

Summer 2015



NewBernNow.com

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Letter from the Editor

Dear Readers,

There are many different ways you can experience and hopefully enjoy New Bern Now.

You're reading one... The Ledger. It's not a visitor's guide... it's a place where locals and visitors alike, can find out the latest happenings, share their stories, and information with us. We consider it "The People's Magazine" as we receive a lot of the information from the people who live here.

[New Bern Now.com](http://NewBernNow.com) is our home base. We publish articles, videos, and/or audios on a daily basis. In a nutshell, it's an online journal of events, businesses, non-profits, and much more. It paints a picture of what the greater New Bern area and beyond has to offer.

We visit new businesses and write about our experiences in hopes that it will encourage you to support them.

We do audio interviews for the radio as community segments and share them on WNOS 97.1FM and 1450AM. We also publish them on New Bern Now and Beyond's Libsyn Station.

You can find out what's happening by listening to our bi-weekly podcast show comprised of the Pod Squad (Susan Moffat-Thomas, Laura Johnson, Rich Sheridan, Lisa Bisbee-Lentz, and myself). People join us during the Pod Squad recording and we also have guest callers.

We attend local events, take video, and share it on New Bern Now's Youtube Channel.

We hope that you enjoy reading this magazine and visit our website and social media sites.

We look forward to promoting your efforts and want to make sure that you know that the Ledger is an extension of the website, just like NBN's [YouTube Channel](#), [Facebook page](#), [Twitter](#), and [Podcast Station](#).

The Ledger is published quarterly by using things we've learned since the last issue along with upcoming events, new businesses and other interesting topics.

Sincerely,



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New Bern Now is owned and operated by NC Life Media, LLC.
P.O. Box 13614, New Bern, NC 28561
252-638-6858

Publisher/Editor-in-Chief:
Wendy Card,
wendycard@nclifemedia.com

Chief of Operations:
Richard Sheridan
richs@discoverymap.com

Art Director:
Lisa Bisbee Lentz
art@lisabisbee.com

Photography/Distribution:
Laura Johnson
info@newbernnow.com

Illustration:
Samrae Duke
samraeduke@gmail.com

Printing by:
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IMPORTANT NUMBERS:

New Bern Police: 672-4100
New Bern Fire: 639-2931
Craven County Sheriff: 636-6620
City General Info: 639-2701
CC Recreation & Parks: 636-6606
City Taxes: 639-7532
City Animal Control: 633-2020
County Animal Control: 637-4606
Public Works: 639-7501
City Electric: 636-4070
Duke Energy: 800-777-9898
Century Link: 800-366-8201
Trash/Recycling: 639-7501
Water & Sewer: 639-7541
Suddenlink: 877-794-2724
Building Insp/Permits: 639-2941
Parks & Recreation: 639-2912
Business License: 639-7532
Food & Shelter: 637-4185
Housing Authority: 637-3599
New Bern Library: 638-7800
New Bern Chamber: 637-3111
Visitors Center: 800-437-5767
City of Havelock: 444-6400
Havelock Police: 447-3212
Havelock Chamber: 447-1101
Havelock Tourist Center: 444-4348
MCAS Cherry Point: 466-2811
NOAA Weather: 252-223-5737
Carolina Wildlife Solutions: 474-4240
River Bend Police: 638-1108
Trent Woods Police: 637-3030
Pamlico Co. Sheriff: 252-745-3101



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About New Bern

If you live in, or are only visiting, there are all kinds of things to do in the Greater New Bern area!

Visitors are attracted to New Bern's southern charm, small town feel, combined with the beautiful scenery, terrific weather, and abundance of things to do. If you're looking for something to do, you'll find all kinds of fun events and attractions throughout the year!


A City rich in arts, history, and outdoor recreation, New Bern is a great place to live! It's a safe, suburban community with a population close to 50,000 residents with diverse social backgrounds. Residents range from home grown New Bernians, transplants seeking a slower pace of life, and snowbirds escaping from the cold weather. Military members and their families homestead in New Bern because of its close proximity to Marine Corps Air Station, Cherry Point and Marine Corps Base, Camp Lejeune.

Visit one of 20+ parks & 3 recreation centers maintained by New Bern Parks & Recreation (639-2901) and the Craven County Recreation & Parks (636-6606). Cool off at the New Bern's Aquatics Center, 1155 Laura Ln., (639-2981) and George Street Spray Park, (639-2901). Play disc golf at Glenburnie Park (639-2901), go bowling or play laser tag at the Strike Zone (637-6033), or roller skate at Rollerland (633-3804).

Go horseback riding at Equidae Farm at 170 Murphy Rd., (288-9706) or enjoy a day at Kirkman Farm and Petty Zoo, 5255 Hwy 55 W, Cove City, (229-8967).

Visit the New Bern/Craven County Library for free Wifi, computer classes, bingo, book contests, artist of the month receptions, reading programs, DVD/movie rentals, story hours, etc. (638-7800).

Watch a movie at Neuse Blvd Cinema (633-2438) or Bear Town Cinema 6 (638-1820).


Relieve stress at Courts Plus Fitness Center (633-2221), CrossFit Burn (781-727-9390), Gold's Gym (634-9499), Gym 24/7 (672-9305), Smash Studios and Fitness (670-3115), Snap Fitness 24/7 (636-9627), and/or Sound Fitness and Golf (639-2582). Take dance lessons, yoga, Zumba, etc. classes and enjoy acoustic performances at The Rivertowne Ballroom (637-2003), Downtown Pilates (571-5310),  [Beyond Fit Physiques](#) (beyondfitphysiques.com), and A Hopeful Balance (633-1788).

Sign up for many activities at the Twin Rivers YMCA (638-8799). Our local YMCA has all kinds of activities and events throughout the year for adults and children alike.

Healthcare

CarolinaEast Health System is our Regional Medical Center, 2000 Neuse Blvd. (633-8111) which includes an Emergency Room, Cancer Care, Cardiac Care Center, Express Care, Internal Medicine, and various healthcare departments. Coastal Carolina Health Care (CCHC) and Urgent Care (633-4111). Craven County Department of Health and Human Services (636-4920). The MERCI Clinic (633-1599). There are also numerous health and dental care practices and alternative medicine options to choose from.


Education

Your children will be safe and receive a great education in our Public School System (514-6300). Private: Arrendell Parrot Academy, Kinston (522-4222); Epiphany School (638-0122); St Paul Catholic School (633-0100); Sylvan Learning Center (633-6380); and Craven Early College (637-5906). Students can receive a higher education at Craven Community College (638-7200) and Mount Olive College at New Bern (633-4464) offering many advanced education opportunities.  [Craven Smart Start's Child Care Resource and Referral Program](#) (672-5921) offers valuable free child care referral services.

Local Government Resources


New Bern's City Government controls police and emergency services, utilities, taxes, parks and recreation, etc. Craven County Government regulates emergency services, social services, Clerk of Court, Register of Deeds, planning and inspections, New Bern Riverfront Convention & Visitors Center, Recreation and Parks, and many other services.

Transportation




 [Coastal Carolina Regional Airport](#) (638-8591). Airport services include Delta and US Airways flights, general aviation terminal, Fed Ex, UPS services, conference room, wireless Internet, taxi/car rental services, Deli, Tradewind's Flight School, and The Flyin' Bears Experimental Aircraft Association (636-5281).

Other transportation: CARTS Public Transportation Services (636-4917); Shuttle Me Transportation (637-7433); New Safeway Taxi Service (636-9000); and WC Market Greyhound Bus Terminal (633-3100)

Other Resources

 [Veterans Employment Base Camp and Organic Garden](#), Stanley White Recreation Ctr, 901 Chapman St. (637-9350).

New Bern by Land, Sea, and Air

Take a self-guided walking tour or: Horse Drawn Carriage Ride (675-5360), Trolley Tour (637-7316), Tour Bus and Sailboat Excursions with  [Palm Coast Tours & Outings](#) (665-1175); Helicopter Rides (514-2242), Scenic Airplane Ride by Tradewind Aviation (636-0716), Crystal Coast Lookout Lady river cruises (252-504-2628), Ghosts of New Bern Tours (571-4766); Tugboat of New Bern cruises (349-3819), Cedar Grove Cemetery Tours (638-8558), and  [The Aerie Bed and Breakfast's "Model A Ford" and the "Aerie Ferry" Tours](#) (800-849-5553 or 636-5553). Call  [New Bern Tours](#) for more options (637-7316).

Bike MS: Historic New Bern Ride

Since the Ledger's re-design, we've decided to choose a cover story that's related to something that's happening in our community during the quarter.

When we decided to focus on the Bike MS: Historic New Bern Ride, we contacted [Flythe's Bike Shop](#) and [Atomic Cycles](#) and asked them to join us for the cover shoot. We really appreciate everyone who came out to support our efforts!

Although we support Bike MS, we're not cyclists, so we asked the National Multiple Sclerosis Society to share information about the upcoming ride.

Sarah Merritt, their Manager of Public Relations and Marketing, gave us information about this terrific two day event:

The Greater Carolinas Chapter of the National MS Society will hold its annual Bike MS: Historic New Bern Ride on September 12 and 13 at Waterfront Union Point Park in New Bern, NC. Register today by visiting BikeMSNewBern.org or by calling 855-372-1331!

New Bern offers flat rural roads with route options of 30, 50, 75, or 100 miles each day. Enjoy beautiful scenery, safe routes, and stocked rest stops every 10 - 15 miles, plentiful SAG (Support & Gear) vehicles, delicious meals, live music, unmatched finish line festivities and so much more! There are activities for the whole family!

Individual fundraising goals are set at \$300, and proceeds from this event will be used by the Greater Carolinas Chapter of the MS Society to help support families with MS and to fund research to create a world free of MS. This year, over 5,000 cyclists and volunteers will participate to create a world free of MS.

Kara Podraza interviewed Mac Flythe Jr. of Flythe's Bike Shop, as he and his Father, Mac Flythe Sr. have been Titanium sponsors for this event; and they've been actively involved since the inception.

She wrote: Mac Flythe Jr. has worked in the family owned Flythe's Bike Shop in New Bern, NC, since he was eight years old. His father, Mac Flythe Sr., opened the business in 1977 and has provided quality bikes and cycling services ever since.

Since 1993, Flythe's Bike Shop has sponsored the National Multiple Sclerosis (MS) Society's annual Historic New Bern Bike MS event. The store remains a titanium sponsor, the highest level of sponsorship, and has been members of the Historic New Bern Bike MS Planning Committee since the event came to the area 22 years ago.

Flythe's has served as a sponsor of the event for several reasons. "It's the combination of Bike MS being such a great cause in bringing awareness and providing financial support for the fight against Multiple Sclerosis, and being an amazing cycling event right here in our home town," Flythe Jr. said. "It's great meeting the cyclists who come from all over the country to ride this event."



Flythe's provides free bike safety check-ups, adjustments, air up tires, and labor for repairs done on site during the event. In addition, Flythe's offers weekly group rides during the year on Saturday and Sunday mornings.

Flythe Jr.'s favorite memory of sponsoring Bike MS has been supporting Lilian Herderich, an 87-year-old woman who has participated in the event for 10 years. Flythe's has helped Lilian prepare and train each year for the Bike MS event.

"We even put a bench with her name on it out in front of the bike shop," Flythe Jr. said. "She would take a break on it when she would stop during her training."

Flythe Jr. said he is inspired by the vast number of riders and volunteers that come out each year to help find a cure for MS. Flythe's will continue to sponsor the Bike MS event because of the hope it brings to the community.

In addition to Bike MS, Flythe's sponsors other biking events during the year. Flythe's has organized bike rodeos and demos, safety talks and maintenance classes throughout the area and at the shop. One of the most popular events is a bike tour of the Canterbury Christmas Lights. Flythe's leads a group of riders on a tour of the Christmas lights in the Canterbury neighborhood to brighten holiday spirits. "It's the best way to view the lights and is fun for all ages!" Flythe Jr. said about the ride.

Special thanks to Sarah Merritt and Kara Podraza of the [National Multiple Sclerosis Society](#) for taking the time to let us know more about this great event that brings so many people to our community for such a worthy cause.

We hope this will encourage you to join in the festivities, ride for the cause, volunteer, and/or make a donation. Please stay tuned to NewBernNow.com to find out more information and to learn about other businesses that are sponsoring this event.

Wendy Card

Eye on the Arts

Art enthusiasts are taken aback by the masterpieces created by New Bern's Artisans!

Take a trip downtown starting on Craven Street. Stop at the Accidental Artist (634-3411), Ballantyne Framing and Art (633-0414), and 🌳 [The Greater Good Gallery](#) (649-1712).

Walk down Pollock Street to 🌳 [Carolina Creations](#) (633-4369), and 🌳 [Fine Arts at Baxters](#) (634-9002)!

Visit the [Craven Arts Council and Gallery](#) in the Bank of the Arts (638-2577), 🌳 [Michaelé Rose Watson's Artist Studio](#), (626-0120), Red Shoe Studio Gallery, (670-7736), The [Community Artists Will Center for the Arts](#), (571-8566), The Stardust Gallery (617-0209) and the Framing Fox Art Gallery (635-6400). Stop by Martin Henry Studio (638-4245)

Don't miss the art shops within the Greater New Bern area! Visit Weaver's Webb Gallery (514-2681) and Wine and Design (633-4555).

People look forward to Downtown ArtWalks! Contact the Craven Arts Council for details (638-2577). Visit the Bank of the Arts to find out about the participating businesses and restaurants. Upcoming Artwalks: July 10, August 14, September 11 from 5 - 8pm.

The Greater Good Gallery and The Community Artist Will have added a new spin on Arts in the Downtown area - ArtCrawl every month. Bohemian artists will also be demonstrating their art throughout Downtown New Bern. Upcoming Artcrawls: July 10, August 14, September 11 from 5 - 8pm.

Craven Arts Council and Gallery at the Bank of the Arts (638-2577):

The Craven Arts Council and Gallery recently held a "Flag Bee" at the Bank of the Arts where local quilters came to make flags on site and promote the Flags of Hope Project. With their help, we made over 150 new, beautiful flags! Sponsored flags can be purchased online or at the gallery for \$10 each; 100% of proceeds go to local nonprofit organizations supporting the arts and victims of domestic violence. - Beth Ellis

Neuse River Bridge Run T-Shirt Contest. Submit your images that you believe exemplify the ideas of living a healthy and active lifestyle. Deadline for submissions is August 31.

September 26: At the Gallery: Burt Bacharach and Hal David, 7pm at the Bank of the Arts. Performed by Coco Rouzier.

The Public Sculpture Park has relocated to the North Carolina History Center at 529 S. Front St.

Enjoy a live performance at the New Bern Civi Theatre (634-9057), Masonic Theatre by RiverTowne Players (634-7877), Bear Town Market (637-0022), New Bern's Farmers Market, (633-0043), New Bern Convention Center (800-437-5767), Trent River Coffee Company (514-2030), 🌳 [North Carolina History Center](#) (639-3500), Rivertowne Ballroom (637-2003), and Grover C. Fields Performing Arts Center.

[Carolina Creations Fine Art and Contemporary Craft Gallery](#) (633-4369):

July 10, 5-8 pm, ArtWalk - At the Shore through August 31 - new work by gallery artists

August 6, 6:30pm - 9:00pm, Sally Sutton Painting Party! Paint your own acrylic painting of the image on canvas with artist Sally Sutton! Sip, snack and paint! All supplies and snacks will be provided so all you need to do is be ready to enjoy some time with friends creating your own painting! Sally will have the image drawn out on the canvas, she will lead you through painting it. Wear clothing that is casual or bring an apron. Cost \$55. Location: Francoeur Studio, 229 E Front Street. Register here or by calling 633-4369

August 14, 2015 - 5-8 pm - ArtWalk

September 11, 5-8 pm - ArtWalk - The Intimate Landscape new paintings on canvas by Sally Sutton.

[Fine Arts at Baxters](#) (634-9002):

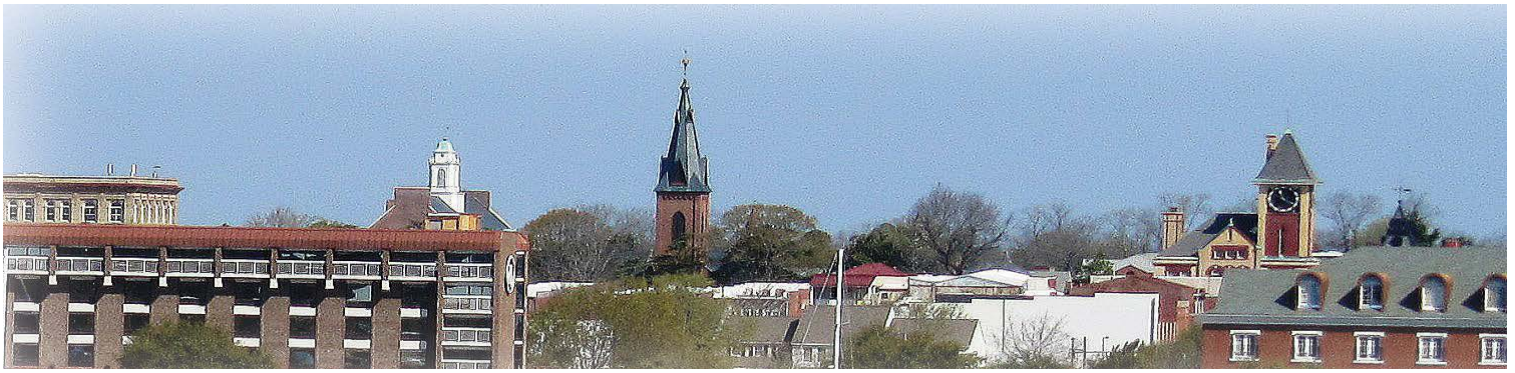
July: Fine Art at Baxters Gallery presents glass sculptor David Goldhagen and impressionistic painter Holly Nettles. The exhibit will be on view from July 10 through August 10. A reception will be held from 5pm - 8pm during the downtown Art Walk.

August: Fine Art at Baxters Gallery presents ceramic sculptor Sasha Bakaric, on view from August 14 through September 7. A reception will be held from 5pm - 8pm during the downtown Art Walk.


September: Fine Art at Baxters Gallery presents glass sculptor William Bernstein on view from September 11 through October 5. A reception will be held from 5pm - 8pm during the downtown Art Walk.



The Nexus Poets meet the first Tuesday of every month at Trent River Coffee Company on Craven St., 7 - 9pm. Bring your original poetry to share or come and listen! Follow the Nexus Poets on Facebook! Contact [Meg Wethington](#) for details.



Step Back in Time

Besides  [Tryon Palace](#) being the First State Capitol, New Bern, North Carolina, is a town full of 305 years of history! Here are a few of numerous historical events and notable residents:

- Richard Dobbs Spaight signed the US Constitution
- Bayard Wooten, renowned 20th Century woman photographer
- Gertrude Carraway, journalist, author, and philanthropist was influential in the restoration of Tryon Palace
- James Davis opened the First Printing Press in North Carolina
- Birthplace of Pepsi Cola, invented in New Bern by Caleb Bradham
- First Public School in North Carolina
- First Chartered Fire Department in North Carolina
- New Bern's Devastating Fire of 1922
- Beverly Perdue became NC's First Female Governor
- Novelist and Screenwriter, Nicholas Sparks - resident and founder of the Epiphany School
- Tommy Moore, Owner of Moore's BBQ, received the Guinness World Record for the largest open faced BBQ bun.
- Home to NFL Players George Koonce and Kevin Reddick
- Professional Basketball Player and Hall of Famer, Walt Bellamy
- Adam Warren, New York Yankees Pitcher, is from New Bern.


Historical Landmarks

New Bern is home to hundreds of landmarks! Here's only a short list of many:

- Cedar Grove Cemetery, George St., Greenwood Cemetery, Cyprus St., and New Bern Cemetery (639-7515)
- Centenary United Methodist Church, 309 New St. (637-4181)
- Christ Episcopal Church and Cemetery, 320 Pollock St. (633-2109)
- City Hall, 300 Pollock St. (636-4000)
- First Baptist Church, 239 Middle St. (638-5691)
- First Church of Christ, 406 Middle St. (638-6269)
- First Presbyterian Church, 418 New St. (637-3270)
- Hebrew Cemetery, National Ave.
- Isaac Taylor House, 228 Craven St. (649-1712)
- New Bern National Cemetery, 1711 National Ave. (637-2912)
- Saint Cyprian's Episcopal Church, 604 Johnson St. (633-3816)
- Saint Paul's Roman Catholic Church, 510 Middle St.
- Saint Peter's African Methodist Episcopal Zion Church, 604 Johnson St. (633-3816)
- Temple B'Nai Sholem Synagogue, 505 Middle St. (638-4545)

Stop by the  [New Bern Historical Society](#) to find out more about our town's long history! (638-8558)

Contact the The New Preservation Foundation to learn more about our Historic buildings (633-6448).

 [The North Carolina History Center at Tryon Palace](#) provides an eco-friendly, virtual learning experience with interactive devices, combined with old fashioned historic interpreters.

Tryon Palace and the North Carolina History Center offers visitors a once in a lifetime experience that merges three centuries of history with modern technology enjoyed by all ages!



Take a Historical Tour


Churches and Cemeteries Tour (self guided), Craven County Visitors Center (637-9400); Ghosts of New Bern Tours (571-4766); New Bern Tours, 1311 N. Craven St. (637-7316)

Learn about the 1862 "Battle of New Bern"! Visit New Bern's Civil War Battlefield, off Hwy 70 E (Taberna entrance). Take a self guided tour or arrange for a professional guided tours through the New Bern Historical Society, 511 Broad St. (638-8558).

Museums

Attmore-Oliver Civil War House Museum, 512 Broad St. (638-8558); New Bern Fireman's Museum, 408 Hancock St. (636-4087); New Bern Academy Museum, corner of New & Hancock Sts.; and the USMC Aviation Exhibit, 201 Tourist Center Dr., Havelock (444-4348).

Visit the New Bern-Craven County Library's Kellenburger Room to learn more about our City's history (638-7800).

Contact the  [Family History Society of Eastern North Carolina](#) to find out more about local history, geneology, and interesting events. (349-0405).

Outdoor Life

Boating, fishing, paddling, hunting, golfing, biking, hiking, bird watching, photography, camping, and tennis are only a few of many outdoor recreation opportunities in New Bern, NC!

Nestled between the Neuse and Trent Rivers in Eastern North Carolina, New Bern is a haven for boaters, fishermen, and water sport fanatics. From large Marina's to off the path boat ramps, you'll find them here: www.ncwildlife.org.

Fishing is plentiful! Some of the water is brackish so you can catch both salt water and fresh water fish - you may need both licenses. For a unique outdoor experience, call [Spec Fever Fishing Guide Services](tel:249-1520) (249-1520). Join the [Anglers Anonymous Fishing Club](tel:919-757-5715) (919-757-5715). Custom Marine Inc, 2401 Hwy 70 E (638-5422) also has boating and fishing equipment.

Do you prefer paddling? Contact the [Neuse Riverkeepers](tel:637-7972) (637-7972) and/or the [Twin Rivers Paddle Club](tel:636-6606) (636-6606) for paddle trail maps and details about boating and fishing on the Neuse and Trent Rivers along with their tributaries. You can also rent kayaks, stand up paddleboards, bikes, and take tours with the Bear Town Adventure Co. (288-5823). Stand Up Outfitters also rents SUPs (514-0404).

A "Nature Lover's Paradise", enjoy the Croatan National Forest (NF). The forest's habitat has exotic plants like the Venus flytrap, making it the only NF with the largest carnivorous plant population. The Croatan spans approximately 160,000 acres and is located in New Bern's backyard. It's a sanctuary for black bear, deer, wild turkey, quail, coyote, beaver, porcupine, bobcat, American alligator, bald eagle, red-tailed hawk, and other wildlife you may see.

Talk to the people at the Croatan NF Ranger's Station on Hwy 70 E (638-5628). The Croatan is full of history and untamed lands!

Campers have many choices. Stay at New Bern's KOA located on Hwy 17 N in Bridgeton (800-562-3341). Visit Flanner's Beach Campground or Neuse River Campground which are run by the Croatan National Forest. Brice's Creek also has a small primitive campground.

Join cyclists at Flythe's Bike Shop, 2411 Trent Rd, as Flythe's leads bike rides around town (638-1544). You can also rent bike's from them at the Galley Stores, 300 E. Front St. Atomic Cycles also leads rides around town. Visit them at 504 S. Front St. (633-2242).

Attention golf lovers! Visit Carolina Colours Golf Course (772-7022), Carolina Pines Golf & Country Club (444-1000), Emerald Golf Club (633-4440), Harbour Pointe Golf Club (638-5338), New Bern Golf & Country Club (637-4061), Taberna Country Club (634-1600), River Bend Golf & Country Club (638-2819), or the Cherry Point Golf Course (466-3044).

Prefer tennis? There are tennis courts throughout New Bern including Craven Community College, New Bern Golf and Country Club (637-4061), The Emerald Country Club (633-4440), Harbour Town Racquet Club (636-5652), New Bern Parks & Rec facilities (639-2912), and Craven County Recreation and Parks (636-6606).

For an all around outdoor experience, become a member of the [New Bern Outdoor Adventure Club](tel:633-1426) (633-1426). You can also join the [Great Outdoor Provision Co.](tel:633-1426) as they have all kinds of outdoor trips in North Carolina.

Hunter Safety Course Information: (919-707-0031) and Hunting/Fishing License Information (888-248-6834). Visit the NC Wildlife Commission's [website](http://www.ncwildlife.org) or NC Waterman [website](http://www.ncwaterman.com) for fishing reports, water conditions and more!

"Sometimes Freedom's Defenders Have a Woman's Face"



Women Veterans of Coastal North Carolina's mission is to unite and form a group among women military veterans and active duty women in all branches of the U.S. Armed Forces. Their purpose is:

To bring together women of all ages representing all branches of the Military.

To ensure that all women veterans are aware of their veterans' benefits and to advise them of the agencies related to their needs.

To be a visible presence at local veterans' events and in particular to acknowledge the service of our WWII women veterans and the extraordinary role they played in securing our freedom as a nation.

To focus on the positive aspects of women in the military, both past and present in order to assure that women veterans are represented in related ceremonies, programs and projects.

To collect and share the memories and experiences of women veterans by holding monthly meetings and through media exposure, other veterans' groups and by word of mouth.

For more information, call President of the [Women Veterans of Coastal North Carolina](http://www.womenveteransofcoastalnc.org), SMSgt Dolly Witt, (Ret) President at 919-922-9409

By: Jerry Rita Brunton, First President and Founder of Women Veterans of Coastal NC

Dining and Entertainment


Asian (Chinese/Japanese/Thai)

China Garden, 1216 S. Glenburnie Rd., 637-8118
China King, 133 Bridge Town Blvd., 636-3155
Chinese Express Takeout, Neuse Blvd., 638-4122
China Wok, 3321 Dr MLK Jr Blvd., 636-5288
Golden China, 953 Hwy 70 E., 637-1136
Peking Garden Express, 2007 S. Glenburnie Rd., 637-8187
Ginza Japan, 3025 Dr MLK Jr Blvd., 633-6698
Hibachi Super Buffet, 3342 Dr MLK Jr Blvd., 633-9888
Musashi Japanese Steak & Seafood Restaurant, 2041 S. Glenburnie Rd., 637-0063
Osaka Express Grill and PHO Vietnamese Restaurant, 701 Hwy 70 E, 288-5718
Sanuki Japanese Restaurant and Sushi Bar, 2311 Neuse Blvd., 514-0459
Sumo Bowl, 1905 S. Glenburnie Rd., 672-8975
Thai Thai Seafood Restaurant, 2405 Neuse Blvd., 633-9593
Wai's Wok, 4118 Dr MLK Jr Blvd., 634-1601

Barbeque

 [Moore's Olde Tyme Barbeque](#), 3711 Hwy 17 S., 638-3937
Smithfield's BBQ, 2507 Dr MLK Jr Blvd., 636-2398

Breakfast

 [Baker's Kitchen](#), 227 Middle St., 637-0304
Christoph's on the Water, 100 Middle St., 638-3585
Country Biscuit Restaurant, 809 Broad St., 638-5151
Ghent Sandwich Shop, 1210 Pollock St., 638-5928
Golden Corral, 400 Hotel Dr., 638-4010
IHOP, 3400 Dr MLK Jr Blvd., 633-7800
Kitchen on the Trent, 2500 Trent Rd., 638-2241
Sea Glass Cafe, 1803 S. Glenburnie Rd., 634-2327
Waffle House 3303 Dr MLK Jr Blvd., 635-5220;
1000 Hwy 70 E, 672-9800

Catering

Attitudes Pub & Grill, 32 Shoreline Dr., 633-2006
Bay Leaf Indian Restaurant, 309 Middle St., 638-5323
 [Bengel Hospitality](#), 914-439-4447
 [The Chelsea](#), 335 Middle St., 637-5469
Christoph's on the Water, 100 Middle St., 638-3585
Country Biscuit Restaurant, 809 Broad St., 638-5151
Famous Restaurant, 2210 Neuse Blvd., 637-2809
The Flame Catering, 2301 Neuse Blvd., 633-1193
Kitchen on the Trent, 2500 Trent Rd., 638-2241
 [Moore's Olde Tyme Barbeque](#), 3711 Hwy 17 S., 638-3937
Smithfield's Chicken & BBQ, Dr MLK Jr Blvd., 636-2398
Who's Hungry Mobile Kitchen, 675-3385


Coffee Shops and Delis

Bear Towne Java, 323 Middle St, 633-7900
Carolina Bagel Co. & Deli, 3601 Trent Rd., 636-0133
Cow Cafe, 319 Middle St., 672-9269
Craven Coffee House, 1904 S. Glenburnie Rd., 649-1746
Dunkin' Donuts, 2315 Neuse Blvd., 633-2300; 120 Taberna Way, 637-9284
Ghent Sandwich Shop, 1210 Pollock St., 638-5928
Schlotzsky's Deli, 3335 Dr MLK Jr Blvd., 638-2508
Starbucks, 3410 Dr MLK Jr Blvd., 638-2954
Sea Glass Cafe, 1803 S. Glenburnie Rd., 634-2327
Trent River Coffee Company, 208 Craven St., 514-2030

Indian

Bay Leaf Indian Restaurant, 309 Middle St., 638-5323


Italian

37th Street Pizzeria, 2402 Neuse Blvd., 633-5444
Franco's Pizza, 1200 Hwy 70 E., 635-3396
La Casetta Italian Cuisine, 2503 Neuse Blvd., 638-6699
LaRosa Restaurant, 1503 S. Glenburnie Rd., 633-4606
 [Paula's Pizza and Italian Restaurant](#), 1713 Red Robin Ln., 636-2324
Savage's Woodburning Pizzeria, 2116 Trent Rd., 672-0103


Mexican

Arturo's Mexican Restaurant, 1900 S. Glenburnie Rd., 634-1894
Chipotle Mexican Grill, 2999 Dr MLK Jr Blvd., 633-1762
Cilantro's Mexican Grill, 1706 Hwy 70 E., 637-6184
El Cerro Grande, 2503 Dr MLK Jr Blvd., 638-8938
El Tequila Mexican, 2037 S. Glenburnie Rd., 633-2958

Pizza and Subs

37th Street Pizzeria, 2402 Neuse Blvd., 633-5444
Hwy 55 Cheesesteaks & Cheeseburgers, 3335 Dr MLK Jr Blvd., 514-2893; 2317 Hwy 70 E., 637-7994
Big Apple Pizzeria, Twin Rivers Mall, 636-3803
Domino's Pizza, 949 Hwy 70 E., 252-635-1302
Famous Subs and Pizza, 2210 Neuse Blvd., 637-2809
Firehouse Subs, 3123 Dr MLK Jr Blvd., 636-3473
Franco's Pizza, 1200 Hwy 70 E., 635-3396
Gina's Pizza, 1904 S. Glenburnie Rd., 633-9000; 1904 Hwy 70 E., 672-9063
George's Pizza and Italian Café, 505 D St., Bridgeton, 633-3911
Jersey Mike's Subs, 2309 Hwy 70E, 636-2566
Jimmy Johns, 1809 S. Glenburnie Rd., 638-0177
Little Caesars, 2309 Neuse Blvd., 636-3339
Mario's Pizza, 1822 S. Glenburnie Rd., 633-0836
Papa John's Pizza, 2009 S. Glenburnie Rd., 636-1212
 [Paula's Pizza and Italian Restaurant](#), 1713 Red Robin Ln., 636-2324
Pizza Hut, 1505 S. Glenburnie Rd., 638-3100;
3201 Dr MLK Jr Blvd., 638-5400; 2707 Hwy 70 E, 637-0400
Savage's Woodburning Pizzeria, 2116 Trent Rd. 672-0103;
3105 Dr MLK Jr Blvd., 638-4851; 941 Hwy 70 E., 636-0020

Surf and Turf (Seafood & Steak)

Captain Ratty's Seafood & Steakhouse, 202 Middle St., 633-2088
Friday's 1890 Seafood, 2307 Neuse Blvd., 637-2276
MJ's Raw Bar and Grill, 216 Middle St., 635-6890
Musashi Japanese Steakhouse, 2041 S. Glenburnie Rd., 637-0063
 [Beer Army Burger Company](#), 313 Pollock St., 288-5814
Sting Ray Cafe, 520 S. Front St., 638-2280
Texas Steakhouse, 3231 Dr MLK Jr Blvd., 637-1500
Outback Steakhouse, 111 Howell Rd, 672-9394

Dining and Entertainment

Sweet Tastes

Ali Smith Cake Design, 2122 Trent Rd., 633-3144
Bear City Fudge Company, 236C Middle St., 636-1360
The Cupcake Lady, 617-2071
Dairy Queen, 2401 Dr MLK Jr Blvd., 637-6457
Dunkin' Donuts, 2315 Neuse Blvd., 633-2300
Froyo's 101, 2031 S. Glenburnie Rd., 638-8881
Kreative Cakez, 311 Bryant St., 649-1847
Slender Temptations, 2117 S. Glenburnie Rd., 636-3502
🌿 [Soo's Chocolate and Bakery](#), 876-SOOS (8776)

Upscale Dining

🌿 [Aperivito Wine Bar at Lawson's Landing at the NC History Center](#), 637-9307
247 Craven Restaurant, 247 Craven St., 635-1879
🌿 [The Chelsea](#), 335 Middle St., 637-5469
Christoph's on the Water, 100 Middle St., 638-3585
The Flame Restaurant & Banquet Centre, 2303 Neuse Blvd., 633-0262
Harvey Mansion Historic Inn, 221 S. Front St., 635-3232
Morgan's Tavern and Grill, 235 Craven St., 636-2430
Persimmons Restaurant, 100 Pollock St., 514-0033

Variety Dining

Annabelle's Restaurant, Twin Rivers Mall, 633-6401
Applebee's Restaurant, 3450 Dr MLK Blvd., 637-8050
Attitudes Pub & Grill, 32 Shoreline Dr., 633-2006
🌿 [Baker's Kitchen](#), 227 Middle St., 637-0304
Buffalo Wild Wings, 3102 Dr MLK Jr Blvd., 635-9464
Carolina Grill, 998 Hwy 70 E., 634-3456
Country Biscuit Restaurant, 809 Broad St., 638-5151
Half Time Pub and Grill, 3325 Dr MLK Jr Blvd., 672-8777
🌿 [Lawson's Landing Café at the NC History Center](#), 637-9307
Panera Bread, 2997 Dr MLK Jr Blvd., 649-6264
Roy's Family Restaurant, 808 D St., Bridgeton, 635-1415
Ruby Tuesday Restaurant, 1004 Hwy 70 E., 638-8004
Spunky McDoogles, 1908 S. Glenburnie Rd., 637-5705
Triple Play Restaurant/Bar, 1706-E Hwy 70E, 635-3010

Nightlife and Pubs

🌿 [Aperivito Wine Bar at Lawson's Landing at the NC History Center](#), 637-9307
Applebee's Grill & Bar, 3450 Dr MLK Jr Blvd., 637-8050
Attitudes Pub & Grill, 32 Shoreline Dr., 633-2006
Bambooz Tiki Bar, 101 Howell Rd., 633-2745
Bear Towne Market (BTM), S. Front St., 637-0022
Beer Army Outpost, 1244 Hwy 70 E, 633-5060
The Brown Pelican Pub, 411 Broad St., 631-5008
Buffalo Wild Wings, 3102 Dr MLK Blvd. 635-9464
Captain Ratty's, 202 Middle St., 633-2088
🌿 [The Chelsea](#), 335 Middle St., 637-5469
Christoph's on the Water, 100 Middle St., 638-0305
The Diamond Club, 1100 Hwy 70 E., 637-4838
Half Time Pub & Grill, 3325 Dr MLK Jr Blvd., 672-8777
Harvey Mansion Steamer Bar, 221 S. Front St., 635-3232
The Howling Dog Saloon, 3202 Neuse Blvd., 514-2433
Mesh Sports Lounge, 2500 Trent Rd., 636-6374
Mickey Milligan's, 3411 Trent Rd., 637-3711
MJ's Raw Bar & Grill, 216 Middle St., 635-6890
Morgan's Tavern & Grill, 235 Craven St., 636-2430
Persimmons Waterfront Restaurant, 100 Pollock St., 514-0033
Prohibition "Speakeasy, Cocktails", 243 Craven St., 649-1838
Texas Steakhouse, 3231 Dr MLK Jr Blvd., 637-1500
The Wave Bar and Grill, 1904-E S. Glenburnie Rd., 649-1880
Thirsty Bruin, 224 Middle St., 877-635-1409
Triple Play Restaurant and Bar, 1706-E Hwy 70E, 635-3010



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Staying in New Bern


Bed and Breakfasts and Inns

 [The Aerie Bed and Breakfast](#); Aerie Guest House and Conference Center, 512 Pollock St, 636-5553
The Captain's Stay, 718 Pollock St., 288-5133
Hanna House Bed & Breakfast, 218 Pollock St., 635-3209
The Harmony House Inn, 215 Pollock St., 636-3810
Harvey Mansion Historic Inn, 221 S Front St., 635-3232
 [Meadows Inn](#), 212 Pollock St., 634-1776
Stoney Creek Ranch, 655 Van Moreadith Rd., 770-598-9086

Camping Cabins, Lodges, RV and Tent Sites

Fishers Landing Campground and Neuse River Campground,
Hwy 70 E, 638-5628
Moonlight Lake RV Park, 6406 Hwy 55 E, Grantsboro,
745-9800
New Bern KOA, 1565 B St., Bridgeton, 638-2556

Hotels

BridgePointe Hotel and Marina, 101 Howell Rd., 636-3637
Candlewood Suites, 3465 Dr MLK Jr Blvd., 638-8166
Comfort Suites of New Bern, 1006 Old Cherry Pt Rd.,
649-1717
Courtyard by Marriott, 218 E Front St., 636-0022
Doubletree by Hilton - New Bern, 100 Middle St., 638-3585
Holiday Inn Express, 3455 3465 Dr MLK Jr Blvd., 638-8266
Hampton Inn - New Bern, 200 Hotel Dr., 637-2111
Springhill Suites - Marriott, 300 Hotel Dr., 637-0017
 [The Ziegler Hotel Suites](#), 1914 Trent Blvd., 638-6868



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Vacation Rentals

The Abbot Cottages, 638-6868
Abilena Mansion, 2814 Old Cherry Point Rd., 349-2441
Anchors Away, 108 Gangplank Rd., 719-486-9776
Berne Rivers Guest House, 209 Hancock St, 638-2798
The Country Cottage, 206 Piney Grove Rd., Pollocksville,
229-1743
New Bern Round House, 101B St., info@newbernroundhouse.com
Resort Management Group, 475 Broad Creek Rd., 638-8011
Sandy Garden, Sandy Point House, Bamboo Cottage, 321
Riverside Dr., nickmiss@suddenlink.net
The River Camp, call Tommy Moore at 670-3040
Sky Sail Condominiums, 100 Middle St., 637-3600
Vacation Resorts International, 1141 Broad Creek Rd.,
633-1151
Valhalla Vacation Rentals, 259-7695 or 636-8336

Let's Talk Skin



Our skin is our body's largest and fastest growing organ. The skin holds fluids preventing dehydration, it is sensitive to heat, cold or pain, it keeps your body temperature even, and with sun exposure makes vitamin D. Our skin also sheds 30,000 to 40,000 old skin cells every day!

There are many skin concerns that each of us will encounter one day. Some of these concerns are related to allergies, irritants, make-up and environmental. Let's take a look at a few of these skin issues.

- Aging skin: fine lines, wrinkles, loss of firmness.
- Sensitive skin: irritation, redness, rosacea, psoriasis.
- Uneven skin tone: dullness, brown or "age" spots, sun damage.
- Acne: irritated, inflamed, scarring marks.

There are many products on the market today that hold claim to what their products can achieve.

Some products help while others just temporarily "cover" up the problem. How can you treat these unwanted conditions?

How do you know what to use? Who do you ask? Well, here are a few things you may want to consider while pondering this question.

Reputation: Soothe your mind and find a reputable source of dermatology and ask questions to diagnose your condition.

Research: Invest your time and read what is available to you before making a decision. Some conditions can be reversed.

Risk: Become knowledgeable about the regimen of your choice. Will you be redefined, unblemished? Ask questions, what's your guarantee?

Remember, you have to live in the skin you're in...so take care of it now! Stay clean, Stay Beautiful, Stay healthy!

Shared concerns by: [Jennifer Cousins Wright](#), Salon Owner of the Hair Depot, Skin and Salon Therapy Consultant with Rodan and Fields: JenniferWright.MyRandF.com

Local Businesses

Animal Care Services

Animal Care Center, 4385 Hwy 17 S., 636-5040
Animal Hospital of New Bern, 729 Professional Dr., 649-1520
Bullock Small Animal Clinic, 2603 Trent Rd., 637-6161
🌿 [Craven Animal Hospital](#), 1003 Hwy 70 E., 637-4541
Emergency Vet Center Craven/Carteret, 1301 E. Main St.,
Havelock, 444-1399
Equine Express Vet Service, 3405 Trent Rd., 637-1838
Neuse Veterinary Clinic, 2819 Neuse Blvd., 637-7128
Ridgeway Animal Clinic, 1804 S. Glenburnie Rd., 633-1204

Antique Stores/Flea Markets

Andrea's Attic Antiques, 2104 Trent Rd., 633-5656
Black Swan Flea Market, 1310 Broad St., 633-2600
JL Kirkman's Antique Mall, 1198 Hwy 17 N., 634-2745
Martha's Favorite Things, 6241 Hwy 70 E., 637-8030
Middle St Antiques/Flea Market, 221 Middle St., 633-4876
New Berne Antiques and Collectibles Mall, 1000 Greenleaf
Cemetery Rd., 637-0206
Peddler's Depot, 2302 Trent Rd., 637-7001
🌿 [Poor Charlie's Flea Market & Antiques](#), 208 Hancock St.,
638-2798
Tom's Coins and Antiques, 224 Middle St., 633-0615

Boutiques and Gift Shops

Bear Essentials, 309 Middle St., 637-6663
Bern Bear Gifts Inc, 301 Pollock St., 637-2300
The Black Cat Shoppe, 246 Middle St., 635-1410
The Boathouse, 220 Middle St., 633-5501
🌿 [Carolina Creations](#), 317 Pollock St., 633-4369
Etched in Time, 309 Middle St., 633-3834
The Holiday House, 223 Middle St., 229-9102
Jan's Hallmark, New Bern Mall, 638-1585
🌿 [Mitchell Hardware](#), 215 Craven St., 638-4261
Nauti Paws Pet Boutique, 208 Middle St., 637-0247
🌿 [The Pepsi Store](#), 256 Middle St., 636-5898

Clothing

🌿 [A. Jena's Upscale Crochet](#), 571-3567
Ann Lynn's, 4146 Hwy 17 S, 638-3897
Belk Dept. Store, New Bern Mall, 633-1136
Cato, 3011 Dr MLK Jr Blvd., 633-6214
City Trends, 1707 Red Robin Ln., 633-3756
🌿 [Four C's](#), 252 Middle St., 636-3285
JaqJill, 236-A Middle St., 649-1856
JC Penney's, New Bern Mall, 633-3925
JoS. A. Bank, 2067 S. Glenburnie Rd., 635-1014
Juliette's Boutique, 236 Middle St., 514-9800
One World Shoppe, 228 Middle St., 633-3929
Peacock's Plume, 218 S Front St., 633-1043
South Front, 225 S. Front St., 633-0244
Surf, Wind, and Fire, 230 Middle St., 288-5823
Taylor'd To You Boutique, 206 Craven St., 633-7883
Today's Fashion, 1204-D S Glenburnie Rd., 635-1792
Twice as Nice Consignment and Upscale Boutique,
224 Craven St., 633-4432
Uniforms PRN, 2877 Trent Rd., 635-9975
VashTi Fine Apparel, 218 Middle St., 514-6720

Florists

Lou's Florist Ltd, 233 Middle St., 636-3484
Greenleaf Park Florist, 4110 Hwy 17 S., 638-5156
Michael's of New Bern, 800-553-6741
Occasions to Celebrate, 3910 Dr MLK Jr Blvd., 637-9100
Odham's Flower Shop, 1207 Simmons St., 638-1374
Unique's Florist & Gift Shop, 2907C Trent Rd., 636-5161

Other Selected Businesses

21st Century Computers, 633-5825
A-1 Fire & Safety Company, 1915 S. Glenburnie Rd., 635-6768
A Family Matters Cleaning Service, 259-7827
🌿 [Amici Salon and Spa](#), 112 Market St., 635-6900
Askew's Ace Hardware, 3938 US Hwy 70E, 638-2231
B & J Seafood, 1101 Hwy 70 E., 637-0483
BA's Alterations, 3274 Wellons Blvd., 634-1666
Black Owl Guitars, 649-5455
Branch's Furniture, 309 Pollock St., 638-5171
Bynum's Drug Store, 240 Middle St., 637-3123
🌿 [C. Foy Tonsorial Parlor](#), 2609 Trent Rd., 514-2345
CleanGreen Laundry, 3625 Dr MLK Jr. Blvd., 633-5055
Craven Physical Therapy and Spine, 2111 Neuse Blvd., 637-5001
Cravin' Wine, 1706-A Hwy 70E, 514-2675
E & J Automotive (Towing), 103 Wanda Ave., 638-8226
East Carolina Sailing, 101 Howell Rd., 557-9783
Edible Arrangements, 3313 Dr MLK Jr. Blvd., 638-5009
Frank Dini Lamp and Shades, 309 Middle St., 808-7970
Fraser's Wine and Cheese, 210 Middle St., 634-2580
Fuller's Music Store, 2210 Trent Rd., 638-2811
Galley Stores and Marina, 300 E Front St., 633-4648
Garris Evans Lumber, 425 Garner Rd., 672-8760
Grillman Grills, 5080 Hwy 70 E., 638-8316
Goodwill Donation Center/Store, 560 McCarthy Blvd., 635-4846
Habitat for Humanity ReStore, 930 Pollock St., 633-5512
🌿 [The Hair Depot](#), 2609 Trent Rd., 514-2345
Helping Hands Boutique, 2715 Hwy 70E, 633-6305
Henry and Shorties, 3809 Dr MLK Jr. Blvd., 635-6500
LCA Productions and Advertising, 1916 S. Glenburnie Rd.,
636-5860
Lucky Street Tattoo, 1201 Hwy 70E, 636-0333
Midtown Olive Oil, 215 Middle St., 637-0333
New Bern Mall, 3132 Dr MLK Jr. Blvd., 633-2800
New Bern Sporting Goods, 3721 Trent Rd., 638-1136
The Next Chapter Book Store, 320 S. Front St., 633-5774
🌿 [Pinecone Home and Garden](#), 4136 Dr MLK Jr Blvd., 636-3437
The Reactive Voice, 649-1697
Realo Drug and Home Supplies, 1301 Commerce Dr., 636-1711
Salvation Army Family Store, 310 Queen St., 633-3921
Snap Dragon Way Cool Toys, 214 Middle St., 514-6770
Southern Boundaries Land Surveying, 408 Guion Street, 633-
2771
🌿 [TLC Pet Sitting Services](#), New Bern, 259-7827
Tryon Palace Seafood, 520 S. Front St., 638-2280
🌿 [UPS Store of New Bern](#), 1822 S. Glenburnie Rd., 637-7500
Village Butcher Market, 3515 Trent Rd., 637-6695
White's Opticians, 3515 Trent Rd., 638-2510
Williams Farm and Garden Center, 1309 Old Cherry Point Rd.,
638-1983
X-Team Termite and Pest Control, 2607 Old Cherry Point Rd.,
634-1779

Calendar of Events: July

8th: [Listening Session for Families with Children with Autism Spectrum Disorder](#), 5:30pm at the West New Bern Recreation Center. Call 919-850-2901.

9th: [Concert Benefit with Stephen Jenkins in Memory of Martha Hall Jenkins](#), 7:00pm – 9:00pm in the Isaac Taylor Garden. Call 252-638-2577.

10th: [ArtWalk throughout Downtown New Bern](#), 5:00pm – 8:00pm, presented by the Craven Arts Council at the Bank of the Arts. 252-638-2577.

10th: [ArtCrawl presented by the Community Artist Will](#), 5:00pm – 8:00pm at the Isaac Taylor House and Gardens and various locations in Downtown New Bern. Call 252-649-1712.

10th: [Concert Benefit with Stephen Jenkins in Memory of Martha Hall Jenkins](#), 5:00pm – 7:00pm at the Red Shoe Gallery in Artisan Square. Call 252-638-2577.

10th: [Movie at the Park](#), 8:30pm at Union Point Park. Presented by Two Rivers Church and the City of New Bern Parks and Recreation. Call 252-633-2830.

10th – 12th: [The Outsiders](#), Fri – Sat: 7:30pm; Sun: 2:00pm at the New Bern Civic Theatre. Call 252-634-9057.

11th: [Korn 'N Kountry Day](#), 8:00am – 2:00pm at the New Bern Farmers Market. Call 252-633-0043.

11th: [Tryon's Explorers: Palace Fashions](#), 10:00am, Palace Grounds, meet at ticket desk in Mattocks Hall. Call 252-639-3500.

11th: [Coastal Women's Shelter and Promise Place Zumbathon](#), 10:00am – 12:00pm at the Rivertowne Ballroom. Call 252-638-4509.

11th: [Picturing the Great War: Modern Art and the Combat Zone](#), 2:00pm, Cullman Performance Hall, North Carolina History Center. Call 252-639-3500.

15th – 16th: [Talkin' Tar Heel: Exploring the History & Diversity of North Carolina](#), 10:00am – 3:30pm, Tryon Palace and the North Carolina History Center. Call 252-639-3500.

17th: [Lunch and Learn – Francisco de Miranda's Journey to America](#), 12:00pm, Debnam-Hunt Board Room, North Carolina History Center. Call 252-639-3500.

17th – 18th: [Ice Skating in the Park](#), 10:00am – 6:00pm at Kidsville Playground, 1225 Pine Tree Dr. Presented by City of New Bern Parks and Recreation and Religious Community Services (RCS). Call 252-633-2767.

17th: [Rockin' on the Rivers with Nantucket](#), 5:00pm at the New Bern Farmers Market. Call 252-637-3111.

17th – 18th: [World War I Weekend](#), 9:00am – 5:00pm, North Carolina History Center. Call 252-639-3500.

17th – 19th: [The Outsiders](#), Fri – Sat: 7:30pm; Sun: 2:00pm at the New Bern Civic Theatre. Call 252-634-9057.

18th: [New Bern Farmers Market](#) open: 8:00am – 2:00pm. Call 252-633-0043.

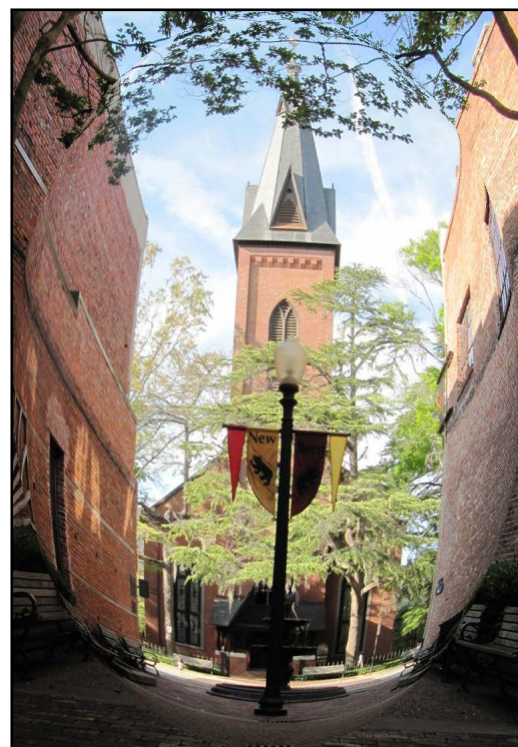
18th: [The United States Life-Saving Service and the SS Mirlo](#), 1:00pm, Cullman Performance Hall, North Carolina History Center. Call 252-639-3500.

20th: [Garden Tour](#), 5:30pm, Craven Ag Building, 300 Industrial Dr. Presented by the NC Cooperative Extension – Craven County Center. Call 252-633-1477.

20th: [Movie at the Park](#), 8:30pm at Union Point Park. Presented by Two Rivers Church and the City of New Bern Parks and Recreation. Call 252-633-2830.

24th: [5th Annual Jeff Miller Concert inspired by Phil Keaggy](#), 7:30pm at the Trent River Coffee Company. Call 252-639-1644.

July 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Calendar of Events: July - August

24th – 25th: [Bernaroo Music and Arts Festival](#) in the Isaac Taylor Gardens. Call 919-987-5636.

24th – 26th: [Jesus Christ Superstar](#), Fri – Sat: 8:00pm; Sun: 3:00pm, Masonic Theatre. Presented by The Rivertowne Players. Call 252-638-2577.

25th: [New Bern Farmers Market](#) open: 8:00am – 2:00pm. Call 252-633-0043.

25th: [Christmas in July: Children's Miracle Network Vendor and Craft Show](#), 9:00am – 2:00pm at the Havelock Tourist and Event Center. 252-444-4348.

25th: [Injured Soldiers, Wounded Societies: Health Care in WWI](#), 2:00pm, Cullman Performance Hall, North Carolina History Center. Call 252-639-3500.

31st: [North Carolina Coastal Federation Pelican Awards](#), 5:30pm at the North Carolina History Center. Call 252-393-8185.

31st – Aug 2nd: [Jesus Christ Superstar](#), Fri – Sat: 8:00pm; Sun: 3:00pm, Masonic Theatre. Presented by The Rivertowne Players. Call 252-638-2577.

August

1st – 31st: [No Child Wet Behind – Tryon Civitan's Diaper Drive](#), Drop off location is The UPS Store of New Bern. For details call 252-288-6983.

2nd: [National Night Out throughout New Bern](#). Call 252-672-4295.

7th – 9th: [In the Heights](#), Fri – Sat: 7:30pm; Sun: 2:00pm at the New Bern Civic Theatre. Call 252-633-0567.

7th – 8th: [Jesus Christ Superstar](#), Fri – Sat: 8:00pm; Sun: 3:00pm, Masonic Theatre. Presented by The Rivertowne Players. Call 252-638-2577.

8th: [Tryon's Tots: Life is a Garden](#), 10:00am, Palace Grounds, meet at ticket desk in Mattocks Hall. Call 252-639-3500.

8th: [Race, Rights, and the Great War](#), 2:00pm, Cullman Performance Hall, North Carolina History Center. Call 252-639-3500.

8th: [Military Appreciation Art Walk](#), 4:00pm – 7:00pm at the Havelock Tourist and Event Center. Call 252-444-4348.

14th: [ArtWalk throughout Downtown New Bern](#), 5:00pm – 8:00pm, presented by the Craven Arts Council at the Bank of the Arts. 252-638-2577.

14th: [ArtCrawl presented by the Community Artist Will](#), 5:00pm – 8:00pm at the Isaac Taylor House and Gardens and various locations in Downtown New Bern. Call 252-649-1712.

14th: [YPG River Jam with The Embers featuring Craig Woolard](#), 5:00pm at the New Bern Farmers Market. Call 252-637-3111.

14th: [Susan Walk Book Signing: "A Doormat No More"](#), 5:00pm – 8:00pm at Next Chapter Book Store. Benefiting the Coastal Women's Shelter and Promise Place. Call 252-638-4509.

14th: [Movie at the Park](#), 8:30pm at Union Point Park. Presented by Two Rivers Church and the City of New Bern Parks and Recreation. Call 252-633-2830.

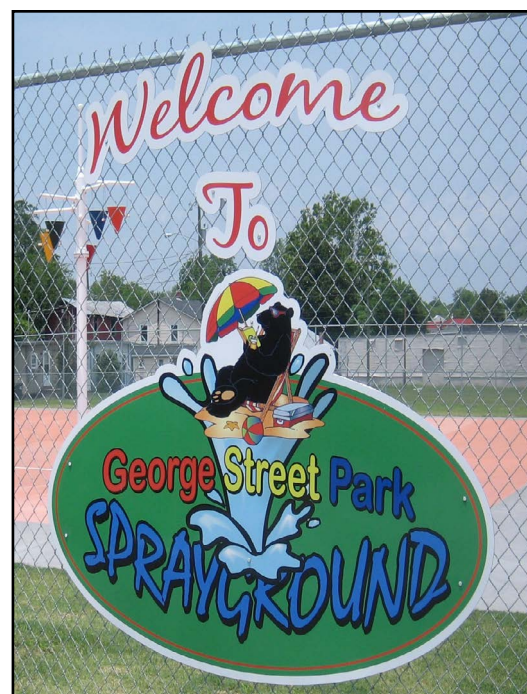
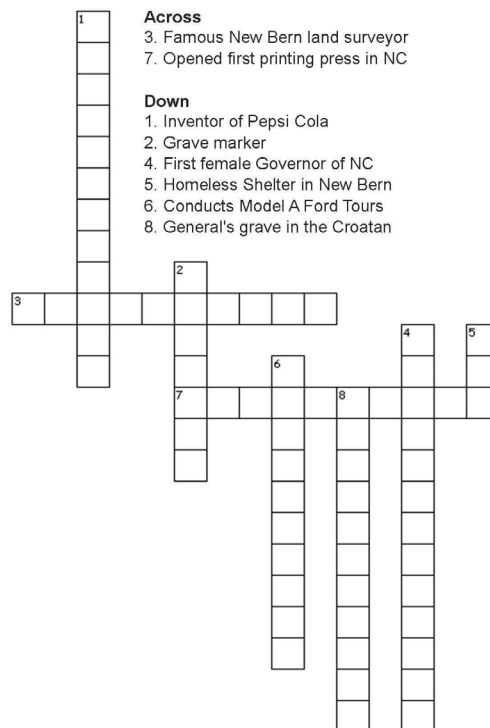
14th – 16th: [In the Heights](#), Fri – Sat: 7:30pm; Sun: 2:00pm at the New Bern Civic Theatre. Call 252-633-0567.

15th: [MCAS Cherry Point Kids and Adult Triathlons](#), 7:00am at the Hancock Pool. Call 252-617-0798.

15th: [4th Annual Colonial Cup SUP](#), 9:00am. Call 252-617-0798.

August 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

How much do you know about New Bern?



Calendar of Events: August - September

15th: [Children's Horticulture Workshop](#), 10:00am – 12:00pm, Craven Ag Building, 300 Industrial Dr. Presented by the NC Cooperative Extension – Craven County Center. Call 252-633-1477.

15th – 16th: [Civil War Living History Weekend](#), 10:00am – 2:00pm, New Bern Academy Museum, Tryon Palace. Call 252-639-3500.

17th: [Garden Tour](#), 5:30pm, Craven Ag Building, 300 Industrial Dr. Presented by the NC Cooperative Extension – Craven County Center. Call 252-633-1477.

21st: [Lunch and Learn – Yellow Fever](#), 12:00pm, Debnam-Hunt Board Room, North Carolina History Center. Call 252-639-3500.

22nd: [New Bern Area Chamber of Commerce Business Expo](#), 10:00am – 5:00pm, New Bern Riverfront Convention Center. Call 252-637-3111.

22nd: [The German Defeat](#), 2:00pm, Cullman Performance Hall, North Carolina History Center. Call 252-639-3500.

September

5th: [Stanly-Spaight Duel](#), 4:00pm, Tryon Palace South Lawn. Call 252-639-3500.

8th: [Carolina Chamber Music Festival: Classic Lunch](#), 12:00pm at the Bank of the Arts. Call 252-626-5419.

10th: [Carolina Chamber Music Festival: England After Work](#), 6:00pm at the Bank of the Arts. Call 252-626-5419.

11th: [ArtWalk throughout Downtown New Bern](#), 5:00pm – 8:00pm, presented by the Craven Arts Council at the Bank of the Arts. 252-638-2577.

11th: [ArtCrawl presented by the Community Artist Will](#), 5:00pm – 8:00pm at the Isaac Taylor House and Gardens and various locations in Downtown New Bern. Call 252-649-1712.

11th: [Spooky Handy in Concert](#), 7:30pm at the Trent River Coffee Company. Presented by the Down East FolkArts Society. Call 252-646-4657.

11th – 13th: [A Few Good Men](#), Fri – Sat: 7:30pm; Sun: 2:00pm at the New Bern Civic Theatre. Call 252-633-0567.

12th: [Tryon's Explorers: Life is a Garden](#), 10:00am, Palace Grounds, meet at ticket desk in Mattocks Hall. Call 252-639-3500.

12th: [Carolina Chamber Music Festival: Bach and Beyond](#), 6:30pm at Christ Episcopal Church. Call 252-626-5419.

12th – 13th: [Bike MS: Historic New Bern](#), 8:00am at Union Point Park. 919-792-1016.

18th: [Governor's Challenge Cornhole Tournament](#), 10:00am – 5:00pm, Tryon Palace South Lawn. Call 252-639-3500.

18th: [Lunch and Learn — A Visit with the Dixons](#), 12:00pm, Debnam-Hunt Board Room, North Carolina History Center. Call 252-639-3500.

18th – 20th: [A Few Good Men](#), Fri – Sat: 7:30pm; Sun: 2:00pm at the New Bern Civic Theatre. Call 252-633-0567.

19th: [Craig Brake Memorial Colors 4 Cancer 5K](#), 8:00am at Carolina Colours. 252-633-4673.

19th: [Shrubs & Heritage Plants for an Eastern NC Garden](#), 10:00am – 12:00pm, Tryon Palace Waystation. Presented by the NC Cooperative Extension – Craven County Center. Call 252-633-1477.

September 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Calendar of Events: September (Continued)

19th: [Sixth Heritage Festival](#), 10:00am – 4:00pm, Parade starts at 10:00m on Jones St. and festivities continue at the Jones County Civic Center. Call 252-448-9621.

19th: [Fall Festival](#), 10:00am – 5:00pm, Tryon Palace, North Carolina History Center. Call 252-639-3500.

21st: [Garden Tour](#), 5:30pm, Craven Ag Building, 300 Industrial Dr. Presented by the NC Cooperative Extension – Craven County Center. Call 252-633-1477.

25th: [Night To Remember: 30th Anniversary Bash](#), 6:30pm at The Flame Restaurant and Banquet Center. Presented by the Coastal Women's Shelter. Call 252-638-4509.

26th: [MCAS Cherry Point Duathlon and Duathlon Relay](#), 7:00am at the Hancock Pool, Havelock.

26th: [Kitchens of New Bern Tour](#), 10:00am – 4:00pm, benefiting the Food Bank of Central and Eastern North Carolina. Call 252-637-2813.

26th: [Tryon Palace Teacher's Day](#), 10:00am – 5:00pm, Call 252-639-3500.

27th: [New Bern CROP Hunger Walk](#). Call 1-888-297-2767.

September 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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Community Journal

During our Podcasts, we learned:

What is Partners In Education? It's the local Education Foundation for Craven County Schools. We were founded in 1988 and the board of directors is comprised of business professionals, community leaders, educators, and individuals who believe in a strong educational system. The mission of PIE is to enhance the quality of education for all Craven County School students by encouraging community support for programs of excellence. Partners works independently of, but is aligned with Craven County Schools and its goals. Find out more by calling Darlene Brown, Executive Director of PIE at 252-514-6321 or visit: CravenPartners.com.

Todd Anke, owner of [Reliable Prosthetics and Orthotics](#). Based on prescriptions from Doctors, we fill durable medical equipment needs that align and shape and help support the body. Whether it's inserts for shoes, ankle, knee, back, shoulder, elbow, wrist or neck braces. They also make and fabricate artificial limbs, below knee and above knee as well as upper extremity. Everything is made on site in New Bern. We also have a satellite site in Jacksonville where we're able to better service our Marines and military personnel. We're Veterans Affairs contracted so we provide services for all VA patients as well as TRICARE, Medicare, Medicaid, Blue Cross/Blue Shield, and an array of other insurers. For more information, call 252-638-8989 or visit them at 1505 S. Glenburnie Rd.

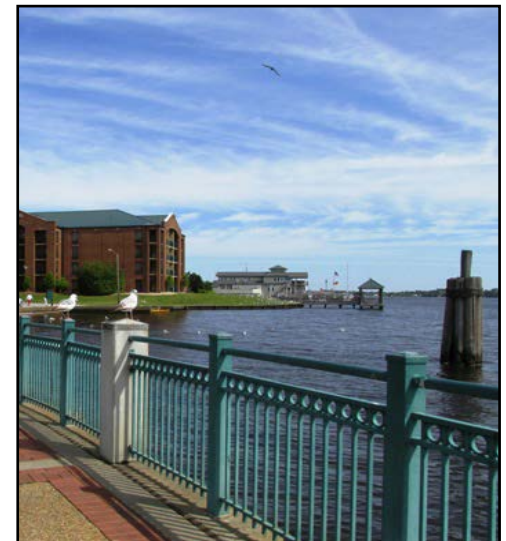
Opening Entrepreneur Center on Broad Street: Cindy Blot, Community and Economic Development Manager for the [City of New Bern](#), has worked really hard with Craven County Economic Developer, Timothy Downs and others to get this new center open. It's called THE CUBE, which is short for The Entrepreneur Center of Craven County. And it's really going to be an exciting place because it's great for people who are micro-businesses...who want to be small businesses, to get their start and to have the ability to have a real office with conference rooms and other amenities. If you're working in your home; it's not always easy. So it's great to have a real place where you can go and do business and meet with clients or potential clients. Also, Cindy has been telling us that it's going to be a place where you can do brainstorming with other people who will be connected with the facility. You may have somebody who is doing marketing or somebody who's doing finance. So as a micro-business person who's just getting started, you'll have these brains to tap into and to work with.

– [Jane Maulucci, The Reactive Voice](#)

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Community Journal

Explore what's happening in surrounding Counties!

The N.C. Coastal Federation will once again offer Kayak and Yoga trips to Jones Island with Second Wind Eco Tours. The paddle will start from the Cedar Point Wildlife Landing in the Croatan National Forest and cross the waters of the White Oak River to Jones Island. You'll learn about the living shoreline and oyster habitat restoration projects there, and will be able to relax under the shade of giant oak trees during a gentle yoga session. Afterwards, you'll have the opportunity to enjoy a swim from the beach. This year, trips are scheduled for August 8 from 9 am to 12 pm. The price with a kayak rental is: \$35 for federation members; \$45 for nonmembers. If you bring your own kayak the price is: \$20 for federation members; \$30 for nonmembers. Learn more visit nccoast.org. To register please call Second Wind Eco Tours at 910-325-3600.

Jones County will host its [Sixth Annual Heritage Festival](#) on Saturday, September 19 from 10am till 4pm. Festivities will begin with a parade on Jones Street and events at the Jones County Civic Center and including a car/tractor show, heritage skills such as looping tobacco, heritage crafts, entertainment, interviews of seasoned Jones County citizens (80+ years young), children's heritage area and local food vendors. Special events include helicopter rides, chainsaw sculpture and an exhibition by the Precision Motorcycle Drill Team. Come out and enjoy a family fun-filled day of celebrating Jones County's heritage. For more information or to become a vendor, contact Ivy Reid with Jones County Cooperative Extension at 252-448-9621.

Looking for a Day Trip?

Jimmy Weinert Training Facility, 6502 Hwy 58, Maysville, 845-313-6590; Cliffs of the Neuse State Park, 240 Park Entrance Rd., Seven Springs, 919-778-6234; Hang'n Tree Ranch Bucking Bulls, 721 Dry Monia Rd, Tuscarora, 252-723-7998; The Aurora Fossil Museum at 400 Main St., Aurora, 252-322-4238; The History Place, 1008 Arendell St., Morehead City, 252-247-7533; NC Maritime Museum, 315 Front St., Beaufort, 252-728-7317; NC Aquarium at Pine Knoll Shores, 1 Roosevelt Blvd., 252-247-4003; Hungry Town Tours, 400 Front St., Beaufort, 252-648-1011; and the Rachel Carson Reserve, Carrot Island, Town Marsh, Bird Shoal, Horse Island, Beaufort, 252-838-0883, and Lookout Adventures for a Cape Lookout experience, 252-515-0356.

Visit the [Town Dock](#): Community website for Oriental and the [County Compass](#) for Pamlico County to find out the latest happenings.

Business Tip: The way that you present your company on your website, in your ads, and any marketing materials is key to building your business. You really want to make sure that you have a clear message. So that you're encouraging people to come to see you or you're scaring them about what they're missing out on. You need to get their attention to get them to make that call to talk to you and start using your services or buying your products. - [Jane Maulucci](#), [The Reactive Voice](#)



Are you looking for something interesting and fun for the whole family? Consider having a Gemmin' Party. If you don't have time for a trip to the Mountains, you can order a box of raw material (dirt or stones) with rough gemstones online. It's fun for all ages! If you've never sluiced for gemstones, it's never too late to start. We've ordered a mix of rocks and gems from Spruce Mountain Gem Mine. Fill a small kiddie pool with water and dump the material in the pool. Use your hands or a colander to sift out the precious/semi-precious gems. You may discover emeralds, rubies, sapphires, quartz, citrine, jasper, amethyst, tigers eye, etc... you may even find some NC gold!

"No Child Wet Behind" is Tryon Civitan Club's Diaper Drive. For the month of August, The Tryon Civitan Club is collecting disposable diapers as part of its No Child Wet Behind project to benefit Coastal Women's Shelter and Religious Community Services. You can drop off your diaper donation at The UPS Store, 1822 South Glenburnie Road (across the street from the main post office). The UPS Store is open Monday - Friday 8am to 6pm and Saturday 8am to 4pm. For more information contact Janet or Ralph Routier at 252-288-6983 or 602-463-7209. - Pat Drake, [Tryon Civitan Club](#) and Co-owner of the UPS Store of New Bern

Join in the fun of Jonkonnu every Tuesday at 1pm through August 11 at [Tryon Palace](#) with free Jonkonnu workshops. Whether it is singing, dancing, drumming, or playing different instruments used in Jonkonnu, each week's workshop will cover something different. - Craig Ramey, Marketing and Communications Manager for Tryon Palace

Visit the New Bern Farmers Market! They're open on Tuesdays from 10am - 2pm and Saturdays from 8am - 2pm. Enjoy Homegrown Vegetables in Season, Local Farm Raised Meats, Fresh Local Seafood and Honey, Handcrafted Woodwork, and Original Art and Jewelry. Find out more here: NewBernFarmersMarket.org.

Community Journal

Welcome New Businesses and Non-profits

Beer Army Burger Company, 313 Pollock St., 252-288-5814; Bear City Fudge Company under new ownership, 236C Middle St., 252-636-1360; Volumptuous Bodies Boutique, 1038-A Broad St., 252-229-9896; Creative Cakes by Tricia, 252-658-0333, New Generation Barbers, 252-474-9398; Play Date of New Bern, 1910 S. Glenburnie Rd., 252-633-5557; CrossFit Burn, 120 Market St., 781-727-9390; Down East Dance Company moved to 2201 Trent Blvd., 252-633-9622; Ship Shape Cleaning Service, 252-240-9712; Isaac Taylor House and Garden opened the Gallery Caffè, 228 Craven St., 252-626-7673; Craven AG Service - Portable Toilet Rentals, 252-633-5334; Anne Griggs Productions, 5003 Trent Woods Dr., 252-670-1651; A Fun Little Photo Booth, 850-748-9579; Blue Envelope Designs - Interior Designer and Special Events Decorator, 252-670-6188; Integrative Healing Veterinary Clinic & Mobile Services, 252-671-4883; and Amici Salon and Spa, 112 Market St., 252-635-9000

New Bern Chamber of Commerce - New Businesses:

Glamour Gods Hair Studio, 902 Old Cherry Point Rd., 252-288-1440; Taberna Country Club, 401 Taberna Way, 252-634-1600; New Bern Web Design, 252-349-0270; Brookdale New Bern, 1336 S. Glenburnie Rd., 252-638-6660; HCH Enterprises, LLC, 252-288-4369; Jimmy John's, 1809 S. Glenburnie Rd., 252-638-0177; Askew's Ace Hardware, Inc., 3938 US Hwy 70E, 252-638-ACE1; Glass Doctor of New Bern, 2711 Neuse Blvd., 252-288-3707; Taylor'd To You Boutique, 206 Craven St., 252-217-2809; John Ziegler Service, 2810 Old Cherry Point Rd., 252-571-9809; Fairfield Harbour Cooperative Business Council, 902 Coral Reef Dr., 252-638-8011; The Courtyards at Berne Village, 2701 Amhurst Blvd., 252-633-1779; BullsEye Advertising, 101 VFW Rd. - Suite 2F, Cedar Point, 910-389-1348; Galley Stores, LLC, 300 East Front St., 252-633-4648; P-Inc., Bath, 252-944-8803; Healthy Nation, 360-521-6709; Sound Fitness, 610 Old Airport Rd., 252-639-2582; Firehouse Subs, 3123 Dr. ML King Jr. Blvd., 252-636-3473; BA's Alterations, 3274 Wellons Blvd., 252-634-1666; SportsNation of New Bern, 2108 Old Cherry Point Rd., 252-288-2538; and The Law Office of Elizabeth A. Wood, 242 Middle St., 252-631-6082.

Havelock Chamber of Commerce - New Businesses:

BigFish FM 92.7 WNBK, 224 South Front St., 252-636-3333; Havelock Touch Down Club, 102 Parkway, 252-571-0925; HES, Inc., 1105 West Third St., Washington, 252-946-9712; Kona Ice of the Crystal Coast, LLC, 5043A Mattie St., Morehead City, 252-515-6108; Lick This! 318 Westbrooke Plaza, 252-665-2770; Nadia Ybarra Moore, LMBT, Shear Elegance (IC), 306 US Hwy 70, 863-272-8891; Paws and Affection Pet Grooming, 304 Hwy 70 W, email: pawsandaffection@yahoo.com; Salvation Army Family Store, 1228 E Main St., 252-637-2277; Truly Blessed Thrift Shop, 288 US Hwy 70 W, Ste 104, 252-733-0800; Fast Fone Repair, 505 E. Main St., 252-652-7224; Morehead City Marlins, 508-D Evans St., Morehead City, 252-269-9767; and Grillman Grills, 5080 Hwy 70 E., New Bern, 252-638-8316; and Pinay's Lumpia Food Express, 324 Hwy 70W, 252-444-1958.

Community Radio Segments and Podcasts

Here's some of the many "community segments" by Laura Johnson that have aired on New Bern's News Talk Station WNOS 97.1FM and 1450AM:

[Third Annual Great Glow Run for Easter Seals UCP](#); [Driving out Domestic Violence Golf Tournament](#); ["Women at West Point" Historical Society's Lunch and Learn](#); [Pounding the Pavement for Paws 5 K Race](#); [Help us give "CPR" to "RCS"](#); and [New Bern Couple doubles up with their talents by publishing their books at the same time](#) are only some of many of the audios from last quarter.

We've expanded our reach with **Living in New Bern Now and Beyond's Podcast Station:** newbernnow.libsyn.com! During these episodes, we will be sharing the latest information about our cozy and happening town of New Bern and Beyond. Beyond, meaning our travels throughout Eastern North Carolina.

The 20-30 minute shows are scheduled to publish on Monday, every other week and we will post mini-episodes (community segments) that will also air on New Bern's News Talk Radio Station WNOS 97.1FM and 1450AM. Stay tuned for future episodes as we'll talk about local happenings, entertainment, arts, history, outdoor life, healthy living, beauty, social media, non-profits, businesses and much more!

Listen to the past segments as they are chocked full of information that is relevant year round:

[9th Podcast Show](#); [10th Podcast Show](#); and [11th Podcast Show](#).

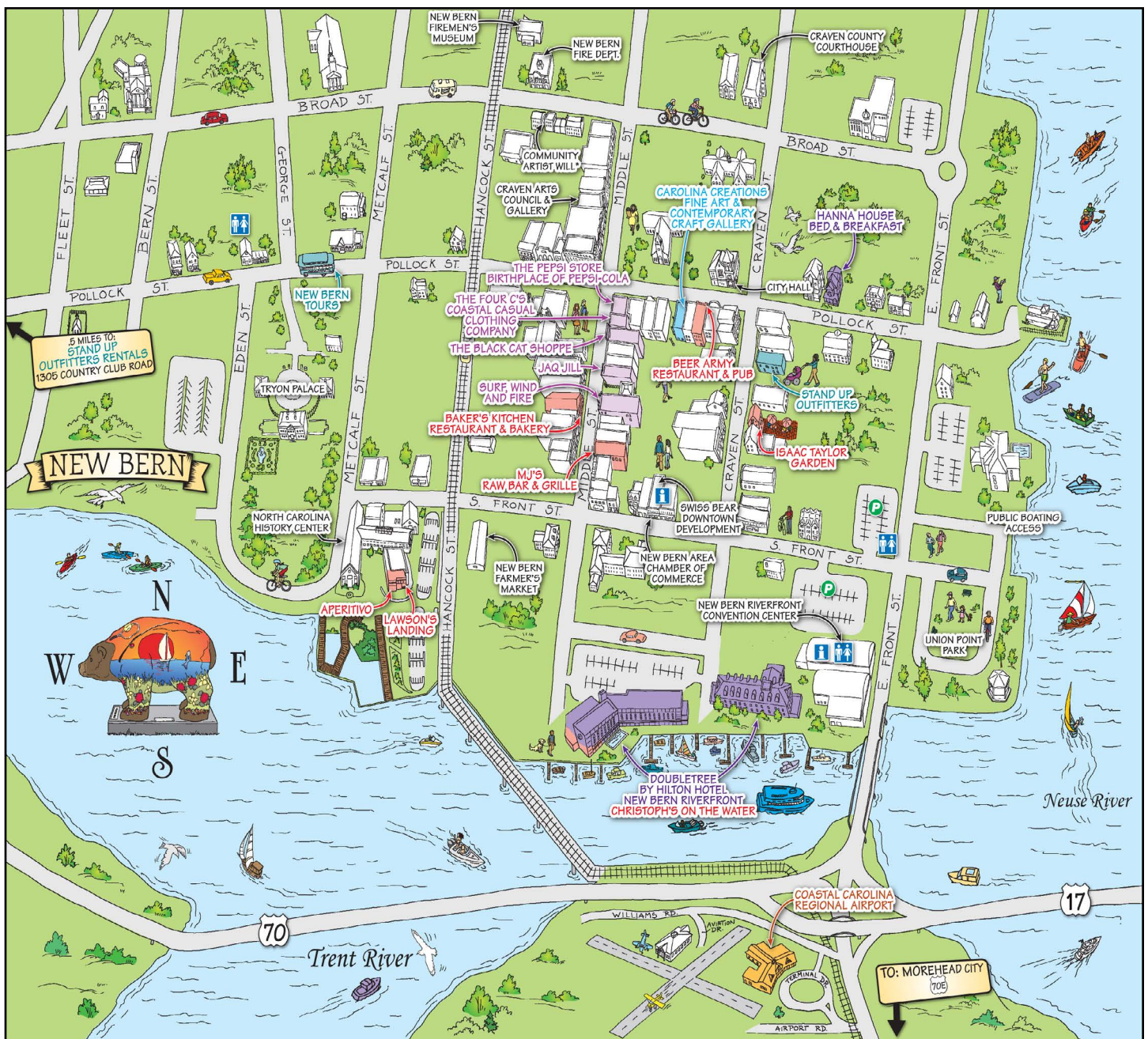
Please let us know if you have any comments, suggestions, or would like to set up an interview and spread the word about a special event or other interesting topic. We look forward to hearing from you!

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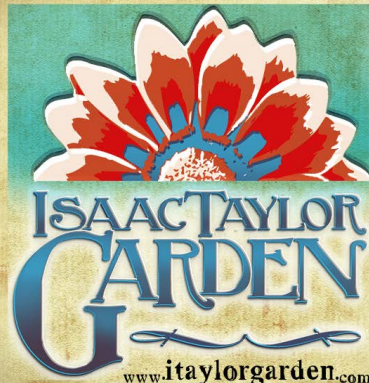
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