

# BHA Event

## Volunteer Training

Volunteer opportunities are available at the Beaufort Historic Site. With plenty of ways to get involved, it is a great way to be a part of the community. If you are interested in sharing your much-needed skills, plan to attend the annual Volunteer Training program on Thursday, March 9, from 9 a.m. to 4 p.m., at the Beaufort Historic Site, 130 Turner Street in Beaufort.

The one-day training program offers an overview of every volunteer opportunity at the Beaufort Historical Association. From demonstrating a 19th century craft once a year, to helping with an enormous event like the Old Homes Tour, to volunteering in the Mattie King Davis Art Gallery, to giving tours of the Historic Site during the week, you would be a welcome addition to an ever-growing number of volunteers who assist with a wide variety of tasks. Due to limited space, those interested in participating are asked to register in advance and confirm the date and time by calling the Beaufort Historic Site at 728-5225, or stopping by the Welcome Center at the Historic Site.

## On the Grill

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have to be vigilant to keep closing down the vents to hold it steady at 225. You really do need a good digital instant read thermometer to gauge the doneness of the meat.

If you are a person who likes ribs sauced while cooking, there are plenty of recipes to try—the big restaurants in Texas do not share their recipes, but will, of course, sell you their sauce. If you don't have a favorite, check the internet for a Texas-style mopping sauce recipe. Watch how much sugar is in the sauce as it will burn on your meat if the temperature gets too high. Also, mop more toward the end of your cooking time. In a pinch, you can take a thick sauce (such as Heinz), cut it down with beef stock and add a teaspoon of paprika, cumin, garlic powder and a few teaspoons of Worcestershire sauce. Hot sauce to taste can also be added to the mixture. Mop all around the meat, including the sides.

Once the ribs are cooked, add a side of baked beans or coleslaw (or both), and you will have a meal that will make you smile.

# The Country Club of the Crystal Coast

...where friends connect

By Bill Knecht

The Country Club of the Crystal Coast is excited to announce that on March 11 Martha (Marti) D. Peterson will be talking about her book *The Widow Spy* at a cocktail reception and dinner. Her book is an account of her experiences as a true Cold War spy in the 1970s in Moscow and one of the first women assigned by the CIA to work in that city.

Her story begins in Laos during the Vietnam War, where as a young bride she accompanied her CIA husband on an assignment. After the tragic death of her husband, who was in a helicopter shot down by the North Vietnamese, she embarked on a 30-year CIA career from Langley, Virginia, to Moscow, avoiding the relentless eye and terror of the KGB until one unfortunate day when she was arrested and incarcerated in the notorious Lubyanka Prison.

Find out how she was able to become a CIA officer in a male-dominated agency and survive a career where one wrong move could end in torture and even death. What she reveals in her book was never disclosed to the public until she wrote the book. Also, try to imagine what it must have been like when she told her two teenage children for the first time that she still was and had been a spy for 20 years. To find out how, when and where her story ends, come meet her and hear her speak.

This event is open to the public. Cocktails (cash bar) begin at 5 p.m., followed by dinner at 6, which concludes with Russian sharlotka for dessert. The book presentation immediately follows dinner. The cost for the evening and dinner is \$18.95 per person. For reservations, please call the club at 726-1034, ext. 17, by Wednesday, March 8. Approximately two years ago Ms. Peterson spoke to a full-capacity audience at the History Museum of Carteret County at an event sponsored by the Carteret Arts Forum, so make your reservations soon.

The club's first open house in 2017 for prospective new members is on March 10 from 5 to 6 p.m. Complimentary hors d'oeuvres and beverages are served. Bring a friend and come see what the club has to offer.

We are looking forward to seeing you at the club, *where friends connect*.

ENROLL  
TODAY



MEDICAL PARK  
PHARMACY & HOME MEDICAL

# SimpleMeds PROGRAM

We manage your medications so you can manage life.

## What is SimpleMeds?

Medical Park Pharmacy SimpleMeds Program is designed to simplify your life by helping to make taking your medicine less of a chore.

The SimpleMeds program is a perfect solution for you and your family to make sure your medications are taken exactly as they have been prescribed for you.

All your prescriptions are synchronized to be refilled on the same day of the month. We also offer free delivery!

If your medications change, our pharmacist will work with you to make the necessary changes to your program so that it continues to work smoothly.

## What are the benefits to you and your family?

1. Save time and money.
2. Peace of mind.
3. Requires only one trip to the pharmacy or get free delivery!
4. No need to call in prescription refills.
5. Build a better relationship with our pharmacists.
6. Taking your medications as prescribed will make you healthier.

it's easy.

it's convenient.

it's free.

Beaufort	Main Store	Morehead West	Newport
1513 Live Oak St. (in front of Ace Hardware)	301 Penny Lane (behind the hospital)	278 Hwy 24 (next to Wal-Mart)	129 Nine Foot Rd. (near Food Lion)
P (252) 504-2800 F (252) 504-2805	P (252) 726-0777 F (252) 726-6497	P (252) 726-0279 F (252) 726-0792	P (252) 223-3080 F (252) 223-3090

