

Community neighbor

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SECRETS TO GOOD STUFFING

Ah, stuffing—or is it called “dressing”? There’s perhaps no Thanksgiving staple as diverse, or as controversial, as stuffing. Almost no two Americans prepare the dish the same way: some still use it as, well, stuffing for the turkey; some cook it with pork; others, such as those in the Chesapeake Bay Area, with oysters. Cornbread stuffing, potato stuffing, hamburger stuffing, sausage stuffing—whichever stuffing you prefer, here are some adaptable tips for cooking that’ll carry you through this Thanksgiving season.

1. If you use bread for stuffing, tear it, don’t cut it!

Uniformity is a great rule of thumb for cooking, but in the case of stuffing, it can backfire. Irregularly torn pieces of bread take up more surface area—and can brown more easily in the oven. They also make it easier for the bread to soak in with the spices, vegetables, or meat you use!

For information from the US Department of Agriculture on preparing stuffing safely, please scan this QR code:



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2. If you use bread for stuffing, cook it, don’t let it dry out. Stale bread is perfect for cooking, but it can lose its flavor in the process. After tearing up your bread, cook it in the oven on low (200 - 250°F) until it takes on a crouton texture (about 45 min to an hour).

3. Smaller vessels mean more crispy edges.

It may mean more dishes, but consider subbing your dependable casserole dish for smaller ceramic cooking pots to maximize that crunch. This way, nobody has to fight for that perfectly crispy corner!

4. Replace store-bought stock with your own homemade stock.

This might add some more time to your busy cooking day, but homemade chicken stock almost always tastes better than store-bought. This also lets you have the most control over your stuffing, as there are countless flavor profiles you can fine-tune. The best part? You can prepare it well before cooking day—homemade stock can last 3-4 days in the fridge and be frozen (for best quality) for 2-3 months.

5. Use eggs, stock, and butter:

Thanksgiving is hardly the time to be health conscious—up the fat on your stuffing! Egg adds body, stock adds moisture, and butter is butter. Using cream, however, is a no-go: it tends to mute flavors, and can make the stuffing soupy rather than crunchy.

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..... ELECTION EDITION

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HAVE YOU MADE A PLAN TO VOTE? HERE'S WHAT YOU NEED TO KNOW!!

Are you voting on Election Day? Make a plan!



Date: Tuesday, November 5

Poll hours: 6:30 AM to 7:30 PM

Will you vote:

Early morning Afternoon Evening

(pssst - add it to your calendar now!)



How will you get to the polls?

Driving yourself Walking Public transportation Going with someone



Who are you reminding to vote, or taking with you?

Friends Family members Co-workers



What ID are you bringing with you?

Driver's license State ID Military ID Passport





**REMEMBER - who you vote for is private, but whether or not you vote is public record!!
Be a good neighbor and keep up your community's voting average!**



CIVICS 101



YOUR STATE SENATE CANDIDATES

The 2024 presidential election between Kamala Harris and Donald Trump is quickly approaching, and North Carolina is a battleground state. No matter who is elected president, their policies will be put into place at the state level by the North Carolina Legislature—**making our state legislative races just as important as the presidential one.**


To help you make that big decision on Election Day, we've provided bios of some state legislative candidates on the ballot:

Senate District 11	
 <p>JAMES MERCER, DEMOCRAT (CHALLENGER)</p>	 <p>LISA BARNES, REPUBLICAN (INCUMBENT)</p>
<p>James Mercer is a Nash County native and founder of The Mercer Foundation, a nonprofit organization dedicated to aiding veterans and underprivileged children. A retired lieutenant colonel in the Army Reserve, Mercer also works as the director of Military Studies at North Carolina Wesleyan University.</p> <p>Endorsements:</p> <ul style="list-style-type: none"> • AFL-CIO North Carolina • Climate Cabinet PAC • Gun Sense Voter • Planned Parenthood Action Fund • Sierra Club • VoteVets 	<p>Lisa Barnes represents Nash, Franklin, and Vance counties as a state senator. Barnes has recently come under media scrutiny following the death of a farm worker on a farm owned by her husband, Johnny Barnes. As of this writing, Barnes has not commented on claims of OSHA violations by her husband's business.³ She also voted in support of a 12-week abortion ban.⁵</p> <p>Endorsements:</p> <ul style="list-style-type: none"> • NFIB 100% voting record in NC Senate 2023-2024 session • NRA Political Victory Fund • NC Values Coalition

Senate District 13	
 <p>LISA GRAFSTEIN, DEMOCRAT (INCUMBENT)</p>	 <p>SCOTT LASSITER, REPUBLICAN (CHALLENGER)</p>
<p>Serving as a civil rights lawyer at Disability Rights North Carolina and later for the North Carolina State Personnel Commission, State Senator Lisa Grafstein has focused her tenure on combating inequality. Grafstein has pushed for funding public education, addressing gaps in the health care system, and protecting voting rights. She voted against a 12-week abortion ban.¹</p> <p>Endorsements:</p> <ul style="list-style-type: none"> • AFL-CIO North Carolina • Climate Cabinet PAC • Gun Sense Voter • LGBTQ PAC (LPAC) • NCAAT • North Carolina League of Conservation Voters • Planned Parenthood Action Fund • Sierra Club 	<p>A former teacher and assistant principal, Scott Lassiter is currently the president of the Lassiter Education Foundation. Lassiter is running on an education-focused platform. With regard to abortion, Lassiter said in an interview with IndyWeek, "I support life. That means I support the lives of the unborn and of women. Abortion is not and should not be used as birth control."⁴</p> <p>Endorsements:</p> <ul style="list-style-type: none"> • Carolina Teachers Alliance Votes • Communications Workers of America (CWA) • Raleigh Police Protective Association • Teamsters Local 391

Senate District 18	
 <p>TERENCE EVERITT, DEMOCRAT (CURRENT HOUSE REP, CHALLENGER)</p>	 <p>ASHLEE ADAMS, REPUBLICAN (CHALLENGER)</p>
<p>Previously a member of the Board of Directors for the Wake Forest Area Chamber of Commerce, Terence Everitt is currently a state representative for House District 35, and is running for Senate in District 18. Everitt has focused his Senate campaign on supporting working families and increasing funding for public schools, stressing the need to raise teacher salaries to the national average. Everitt has publicly called out attempts to ban abortion, and voted against the 12-week ban.²</p> <p>Endorsements:</p> <ul style="list-style-type: none"> • AFL-CIO North Carolina • Climate Cabinet PAC • Communications Workers of America (CWA) • Gun Sense Voter • North Carolina League of Conservation Voters • Planned Parenthood Action Fund • Sierra Club 	<p>Former nurse Ashlee Adams currently serves as director of the Wake Forest Junior Cotillion Program. Adams has centered her Senate campaign on cutting government programs and promoting traditional, conservative values. Referencing the state abortion ban, Adams said, "I stand with the current legislation regarding reproductive rights."⁶</p> <p>Endorsements:</p> <ul style="list-style-type: none"> • Granville Co. Conservative Voter Guide

Find your State Senate district here:
www.ncleg.gov/findyourlegislators

Or, scan this QR code: 

- CHECK THE FACTS:
1. Senate Roll Call vote #215, 5/16/23
 2. House Roll Call Vote #380, 5/16/23
 3. WRAL, 9/8/2023
 4. <https://www.newsobserver.com/news/politics-government/election/voter-guide/article292568709.html#storylink=cpy5>
Senate Roll Call vote #215, 5/16/23
 5. <https://www.facebook.com/people/Ashlee-Adams-for-NC-Senate/61559825035606/>

There are two important things to remember about voting:

First, **who you vote for is completely private, but whether or not you vote is in the public record.** Voting records show that people in Nash, Franklin, and Vance counties typically vote in presidential election years. This November, make sure to vote, so your public record shows that you are a good neighbor!

Second, **your vote matters!** A difference in just **4 votes per precinct** would have changed the outcome of the last presidential election in North Carolina.

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YOUR SOURCE FOR NEWS YOU CAN USE

WHAT'S ON THE BALLOT?

Whether you're voting early, voting by mail, or voting in person on Election Day, Tuesday, November 5, these are some of the races you'll see on your ballot.

- **President and Vice President of the United States**
- **U.S. House of Representatives**

Statewide North Carolina races, including:

- **Governor**
- **Lt. Governor**
- **Attorney General**
- **Auditor**
- **Commissioner of Agriculture**
- **Commissioner of Insurance**
- **Commissioner of Labor**
- **Secretary of State**
- **Superintendent of Public Instruction**
- **Treasurer**

Other important races, including:

- **North Carolina State Senate**
- **North Carolina House of Representatives**

Be sure to vote your whole ballot! The races for North Carolina State Senate and North Carolina State House are some of the most important contests this year. State Senate and State House races will affect education, civil rights, voting rights, affordable housing, health care, and many other key issues.

Helping Victims of Hurricane Helene:

Many North Carolina families were devastated by Hurricane Helene and the flooding that came with it. Here are some resources for people who would like to help our fellow citizens:

- **North Carolina Disaster Relief Fund:** Gov. Roy Cooper encourages those looking to donate to contribute to the North Carolina Disaster Relief Fund. His office says the donations will go to nonprofit groups working to meet storm victims' immediate needs, like food and water, cleaning supplies, and other emergency supplies.
pay.payitgov.com/ncdonations
- **American Red Cross:** The American Red Cross is opening and supporting shelters for people who have evacuated their homes. **Make a financial donation or an appointment to give blood by visiting its website: redcross.org.** You can also text the word HELENE to 90999 to make a donation.
- **Americares:** Americares teams are coordinating delivery of medicines, relief supplies, and emergency funding to support health services. **Visit americares.org to support their efforts.**

https://stock.adobe.com/images/traditional-stuffing-for-thanksgiving/228577624?prev_url=detail

<https://www.facebook.com/photo/?fbid=122108782556185201&set=a.122108607170185201>

<https://www.facebook.com/photo.php?fbid=760480472565954&set=pb.100058120237133.-2207520000&type=3>

QR codes:

votehq.org
vt.ncsbe.gov/EVSite/

www.ncleg.gov/findyourlegislators