

## June 14 Budget Hearing Slated

The proposed PKS budget for fiscal year 2005-06, which begins July 1, will be presented at the Board of Commissioners meeting at 2 p.m. Tuesday, May 10 at Town Hall. At the same time, Town Administrator Betty Carr will deliver her budget message outlining considerations that went into determining the budget proposals.

The proposed budget document is available for review at Town Hall, and a copy may also be reviewed at the library on Salter Path Road. A public hearing on the budget proposals will be held at 2 p.m. or shortly thereafter on Tuesday, June 14 prior to the June meeting of the Town officials. Note that the budget proposals envision neither an increase nor a decrease in the municipal tax rate, which stands at 18 cents per one hundred dollars of property valuation.

Consideration is being given to a proposal to increase the waste disposal fee from \$120 to \$140 per year. The current \$120 fee does not fully cover the actual cost of collection and the difference is being made up out of tax dollars.

## Strawberries Ripe for Picking

*Submitted by Ivy Reid, Family and Consumer Sciences Agent with Craven County Cooperative Extension.*

That's right, it's time for strawberries! North Carolina ranks fourth in the nation in strawberry production with approximately 1,800 acres of strawberries harvested each year. Most of the North Carolina strawberries are offered "direct from the farm" to the consumer. Pick-your-own farms are conveniently located across the state and offer extended hours of operation to better serve the public. If you are not interested in picking your own strawberries, most locations offer picked berries. Another local alternative is the farmers market where these wonderful springtime treats are often available from mid-April through the second week of June.

Across the state, approximately 10 per cent of the North Carolina crop is produced for the wholesale market. North Carolina strawberry shippers supply local grocery stores, restaurants, chain stores, and local and regional farmers markets.

**Nutritional Value:** Strawberries are high in Vitamin C and A, and supply 8 percent of the RDA for Iron. There are only 60 calories in a cup of fresh berries.

**Serving and Selecting:** When picking, be sure the cap remains on the strawberry by pinching the stem of the berry between the thumb and forefinger. This procedure will prevent damage to both the fruit and the strawberry plant. When selecting berries look for the ones that are firm, yet fully ripe. These are the best for all your needs - freezing, preserving, or eating just the way they are.

When storing in the refrigerator, do not remove the caps or wash the berries until you are ready to use them. When caps are removed before use, the berries

lose some of their moisture. Washing early tends to bruise them and the berries lose their freshness.

Arrange berries in a shallow container and keep at 35 degrees for best results. They will lose their flavor after a few days and are best when prepared and eaten in the same day.

When preparing (for whatever use) place the berries in a strainer and rinse with cool water. To remove the caps, give the caps a gentle twist or use the point of a sharp knife trying not to remove any of the berry.

### When measuring:

- 1 basket= 1 pint strawberries
- 1 pint= 3 1/4 cups whole berries
- 1 pint= 2 1/4 cups sliced berries
- 1 pint= 1 2/3 cups pureed berries
- 1 cup= about 4 ounces

1 pint= about 12 very large stemmed berries to about 36 smaller berries 20 oz. frozen berries= about 4 cups whole berries Although strawberry shortcake is a southern staple and pretty easy to prepare, you might want to try a new recipe like the one below.

### STRAWBERRY SUNDAE SALAD

1 pint strawberries, rinsed, hulled & sliced  
 1/2 cup fresh orange juice, divided  
 1 Tablespoon sugar  
 1 lb. (2 cups) low or no fat cottage cheese  
 1 teaspoon grated fresh orange peel  
 1/2 cup low fat granola cereal  
 Salad greens  
 Combine in electric blender container 1 cup sliced strawberries, 2 Tablespoons orange juice and sugar. Cover and process until pureed. Mix cottage cheese with remaining 2 Tablespoons orange juice, orange peel and granola cereal. Arrange salad greens on 4 individual serving plates, topping each with 1/2 cup cottage cheese mixture and remaining sliced strawberries. Serve with pureed strawberry sauce and sprinkle with additional granola cereal, if desired. Yield: 4 servings.

## Hospital Art Group Hears Decoy Carver



Dennis Del Mauro (right) chats about decoy carving with Frances Camorlinga and Bob Leibert.

Members of the Arts For The Hospital Committee at Carteret General came away from their quarterly meeting April 11 with a greater appreciation of the fine art of decoy carving following an interesting presentation by Dennis Del Mauro.

Del Mauro, whose 45-minute discussion and display of his work drew rousing applause, became interested in decoy carving in 1983 while stationed in Norfolk, VA. He served 27 years in the Marines, retiring in 1993 as a colonel after

two combat tours in Viet Nam and a variety of other assignments. He now produces decoys by commission and for sale at his Tidewater Gallery in Swansboro.

The Arts For The Hospital Committee (AFTHC) has for 25 years been responsible for display of works by local artists in a first floor hallway at Carteret General. The displays are changed monthly. Vernice Lyons of Salter Path is serving this year as coordinator for the hallway displays, and Janet Birkel and Barbara White of Pine Knoll Shores are serving on the nominating committee.

Dixie Leibert, AFTHC president, notes that the group welcomes participation by residents interested in art. She may be reached at 726-4369. The next AFTHC meeting is scheduled for July 11 at Carteret General.

## To All The Kids Who Survived the 1930's 40's, 50's, 60's and 70's !!

First, we survived being born to mothers who smoked and/or drank while they carried us. They took aspirin, ate blue cheese dressing and didn't get tested for diabetes. Then after that trauma, our baby cribs were covered with bright colored lead-based paints. We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking. As children, we would ride in cars with no seat belts or air bags. Riding in the back of a pick up on a warm day was always a special treat. We drank water from the garden hose and NOT from a bottle. We shared one soft drink with four friends, from one bottle and NO ONE actually died from this. We ate cupcakes, bread and butter and drank soda pop with sugar in it, but we weren't overweight because WE WERE ALWAYS OUTSIDE PLAYING! We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. And we were O. K. We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we

learned to solve the problem. We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 99 channels on cable, no video tape movies, no surround sound, no cell phones, no personal computers, no Internet or Internet chat rooms.....

WE HAD FRIENDS and we went outside and found them! We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents. We made up games with sticks and tennis balls and ate worms and although we were told it would happen, we did not put out very many eyes, nor did the worms live in us forever. We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them! Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!! The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! This generation has produced some of the best risk-takers, problem solvers and inventors ever! The past 50 years have been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL!