

MILL GAZETTE

September 2007

Issue # 1

Columbia, NC 27925

SCUPPERNONG MILL HOUSE:
201 b main street
Columbia, NC 27925

TELEPHONE
252-276-9600

OWNER
GEORGE HAISLIP

The Scuppernong Mill House Gazette



~ ON THE BOARD WALK ~

Quote of the Month "Walk in the rain, jump in mud puddles, collect rocks, rainbows and roses, smell flowers, blow bubbles, stop along the way, build sandcastles, say hello to everyone, go barefoot, go on adventures, act silly, fly kites, have a merry heart, talk with animals, sing in the shower, read children's' books, take bubble baths, get new sneakers, hold hands and hug and kiss, dance, laugh and cry for the health of it, wonder and wander around, feel happy and precious and innocent, feel scared, feel sad, feel mad, give up worry and guilt and shame, say yes, say no, say the magic words, ask lots of questions, ride bicycles, draw and paint, see things differently, fall down and get up again, look at the sky, watch the sun rise and sun set, watch clouds and name their shapes, watch the moon and stars come out, trust the universe, stay up late, climb trees, daydream, do nothing and do it very well, learn new stuff, be excited about everything, be a clown, enjoy having a body, listen to music, find out how things work, make up new rules, tell stories, save the world, make

Scuppernong MILL HOUSE





Ingrid Lemme interviewing Kim Wheeler of the Red Wolf Coalition for the American Dreams Show



Cant beat that smile!; Shelby Bartley

friends with the other 'kids' on the block, and do anything else that brings more happiness, celebration, health, love, joy, creativity, pleasure, abundance, grace, self-esteem, courage, balance, spontaneity, passion, beauty, peace, relaxation, communication and life energy to...all living beings on this planet." - Bruce Williamson, It's Never Too Late To Have A Happy Childhood, 1987

Lady of the Month: Vi McAdams

Man of the Month: Jason Smith

Best Friends of the Month: Daniel and Nick

Not for Profit Organization of the Month: The Red Wolf Coalition

Business of the Month: Atlantic Supply on Albemarle Church Road (a special thank you to Miss Theresa)

Teacher of the Month: Miss Phelps

Teen of the Month: Peggy Sue

Mobile of the Month: A good tractor

Kid of the Month: Shelby Bartley

Baby of the Month: Little Emily

Boat of the Month: The Carolina Classic 28' for SALE at Cypress Cove Marina in Columbia.

Movie of the Month: 'Once Upon a Time in America' (1984) is still today an outstanding film. Its length and its impeccable attention to period detail give it the feel of an epic. But at its heart, it is the story of one man's journey through life, and the price he's paid for the choices he made along the way. With Robert De Niro, Tuesday Weld, James Wood et - Director Sergio Leone

VIP of the Month: Miss Feather Phillips

Media of the Month: The Coastland Times

Thank You

To All
You
Wonderful

People
who made

Our

Scuppernong
Mill House
Cafe and Gazette

Possible!

George Haislip

Owner

~

The Scuppernong Mill House Cafe

SERVING THE BEST AROMATIC COFFEES AND TEAS

Freshly baked Pastries, warm Bagels, delicious Sandwiches, homemade Soups, awesome Ice-Creams, and so much more...

Author of the Month: Perl. S. Buck

Book of the Month: The Good Earth

Couple of the Month: Barbara and Jimmy

Real Estate Company of the Month: T T Hollis Realty, LLC by Theresa T. Hollis "Tessi" at 2603 Ft. Landing Road
www.tthollisrealty.com

Real Estate Person of the Month: Durwood Cooper, Jr. is the Broker-in-Charge of Village Realty's Columbia, NC, office on the Inner Banks. He is a well-respected native of Tyrrell County and the Inner Banks. Say hello to him right next door.

Artists of the Month: Barbara Fleming,

Website of the Month:
www.gogreeninitiative.org

Hot Tip of the Month: Linzer Tarts

DON'T MISS: Steamed Blue to Red-Hot Lively! 2007 Annual Hard Crab Dinner & Art Auction September 15th! Get the tickets next door at the Pocosin Art Center, subject to availability.

Saturday October 13th, 2007 Scuppernong River Festival. Come join the locals for a full day of celebration and fun, followed by evening fireworks. The day starts with the parade at 10:00 AM. Vendors, food, all day entertainment at numerous locations. And, after the fireworks, dance the night away at our street dance.



A Linzer Tart



WHERE LIFE IS STILL WORTH LIVING 365 WONDERFUL EASY GOING DAYS OF THE YEAR!

When I was a teenager, not a day went by that I didn't think about my weight. As luck would have it, after the summer was over, I was thrilled with how I looked, having returned to school several pounds lighter than I left. After all everyone wanted to be a model and I had the face they said, but with my height 5 foods 5 - I was supposedly not tall enough (Every day we all stopped at our favorite bakery and got the largest brownie left in the display. My intentions were always to start on a restrictive diet program as soon as I was full.

There was one person in particular whom I wanted to notice a change in me — my good friend Stefan. I had a massive crush on him. I was excited to see him again after losing twenty pounds after the summer. I knew he'd be impressed and imagined romantic scenarios that would surely play out once he laid eyes on the new slim me.

Our first encounter was at the bakery; he had bought a brownie and was ready for the first bite. He looked at me kind of surprised, like he knew something was

different. Finally, he said between inhaling bites:

“Did you get a haircut?” A haircut? Are you kidding me?

I was devastated. All that work and he didn't even notice; my crush was gone, over.

Ingrid Lemme is the host of her talk show American Dreams® which airs on WVVH TV, 78 Hamptons Television in New York on Tuesdays 6:00 pm, Fridays at 7:00pm and Saturdays at 2pm. www.AmericanDreamShow.com. Watch world-wide on the computer at www.WADTV.com Send her e-mail to ilemme@optonline.net



Saturday, October 13th 2007
 Scuppernong River Festival
 Come join the locals for a full day of celebration and fun, followed by evening fireworks.
 The day starts with the parade at 10:00 AM. Vendors, food, all day entertainment at numerous locations. and after the fireworks, dance the night away at our street dance.



WE ARE DELIGHTED TO MEET YOU, STAY FOR A LITTLE WHILE OR FOREVER

Dear visitor, after you are refreshed and rested Start your visit of our wonderful, historic town of Columbia right here on Main Street; we have wonderful little shops, galleries and museums that are just waiting to be discovered by you. Right across the street is the Red Wolf Coalition office, which advocates very successful for the long-term survival of the red wolf populations by teaching about the red wolves and by fostering public involvement in red wolf conservation www.RedWolves.com. A few steps to the left and you find the Eastern North Carolina's premier Hand-Craft Education Center on the Scuppernong, with a renaissance of art and culture, just one block from the town dock - the Pocosin Arts Center www.PocosinArts.org. Walk to the right and you find the Columbia Theater Cultural Resources Center, a combination of environmental education and local history located in an old movie palace featuring artifacts from fishing, forestry and farming in the Albemarle Sound region; "Hunter Jim," who'll tell of hunting traditions in the sound lands and programs for schools and other groups. www.PartnerShipForTheSounds.org. Then walk to the Tyrrell County Visitor's Center, at the foot of the bridge on US 64; it offers visitors information about our area. There is a lovely boardwalk along the Scuppernong River and also a chamber of commerce shop that offers some relative inexpensively priced gifts, many of them produced in Tyrrell County. Eco-tourism is bigger than ever. The Pocosin Lakes National Wildlife Refuge office is also located at the center and overlooks the Scuppernong River; the Algonquian Indian name means "the place of the sweet bay tree." There are rocking chairs to relax for a while on the patio; enjoy the scenic water views. Bring your camera! The inviting facilities include clean restrooms open 24 hours a day, picnic tables and

grills. FYI: our charming Victorian town of Columbia, NC is part of the Inner Banks (IBX®) and located about a good half hour drive from the Outer Banks (OBX). Other attractions include the Palmetto Pear Tree reserve, deep-water anchorages at the town docks and a boardwalk for walking along the water's edge and maybe enjoying an ice-cream cone. This web site gives a pretty good impression of the town: www.Columbia.NC.com



DISCOVER HISTORIC TYRRELL COUNTY



Columbia on the Inner Banks is a pretty & peaceful place, where the winters a mild and the people are friendly, a place to visit or raise a family "The Place of the Sweet Bay Tree."

Annual Scuppernong River Festival

SATURDAY OCTOBER 13TH, 2007

Come join the locals for a full day of celebration and fun

Followed by evening fireworks.

This community events starts at 9 am with a public auction at the historic courthouse. The parade starts at 10:00 am. Vendors, food, all-day entertainment at numerous locations. And, after the fireworks, dance the night away at our street dance.

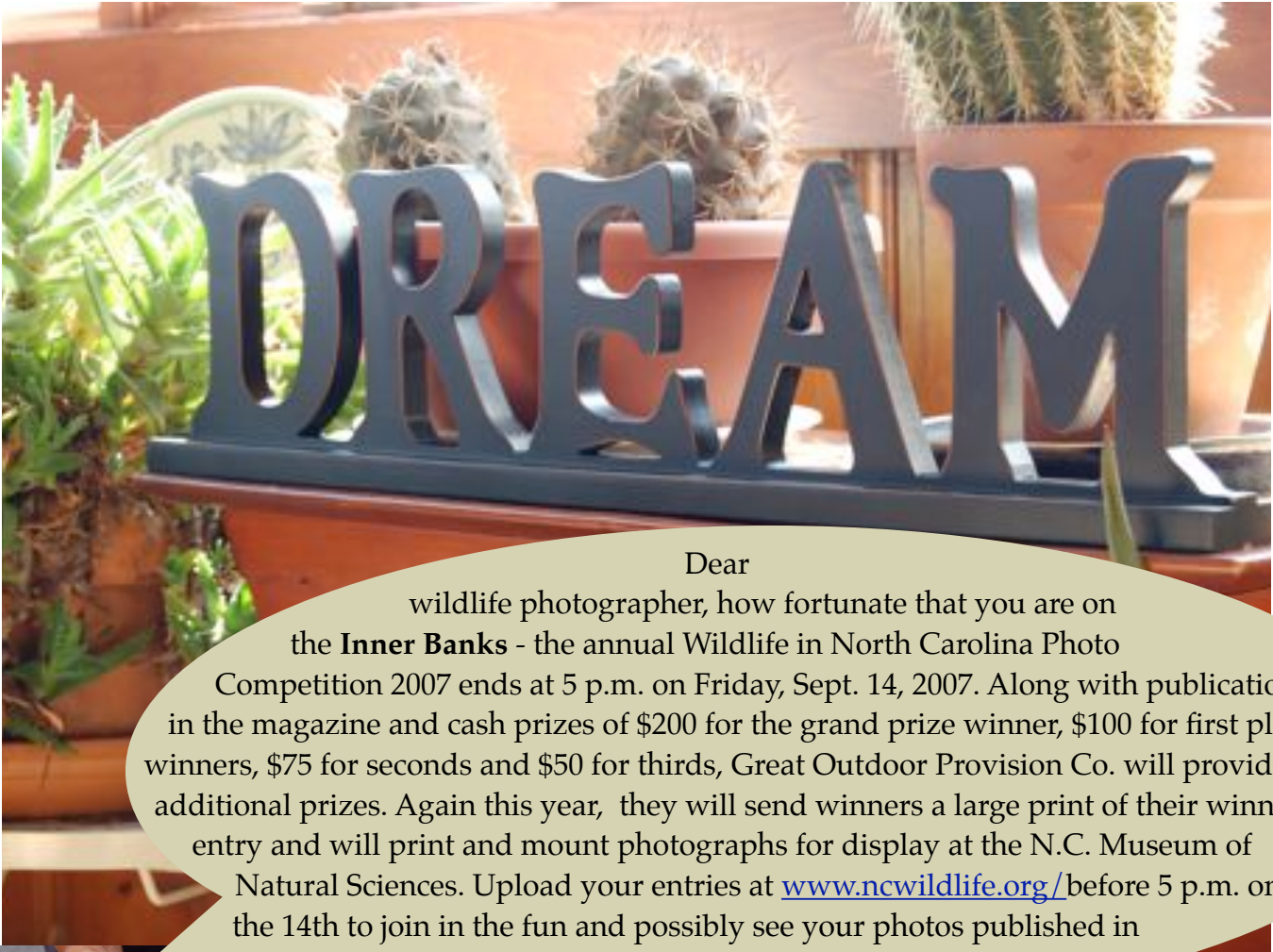
The Scuppernong River festival is always very well attended by locals and tourists from the Inner Banks and Outer Banks. Don't miss the fireworks at 7 pm! The annual parade is always very colorful; thousands of spectators are lining Main Street. There is an annual horseshoe contest held with awards and tents are offering chairs to rest and listen to the music or watch other entertainment. Especially families with children will appreciate this fun, true hometown event.

No entrance fee.

For more information

Phone 252 796-2781 or
252 796-1371





Dear
wildlife photographer, how fortunate that you are on
the **Inner Banks** - the annual Wildlife in North Carolina Photo
Competition 2007 ends at 5 p.m. on Friday, Sept. 14, 2007. Along with publication
in the magazine and cash prizes of \$200 for the grand prize winner, \$100 for first place
winners, \$75 for seconds and \$50 for thirds, Great Outdoor Provision Co. will provide
additional prizes. Again this year, they will send winners a large print of their winning
entry and will print and mount photographs for display at the N.C. Museum of
Natural Sciences. Upload your entries at www.ncwildlife.org/ before 5 p.m. on
the 14th to join in the fun and possibly see your photos published in
Wildlife in North Carolina!



Scuppernong
MILL
HOUSE

The Scuppernong Mill House Gazette...is probably different than any other small town gazette you have ever come across. Published monthly, it is a fun little paper that you find only here at the Scuppernong Mill House Cafe. Check out the 'On the Board Walk' list, featuring special people who stop by sometimes for a freshly brewed cup of coffee and the latest happenings in town. Meet my wonderful daughter-in-law Nel and the girls who work here at the Scuppernong Mill House Cafe. Yes, we love you to advertise in the next edition! And for all you wonderful people who are here to visit our historic waterfront town for the first time, we are delighted to meet you. Check your e-mails if you like here at the Cafe (there is no fee for the service) and look around, you might see an art or antic piece that you like or walk up and down Main-Street and discover all the other wonderful little shops and museums. - IL

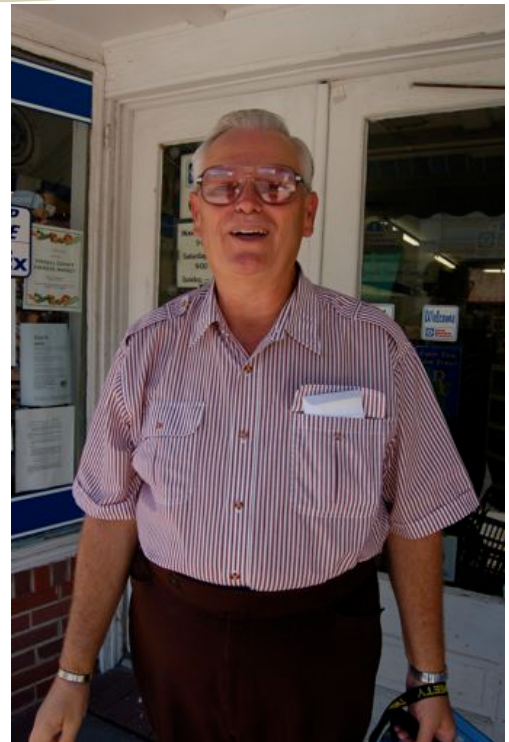


Photo: Dr. Alan Brickhouse, >



On Main Street ~ Kim, Nel and Durwood ...