – EPCON® Homes have revolutionary designs that focus on and address the housing needs of the maturing home buyer.

H&H Homes presented their "Mature Lifestyle Home Collection of single level homes created for Carriage Glen and designed for 55+ mature active adults.

The Preview event included a Speaker from Security One Lending to explain Home Equity Conversion Mortgages (HECM loan program), and answer questions on how the flexible FHA insured HECM home loans allow a home buyer to put as little as 44% down on a new home, with no monthly mortgage payments for the rest of their life!

10,000 people turn 50 in the United States every day. Many of our maturing population are seeking quality housing options designed for both active adult lifestyles and future needs. Thankfully, Anderson Creek Club, McKee Homes, H&H Homes and EPCON are collaborating to provide and build the perfect neighborhood here in the Sandhills region of North Carolina.

Offered by: Anderson Creek Realty www.andersoncreekclub.com or call 910-814-2633

Thank You For Dining With Us

We enjoy seeing our regular daily customers and always look forward to meeting our new ones.

Cedar Point Restaurant



**997 Hwy. 87 North Bragg Blvd.
Spring Lake, NC**

Open Mon-Sun 6am - 3:30pm

910-497-9127

910-497-8573

**Breakfast all day - Seafood on Fridays
Kids Menu**

Homemade Burgers

Sirloin Burger-Jalapeño PepperJack Burger

Homemade Chicken & Tuna Salad

Pasta - Soups - Salads

910-497-9127

Little Girl Found

By Eileen Jackson

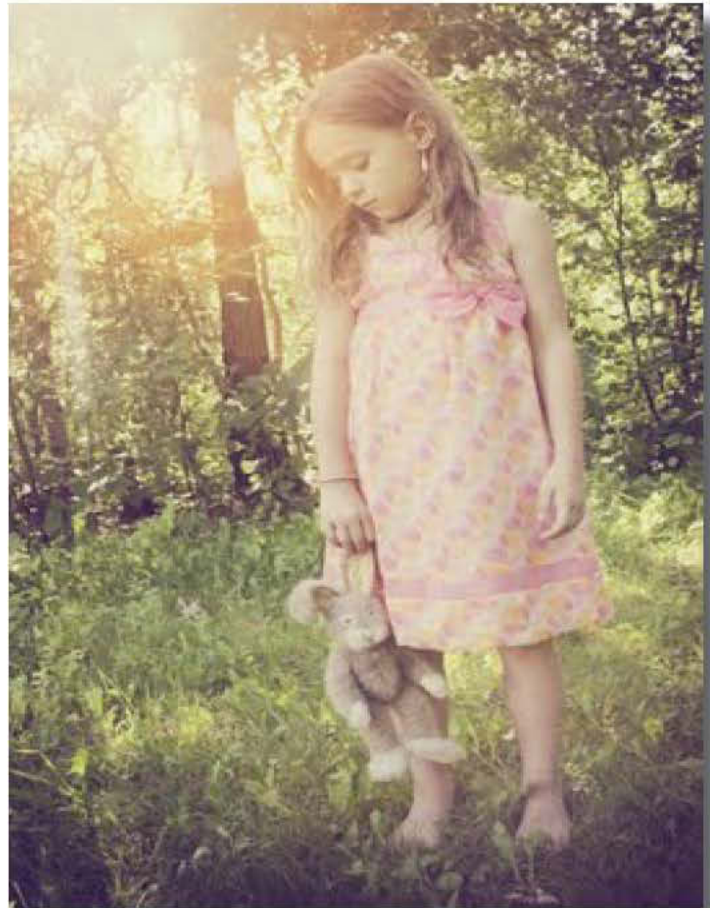
God, the creator of the universe, and the one who created me, knows me. I love His ways and I love how he knows exactly what I need when I need it. After writing my last article, *"The Tree Called Unforgiveness"*, I learned that there was more to my healing process than what I had shared with my readers at that time. I wrote about how the root of unforgiveness ran so deep that although I may have thought I was okay in my Christian walk I was truly not until the Lord showed me. I had written about how the effects of the pain from my childhood had caused me to develop such unforgiveness in my heart, that I was no longer able to handle those hurts as a little girl, and so I hid her away. But after the roots in the article of *"The Tree Called Unforgiveness"* were uprooted it was revealed to me that the Lord was not quite through with me in this area yet. There was more to be done in this lesson of discovering self.

I go back to the part in my last article that it is written in God's word, *"the Lord inhabits the praises of His people.....Psalm 22:3."* I know that in my worship, or in my prayers, or the songs I sing, or even in my meditation, the Lord is with me. And when I allow myself to be used for His glory sharing the Love of Christ *through* me, He teaches me how there is continuous healing, the release of strongholds, and deliverance for all. These are all the promises of His word.

Jesus said, *"the thief comes not, but for to steal and to kill and to destroy: I am come so that you may have life, and have it more abundantly..... John 10:10"* His promises flow through us and spread to others. The Lord can use anyone to draw a person to Him. One song I recall to mind sends this message: *"God put a million million doors in the world for His love to walk through, and one of those doors is you.....by Jason Gray."*

This is what the Lord did through me.

One night while seeking and spending time with Him, God used me as one of those doors for His love to walk through so that I could love myself more than I had ever been able to before. During this time as I looked up from my study, a picture of my brother, two stepbrothers and especially of me when we were young children caught my attention.



I had looked at this picture of us many many times before. It was a piece of sentimental value my father gave me to bring home the year or so before after a long awaited reconciliation of our relationship as father and daughter. It was a picture of a time of innocence in my life. I was smiling a smile I don't remember smiling. It was in that moment I suddenly realized just how long it had been that the little girl in me had been gone.

"For this cause I bow my knees unto the Father of our Lord Jesus Christ, of whom the whole family in heaven is named, that He would grant you, according to the riches of his glory, to be strengthened with might by His Spirit in the inner man.....Ephesians 3:14-16."

Now I am an ever growing woman of strength in the Lord. With intention and expectation I delight in always purposing myself to maintain an open dialogue with Him for all things.

“I can do all things through Christ who strengthens me.....Phillippians 4:13”

And in return He fills me with an inner strength....

“That Christ may dwell in your hearts by faith; that you, being ever rooted and grounded in love.....Ephesians 3:17”

..... I can now see the little girl I once was staring back at me and it hit me. Hit me like a ton of bricks.

I pressed in as I was unctioned by the Holy Spirit of God and became overwhelmed with an immeasurable amount of love for her. The little girl that the enemy once stole and hid away from me and even tried to devour and kill was now calling out to me. I slowly closed my eyes and I knew I was going back to get her. As the warrior inside me listened, my spirit jumped up to run as fast and furiously as I could to go and get her.

“If you love me, keep my commandments and I will pray the Father, and he shall give you another Comforter that he may abide with you forever. Even the Spirit of truth whom the world cannot receive because it sees him not, neither knows him, but you know him for he dwells with you and shall be in you. I will not leave you comfortless. I will come TO you.....John 14:15-17”

My heart goes out to anyone who has lost a child. Being a mom, to imagine the effects of losing one of my own children seems excruciating. I refuse to stay in this type of thinking for long so with the Lord and His ever present help I look to the good and encourage myself. I take every thought captive with the Lord’s help and turn that carnal thinking around and embrace what it would be like to be given that second chance of being reunited with a lost child. As I identified with these things I wanted nothing else in that moment than to reach out to her and possibly reunite with my very own lost inner child.... when I suddenly experienced a physical manifestation of embracing that little girl in my picture as if I scooped myself up into my own arms, holding on tightly.

A true believer in the power of the blood applied to my life, I believe where it is written ***“I can do all things through Christ who strengthens me.....Phillippians 4:13”*** I also believe when Jesus says: ***“He that hath my commandments and keeps them, he it is that loves me. And he that loves me shall be loved of my Father, and I will love him and will manifest myself to him.....John 14:21”***

As those few moments of continued healing took place I knew that the Master himself had come into my presence. I had just been reunited with the little girl I had hid away. The adrenaline that ran through me along with the pounding of my heart was close to euphoric. I heard myself speak with a gentle whisper to that most precious little girl, and said “Come here, you’re safe now”. A sense of completeness came over me.

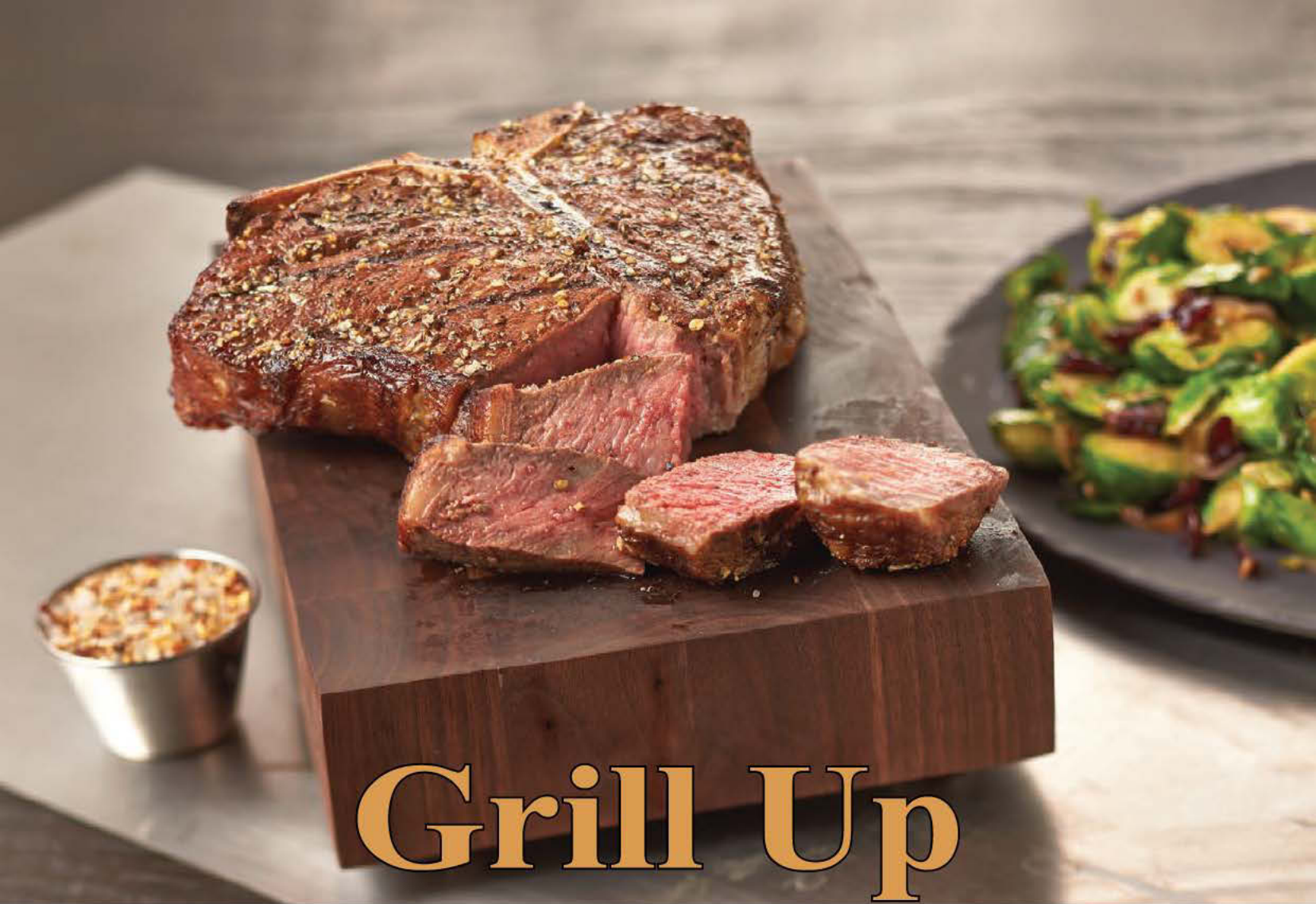
“But the Comforter which is the Holy Ghost, whom the Father will send in my name, He shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.....John 14:26”

There is a way. I once was so lost, but now am a Little Girl Found. I share this in prayer and in the hope that you too will find yourself in Christ Jesus. I pray that you will find beauty and truth within yourself through His promises. Thank you Lord for loving me back enough so that I can go to loving me again. In Jesus Name I pray. Amen

Email Eileen at leeniejack1129@gmail.com or find her on Facebook at EM-J Ministries



“I once was so lost, but now am a Little Girl Found”



Grill Up

AN INCREDIBLE STEAK T-Bones — The Best of Both Worlds

Ten Tips for Perfect Grilling

1. Clean and preheat your grill on high.
2. Lightly oil everything before you put it on the grill. This helps the searing process and prevents sticking.
3. Season your food before grilling.
4. Sear the outside of steaks when grilling. This really helps with the flavor and juiciness.
5. Use tongs or a spatula to turn your meat on the grill. Using a fork can damage the meat.
6. Cover your grill as much as possible during the grilling process. This helps to lock in the grilled flavor and will help prevent flare-ups.
7. Keep a spray bottle with water handy to douse any unexpected flare-ups.
8. Use the 60/40 grilling method. Grill for 60 percent of the time on the first side, then grill 40 percent of the time after you turn over the food. This will give you an evenly cooked product.
9. Place your cooked product on a clean plate. Never place cooked product on the plate you used to transport the raw product to the grill without thoroughly washing it first.
10. Allow your foods to “rest” for 5 minutes between cooking and eating. This will help them retain moisture when you cut into them.

Thick Steak, Bone-in Steak and Chop Cooking Chart

Cooking times are in minutes and based on fully-thawed steaks.

Gas grill: Preheat grill to high, reduce to medium heat prior to cooking.

Charcoal grill: Sear over red hot coals, finish over indirect heat.



THICKNESS		1"	1 1/4"	1 1/2"	1 3/4"	2"	2 1/4"	2 1/2"
Rare 120° to 130°F	First Side	6	6	7	9	11	13	14
	After Turning	3-4	4-5	5-6	6-7	7-8	8-9	10-12
Medium Rare 130° to 140°F	First Side	6	7	8	11	13	14	16
	After Turning	4-5	5-6	6-7	8-9	9-10	10-12	12-14
Medium 140° to 150°F	First Side	7	8	9	12	14	16	17
	After Turning	5-6	6-7	7-8	9-10	11-12	12-14	14-16
Well Done 160° to 170°F	First Side	9	10	12	14	18	19	20
	After Turning	7-8	8-9	9-11	12-14	14-16	16-18	21-23

Quite possibly the ultimate steak, the T-bone embodies the rich blend of varied beef flavors that steak lovers crave, from tender and mild to bold and beefy. On one side of the T-bone is the filet mignon. French for “dainty fillet,” the filet mignon is considered the most tender cut, with a mild beef flavor. On the other side of the T-bone is the strip loin or New York strip, a firm, robust steak that is naturally marbled and offers a bold taste. The bone itself also provides additional flavor in the cooking process. With this pairing of tastes, it is no surprise that the T-bone is considered to be “the best of both worlds” by steak connoisseurs.



Ancho Chile Rubbed Grilled T-Bones

Prep time: 5 minutes

Cook time: 10 minutes

Total time: 15 minutes

Serves: 4

- 4 Omaha Steaks T-bone steaks
- 2 tablespoons olive oil
- 4 tablespoons Ancho Chile Rub (see

recipe below)

- 12 grilled tri-color sweet baby peppers

Preheat grill to medium. Thaw and blot dry steaks. Brush steaks with olive oil. Generously cover both sides of steaks with Ancho Chile Rub by dipping them in rub. Continue until steaks are completely covered. Place steaks on heated grill and grill to desired doneness. (For a medium-rare steak, grill approximately 8 minutes on first side and 6 to 7 minutes on second side.) Remove steaks from grill and garnish with grilled tri-colored sweet baby peppers.

Ancho Chile Rub

Makes: 4 tablespoons

- 1 tablespoon smoked paprika
- 2 teaspoons sea salt
- 2 tablespoons ancho chile powder
- 1 teaspoon brown sugar

Combine all ingredients and mix well.

Grilled T-Bones with Tabasco and Roquefort Cheese Butter

Prep time: 15 minutes, plus 4 hours refrigerator time

Cook time: 15 minutes

Total time: 4 hours and 30 minutes

Serves: 4

- 4 Omaha Steaks T-bones
- Omaha Steaks All Natural Steak Seasoning, or salt and pepper, to taste
- 4 slices (1 1/2-inch coins) Tabasco and Roquefort Cheese Butter (see recipe below)
- 2 tablespoons minced chives

Thaw steaks overnight in refrigerator or quick thaw by placing sealed steaks in sink with water for approximately one hour. Preheat grill to medium. Season both sides of steaks with seasoning, or salt and pepper. Grill steaks to desired doneness. (For medium-rare steak, grill approximately 8 minutes on first side and 6 to 7 minutes on second side.) Just before removing steaks from grill, place butter slice on each steak. The idea is to have butter half melted on top as you are serving steaks. Garnish each steak with sprinkle of minced chives.

Tabasco and Roquefort Cheese Butter

- 4 ounces unsalted butter, softened
- 4 ounces Roquefort blue cheese, crumbled
- 3 tablespoons Tabasco sauce
- 1/4 cup fresh chives, minced
- 2 tablespoons fresh garlic, minced
- 1 roasted red pepper, peeled, seeded and diced
- 1 teaspoon kosher salt

Whip butter slightly in mixer. Add remaining ingredients and mix well. Transfer mixture to sheet of parchment paper. Roll into tube (approximately 1 1/2-inch diameter) and twist paper at the ends. Refrigerate for 4 to 6 hours. When ready to serve, slice into coins as needed. Unused butter can be stored in the refrigerator for up to one week.

Roasted Pepper Pesto Rubbed Grilled T-Bones

Prep time: 30 minutes

Cook time: 15 minutes

Total time: 45 minutes

Serves: 4

- 4 Omaha Steaks T-bone steaks
- 2 tablespoons olive oil
- 1/4 cup Omaha Steaks Private Reserve Seasoning, or salt and pepper
- 1 recipe Roasted Pepper Pesto (see recipe below)
- 4 fresh basil sprigs

Preheat grill to medium. Brush steaks with olive oil and season with seasoning, or salt and pepper. Brush both sides of steaks with Roasted Pepper Pesto. Place steaks on grill and cook to desired doneness. (For a medium-rare steak about 8 minutes on first side and 6 to 7 minutes on second side.) When steaks are finished, brush both sides one final time with pesto. Serve steaks with dollop of unused pesto in center of each and garnish with fresh basil sprig.

Roasted Pepper Pesto

Makes: approximately 2 cups

- 1 cup roasted red peppers, peeled, seeded and chopped
- 1/4 cup garlic cloves, peeled
- 1/2 cup pine nuts, toasted
- 2 tablespoons fresh basil, chopped
- 1 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1 cup Parmesan cheese, grated
- 1 tablespoon lemon juice
- 1/2 cup olive oil

Combine all ingredients except olive oil in food processor or blender, and puree until smooth. Next, add oil slowly in food processor until completely combined.



Citizen Spotlight...

Deandrea Newsome

“Class of May 2015”

Major: Political Science Minor: Philosophy at North Carolina A&T State University

I am a Senior Political Science student minoring in Philosophy at North Carolina Agricultural and Technical State University. At my University, I am very involved and consider myself a well-rounded individual. My parents Tina and Olin Newsome have taught me to work hard in everything I do. My living goal is to be a positive African American female inspiration to youth adolescent around the world.

Following the philosophy of “Leaders are not born; they are made,” I hold many leadership positions at my school and community. I am a Spring 2013 initiate into the Alpha Mu Chapter of Delta Sigma Theta Sorority, Inc. On July 12, 2014, I was installed as the 22nd South Atlantic Regional Representative. As the Social Action chair of the Political Science Society on my campus we increased voter registration in our student body.

I also intern in the Division of Research and Economic Development Department on my campus. My extracurricular activities include volunteering with the Arc of Greensboro where I assist evil needs children in different sports such as baseball and basketball. When I travel back home I work in the Office of the Mayor in Spring Lake, NC. I achieved my goals of making the Dean’s List every semester enrolled at A&T thus far and made a 4.0 this past semester. After I achieve my degree May 9, 2015, I will attend Law School at Georgetown University in Washington, DC. Once I graduate Law School, I will return to North Carolina and run for a political office.

I take great pleasure in all of my activities that I participate in, and I am moving toward fulfilling my mission of being a role model for youth adolescent.



APREMIEREDESIGN.COM

THE ART OF WINDOW DRESSING

By: Kim Honeycutt, Interior Designer

So you finally took the big step and replaced or reupholstered the furniture. Still, it just doesn't feel right when you enter the room. What's missing? The room just seems a bit too stiff, not quite inviting enough.

Which sort of surprise gift do you really enjoy receiving? Do you feel special when presented with the one that's unadorned or the gift that has been bedecked in ribbon and festive paper? Of course, it's the wrapped gift that beckons you to look inside for more surprises.

A properly dressed window can make the room feel like a special presentation of your personality. It's wrapping the room in softness that ties all the furnishings together to create a gift to your senses.

Even rooms with a spectacular view, benefit from drapery framing what lies beyond the confines of the glass panes.

The beauty of a window dressing is that it can serve multifaceted purposes. It softens austere lines, it protects the furnishings from harsh sunrays, and it can help with energy costs. Which translates into saving money.

Short ones, long ones, full ones, skinny ones, or lined ones, which drapes will do?

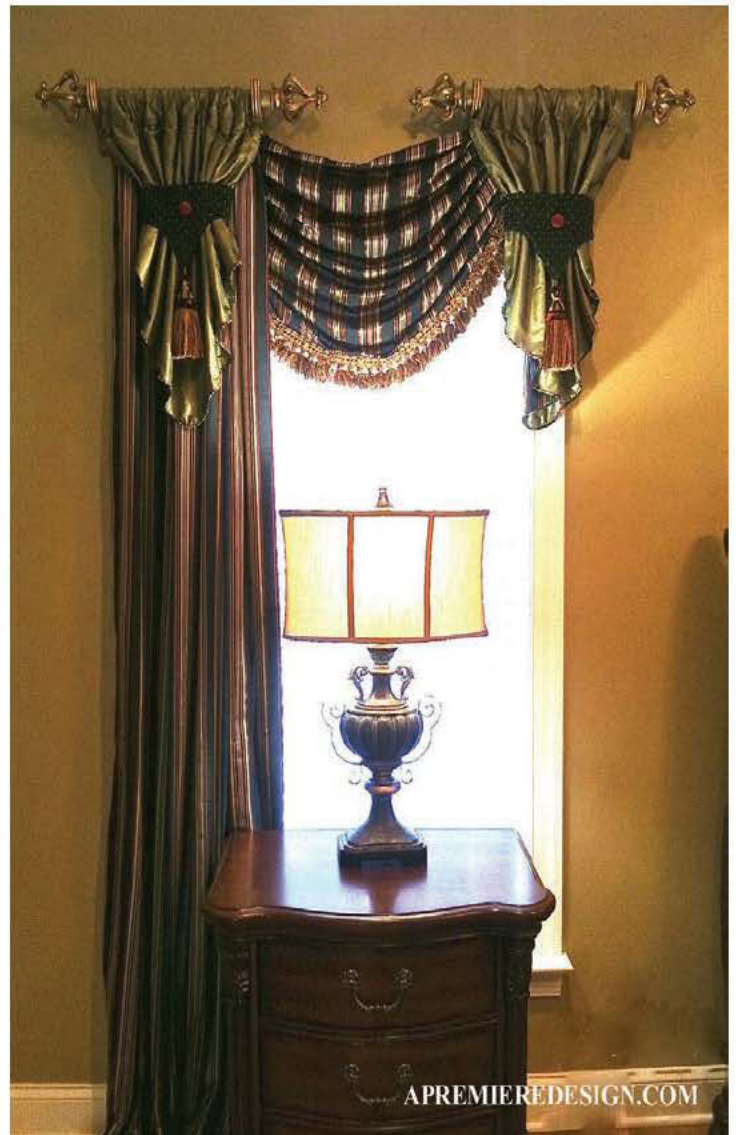
The right questions will bring you to the right answers. Does your room need shading to reduce glare on the television? Does it get hotter in the summer? Is privacy an issue? Does the morning sun wake you too early? If your answer is yes, then you'll need lined drapery (perhaps with added blackout lining) that fully cover your windows.

Do you need a decorative decoy? Does the room have architectural elements that draw your eye to the differences? Regardless of size differences, treating two windows with the same valances and drapes can even out the room's odd features.

Does the room just need more oomph? Does it feel like the room is unfriendly or unappealing? Things look like they match, but it doesn't say unique or exceptional. It would
Spring Lake~Summer 2014

seem that the room is more "ho-hum" than "a-ha"! Where is the stand out feature that says "my style"? Your answer is a custom window treatment to personalize the room. That can be from minimal to dramatic, depending on your style and budget.

As an interior designer, I enjoy creating individual window treatments for my customers. As a full service window treatment studio we guide the customer to choose fabrics and designs that reflect their taste, yet honor their budget. A not so





fancy fabric can look amazing under a custom cornice. I enjoy hand painting a design on wood, incorporating an open work metal piece, or metallic leafing on moldings that enhance the wood cornice.

Then on other projects, it's the drapery itself that stands out. Using the correct combination of colors, fabrics, and trims can produce that one of a kind statement that evokes the coveted "wow" from your guests. Consider combining opaque solids with updated open lace fabric. Place a vertical stripe as the body of the drape, then insert it as a horizontal band for an unexpected twist on a traditional look. Change the architecture of the rectangular window and create a curve with a cornice. Use the softness of neutral drapes that puddle on the floor, but hang them from a hefty rod with stunning finials. Increase narrow windows with extended full drapery or shutters that complete the illusion of grand sized windows.

A small diamond in the right setting is as much a symbol of commitment as the one carat diamond. Likewise, a valance or pelmet may be enough to reconcile the room.

What's the difference between a valance and a pelmet (or cornice)? Valances are made of fabric and with the same kind of heading as a drape. They remain fixed in place over the top of the window. A pelmet is a solid box with a front and returning sides. They can be fabric covered and basic or as original as the gift of creativity in your designer.

Drapery installation is an exercise in math and science. Part

of that equation is getting the right rods and hardware. The weight of the drapery must be factored in. If spanning more than 10 feet, a central support is needed. If you like the look of rings on a rod and want them to function, remember they won't move freely on a Candy Twist pole. Don't expect the clip rings to bear the weight of drapes and stay put as you pull open the drapes. If sheers are another compliment to the full drapes, that rod will need to be concealed from view. Consider double pole sets that give a cleaner look. With long drapery, I prefer a rod 2 to 2 ½ inches in diameter. The thinner the fabric the thinner the pole can be.

When selecting fabrics, better to choose the one you love even if it is the pricier one. If you really like it, then save on cost by choosing a valance instead of drapes. Regard options in beaded trims to furnish the finishing touch. If the fabric makes your heart sing today, chances are you'll be singing that same happy tune about it for years to come.

To lesson expense in a custom window dressing, I offer my customers a diagram, which they can fill out with their own measurements. Then, we can go to work on choosing that one of a kind creation for their room. Most treatments are ready for installation within 4 to 6 weeks from their order.

**Premiere Design, 103 Courthouse Square,
Whiteville, NC 28472,
Phone 910.610.1540 , www.apremieredesign.com,
Facebook: A Premiere Design
Email: apremieredesign@hotmail.com**

EL TUCAN

RESTAURANTE MEXICANO



Burrito California



Camarones a la Diabla



Chicken Fajita



Guacamole



Tacos de Carne Asada

Coupon

**Buy One Dinner
Get One Dinner
Half Price**

Coupon

Coupon

Coupon

- ◇ APPETIZERS ◇ FAJITAS ◇ HOUSE SPECIALS
- ◇ CHICKEN ◇ PORK ◇ STEAK ◇ TACO SALADS
- ◇ SEAFOOD ◇ COMBINATION MEALS
- ◇ VEGETARIAN CHIMICHANGAS & BURRITOS
- ◇ QUESADILLAS RELLENAS ◇ TACOS
- ◇ DESSERTS ◇ KID'S MENU ◇ MARGARITAS
- ◇ DOMESTIC AND IMPORTED BEER

LUNCH SPECIALS

250 South Bragg Blvd., Spring Lake

Open Mon-Sun 11am-9pm

910-436-4613