

Choral society announces concert dates

The Crystal Coast Choral Society has been hard at work since January preparing for its spring concert, "Spring Bouquet of Choral Singing."

In addition to weekly rehearsals at Swansboro United Methodist Church, the CCCS recently completed a silent auction with the help of Cape Carteret Aquatic & Wellness Center to raise funds to help offset costs associated with the choir, such as music purchase, advertising and guest performers.

As a nonprofit organization, CCCS depends on funding from the N.C. Arts Council, a division of the state Department of Natural and Cultural Resources, fundraising events, sponsorship and concert ticket sales to sustain itself.

CCCS also recently held a fundraiser at Panera Bread in Jacksonville as part of Panera's community outreach and support.

During that event, CCCS received a percentage of sales for any guest between 4 and 8



The Crystal Coast Choral Society practices during a recent rehearsal. The group has set the dates for the upcoming spring concert. They will be held Saturday-Sunday, April 6-7. (Contributed photo)

p.m. that mentioned they were there to support the CCCS.

Panera Bread in Morehead City will also sponsor a fundraiser Monday, March 11.

The spring concert dates and times are now finalized.

The performances are 7:30 p.m. Saturday, April 6 at Cape Carteret Presbyterian Church,

100 Yaupon Drive in Cape Carteret, and 3 p.m. Sunday, April 7 at First Christian Church, 124 Trott Road in Richlands.

Tickets purchased in advance are \$10. They can be purchased from CCCS members and for the first time are now available online at crystalcoastchoralsociety.org.

Tickets purchased at the door will be \$12. Children 10 and under are free. Tickets for students over 10 years of age are \$5.

The Crystal Coast Choral Society is a non-audition community choir that strives to provide quality music to eastern North Carolina residents.

Rehearsals begin each fall after Labor Day for concerts held in December in Onslow and Carteret counties.

Spring semester rehearsals begin after the new year for concerts held in early spring in both counties.

New members are welcome at the beginning of each semester,

along with volunteers to help with concert activities, such as setting up and ushering guests/passing out programs.

For more information, contact the director, Finley Woolston, at 910-358-2997, email finley@ec.rr.com or visit the CCCS Facebook page or crystalcoastchoralsociety.org.

Carteret Local Food Network hosts series of cooking classes

Carteret Local Food Network recently hosted a "Healthy Cooking with Seasonal Foods" class.

The first of five classes was held Feb. 19. Barbara Chappetta, a licensed dietitian and CLFN advisory council member, taught new techniques and brought recipes for participants to try.

During the winter, there are not as many options for local, fresh foods from farmers, but class organizers were still able to use locally sourced food.

Chicken was sourced from Shenk Family Farm, root vegetables were provided by Willis Farm and the Swiss chard came from Coastal Community Market, which supports local farmers.

The recipes shared were Ms.

Chappetta's basic broth method, Moroccan chicken stew, white bean and chard soup and carrot ginger soup.

CLFN is offering four more cooking classes to share recipes and teach methods of cooking with fresh, local foods.

- 6-8 p.m. Tuesday, April 16, "Easter Dinner."
- 6-8 p.m. Thursday, June 20, "Garden Vegetables for Beginning Cooks."
- 6-8 p.m. Thursday, Sept. 19, to be announced.
- 6-8 p.m. Thursday, Nov. 14, to be announced.

Registration for each class can be completed online at carteretlocalfood.org/event/healthy-cooking/.

This opportunity is sponsored through a grant from the N.C. Community Foundation.



RIGHT: Barbara Chappetta explains basic steps for making broth Feb. 19 during Carteret Local Food Network's "Healthy Cooking with Seasonal Foods" class. FAR RIGHT: Soups that participants in the class made are ready to be eaten. (Contributed photos)



Nutrition Notes

Limit added sugar

BY SHELIA GARNER
CONTRIBUTOR

We all know too much sugar isn't good for us and that whole, unprocessed food is best. So does this mean raw sugar, usually brown in color, is better for us than traditional sugar that's white in color?

While raw sugar may be a bit more environmentally friendly, and some people prefer the taste, it is associated with the same negative health effects as any other sweetener.

All sugar is made by extracting juice from sugar beet or sugar cane plants, then cleaning, crystallizing and removing molasses. The final product may differ in crystal size or molasses content, but, chemically and nutritionally, all of these sugars are the same. When it comes to digestion and metabolism, your body can't tell the difference between raw sugar, white sugar and any other kind of sugar.

Where raw and white sugar differ is in processing and flavor. Producing white sugar takes more steps, and several chemicals like carbon dioxide, sulfur dioxide and calcium hydroxide, to absorb impurities and prevent browning.

Raw sugars like cane sugar, turbinado and demerara are less processed, and the molasses gives them a brown color and a richer taste.

Muscovado sugar, which is dark, sticky and good for barbecue sauce and marinade, is a minimally processed, unrefined cane sugar.

Dietary guidelines suggest we limit calories from any added sugar to no more than 10 percent each day. That is about 200 calories, or 12 teaspoons, for a 2,000 calorie diet.

Shelia Garner is a licensed dietitian nutritionist with an office, Nutrition Works, in Newport. Suggestions or questions may be emailed to nworks@earthlink.net.

Donut

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privacy. When the indoor facilities did not work, they had to use the backup latrine behind their quarters.

Unfortunately, it was a small one-holer with wood only part way up. A screen went the rest of the way up and it was easy to see who its present occupant was.

Add to the fact that a large oval track ran right by the latrine and was used by the troops every morning running their PT.

"Once when in attendance, trying to pretend that this was normal, a group came running by singing a military cadence, the only thing noticeable was the cadence words were addressed to the person in the

latrine," Mrs. Meadows said.

She also recalled other parts of her service time. Something could be said about the dating situation.

"We were in minority and with that came power. We almost could have our pick - married men were off limits. I dated very interesting men, both officers and enlisted," Mrs. Meadows said. "There was a doctor, a policeman and Argentinian who could speak five languages, a life guard from Brazil - they all became friends. They were men who wanted some time with a female companion.

"Later I was transferred to the 7th Division. This was a large base and distance from the Cav. I adjusted but really missed all that I had known at Cav. Several things happened to me at the 7th Division. I

went on a field serving to a flame thrower school," she continued.

"The men thought it would be great fun for me to qualify on the flame thrower. It was scary shooting that thing that breathed out fire at the other end, but I qualified and received a certificate.

"Later on in my tour, I also received notoriety for being placed in a tank that was being fired on in order for the men to get used to the sound. Christmas at the 7th Div. was spent here and it was an unusual one. We caroled for the general and put on music in the church. We ate Christmas dinner at remote places and we had parties for orphans.

"My last transfer was to ASCOM near Seoul. One of my regular runs was at K-6

in Taegu. We would go down there for a week and since it was a small base and we were the only two girls, we really had a lot of fun.

"One of our places to visit was a radio signal relay station high on a mountain. We could drive to the base camp but had to take a helicopter to get to Salem top-side. Many times I felt the copter would not make it and we would crash.

"I finished out my days in the Land of the Morning Calm. I carried my short-timers stick with pride. It meant I had joined the ranks of those who had experienced government coups, extremely cold weather in the winter. We had to know what it was like to be starved at all the time, to hear whispering when you walked by, to go into a snack bar and

have the place become absolutely quiet. It takes a while to get used to being and oddity.

"We also learned self-confidence, patriotism, a sense of doing something for someone else and most of all we made friendships that would last a lifetime.

"I am sorry the club mobile program is no longer needed. Men now serve side by side with women and they no longer need to be reminded of the women they left behind. What a privilege it was to serve with the Red Cross, to do something for my country, a little payback for being American. I am grateful for being a part of American military history," she said.

We all thank you Mrs. Meadows for your service and helping America be the country it is today.

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