



CIVICS 101

NOT REGISTERED TO VOTE? THIS IS HOW:

As you might have heard, it's an election year. But are you, your family, and your friends registered to vote this November?

In North Carolina, there are three main ways to register to vote: online, by mail, or in person. **When you register to vote, you will need a valid photo ID, such as a driver's license, or a state/tribal ID card.**

Remember: **The deadline to register to vote in North Carolina for the 2024 general election is 5 p.m. on Friday, October 11!**

Online:

Scan the QR code for the North Carolina Division of Motor Vehicles, register for an account if you don't already have one, and follow the instructions.



By mail:

From the link below, download and print out the NC Voter Registration Application Form (if you do not own a printer, you can go to a public library, a print/copy store, or an office supply store).

<https://www.ncsbe.gov/registering/how-register/complete-your-registration-mail>

After you've filled out and signed the form, drop off or mail the form to your county board of elections. (Unsure where your county board is? Follow this link to find out:

<https://vt.ncsbe.gov/BOEInfo/>)

In person at the DMV:

Lastly, you can simply visit your local DMV and register to vote in person.

Again, when you register to vote, you will need a valid photo ID, such as a driver's license, or a state/tribal ID card.

Find your districts and legislators here:

<https://www.ncleg.gov/findyourlegislators>

Vote in Person on Election Day, Tuesday, November 5, 2024

Polling places will be open from 6:30 a.m. to 7:30 p.m. Any voter in line at their assigned polling place at 7:30 p.m. will be able to vote.

Vote Early October 17 through November 2

Find your early voting location and times at vt.ncsbe.gov/EVSite/

Vote by Mail

If voting by mail, your ballot must be returned to an early voting site or to your county board of elections by 7:30 p.m. on November 5. **Mail your ballot by October 22 to ensure that it is received by November 5.**

Find more information at www.ncsbe.gov/voting/vote-mail



EVENT SPOTLIGHT

The Long March for Unity & Justice September 20 - 29

Join the Beloved Community Center for The Long March for Unity & Justice, a statewide movement hoping to raise the voices of all North Carolinians through community organizing. From September 20-29, they'll be traveling throughout North Carolina, from Cullowhee to Wilmington, hosting talks and community outreach programs to "affirm truth, heal divisions, address community issues, build grassroots leadership, and transform oppressive policies and systems."

To get involved and learn more, visit:

<https://belovedcommunitycenter.org/news/the-long-march/>

Community neighbor

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VOLUME 1 / NO. 3



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IN THIS ISSUE:

- BBQ Restaurants
- North Carolina's Top 5
- Penny Pincher: Grocery Store Tips
- Recipe of the Month
- Civics 101: How to Register to Vote
- Event Spotlight

BBQ RESTAURANTS

No summer's complete without barbeque.

Different people have strong preferences and views on what makes the "best" BBQ, but we'd like to report on a handful of places that are quite tasty:

1. Stephenson's Bar-B-Q

Humble, authentic, and insanely affordable, Stephenson's Bar-B-Q is a beloved local joint in Willow Spring.

If you're looking for real Carolina BBQ near Raleigh, Stephenson's is a must.

11964 NC-50, Willow Spring, NC 27592

2. Ole-Time Barbeque

Located right in Raleigh, Ole-Time Barbeque has been a local favorite for nearly 30 years. Don't let the "hole-in-the-wall" look turn you away: Ole-Time lives up to its name by serving old-fashioned, authentic, and affordable BBQ.

6309 Hillsborough St., Raleigh, NC 27606

<https://oletimebarbecue.com/>

3. Sam Jones BBQ With locations in both Raleigh and Greenville, Sam Jones BBQ has made a name for itself across the state, known for its eastern-style whole-hog BBQ. And just this year, Sam Jones BBQ won the North Carolina Bar-B-Q Hall of Fame award.

502 W. Lenoir St., Raleigh, NC 27601

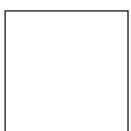
<https://www.samjonesbbq.com/>

4. Prime BBQ

If you're looking for a fresh take on what BBQ can do, Prime BBQ just outside of Raleigh in Knightdale is well worth a visit. Owner and head chef Christopher Prieto hails originally from Texas, but he's traveled throughout the South to master the classics and form his own unique style. Be sure to take a peek and plan ahead so you can take advantage of their daily specials!

Location 403 Knightdale Station Run, Knightdale, NC 27545

<https://prime-bbq.com/>



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NC's
TOP 5

TOP NC OLYMPIANS

1. Stephen Curry

We won't weigh in on whether Stephen Curry is better than LeBron, but despite being born in Akron, Ohio, Wardell Stephen Curry II grew up in Charlotte. Ohio and San Francisco can argue all they want – Curry belongs to Carolina first!

2. Kaylyn Brown

Also hailing from Charlotte, sprinter Kaylyn Brown took home one gold medal and one silver in the women's 4 x 400 relay and mixed 4 x 400 relay. She ran the final leg of both races, helping Team USA break their own record of 3:08.8.

3. Quanera Hayes

Joining the Team USA relay team was Hope Hills native Quanera Hayes, helping our team cinch the gold.

4. Sammy Sullivan

Fayetteville native and former U.S. Army Captain Sammy Sullivan helped Team USA's Women's Rugby Team win the bronze. Sammy began her career in rugby, a sport often overlooked by Americans, at West Point in 2016.

5. Evy Leibfarth

Hailing from Sylva but living in Bryson City, Evy Leibfarth won the bronze for Team USA in women's canoeing.



PROJECT 2025 AND THE NC GENERAL ASSEMBLY

In our last issue, we covered Project 2025. Project 2025 is the Heritage Foundation's blueprint for Republicans at the federal, state, and local levels to implement ultraconservative policies across America.

Two major components of Project 2025 are to cut funding from public education in favor of private schools, and to ban abortion. **Already, the Republican-controlled North Carolina General Assembly has voted in ways that fit with Project 2025's goals.**

NC General Assembly Republicans voted to expand vouchers for private schools that were originally only for low-income families (House Vote #388, 5/17/23; Senate Vote #519, 5/2/24).

State Senate Republicans voted against access to abortion in cases of medical emergencies or anomalies (Senate Vote #348, 6/26/23).

State Senate Republicans voted against access to abortion medication (Senate Vote #341, 6/26/23).

THE COMMUNITY



NEIGHBOR

PENNY PINCHER

TIPS TO SAVE AT THE GROCERY STORE

Have you ever gotten to the register at the grocery store and wondered how you've spent so much money?

It's not just the food prices. The store itself is laid out to encourage you to spend money. To keep expenses under control, it helps to know what your local grocery store is doing to play with your perceptions, and how to use that knowledge to save money.

Here are nine of the ways they do it:

1. That enormous shopping cart isn't just there for convenience. Studies show customers feel unconscious pressure to fill it up.
2. There's a reason it's hard to get in and out of the grocery store quickly. Most popular items are placed in the middle of the aisles to force you to walk past items you might not need, and the store's organization is deliberately confusing to encourage endless wandering and impulse buying.
3. The most expensive and profitable items are placed at eye level. But also, kids' favorites are placed at their eye level to trigger their desires – and demands.
4. Many of the bigger stores place their bakeries or in-store kitchens near the entrance to ensure those enticing odors make you feel hungry and help empty your wallet.
5. Big sale displays placed near the entrance may lead you to quickly fill your (gigantic) carts with unplanned items and make you feel like you've already saved money so you can afford to indulge later.
6. That music playing softly in the background is there to keep you happy and moving slower through the aisles.
7. Why is the color red often everywhere? Customers unconsciously associate it with sales and may not even bother to check to see if prices are actually lower.
8. Why is the produce department almost always at the front of the store? By placing colorful and healthy food in your path first, you might be more willing to add colorfully packaged high-profit processed foods later.
9. Frequently purchased items like bread, dairy, and meat are usually at the back of the store, partly to stay close to cold storage but also to force you to walk past thousands of other products on the way to pick up that gallon of milk.

Here's our suggestion: Go in with a list and a budget and stick to them; don't shop when you're hungry; and recognize the head games and resist them. Discipline and knowledge are your best weapons to save at the grocery store.

RECIPE OF THE MONTH

APPLE CRISP





Fall is coming, and that means it's apple season! Apples can be used in a variety of recipes, but apple crisp is one of our favorites. This recipe from the NC State Extension is a sure crowd-pleaser!

Ingredients

- 4 cups sliced apples (about 4 or 5 apples)
- 2 tablespoons margarine
- 3/4 cup rolled oats (uncooked)
- 1/4 cup sugar
- 1/4 cup whole-wheat flour or white whole-wheat flour
- 2 teaspoons lemon juice
- Non-stick cooking spray

Directions

1. Preheat oven to 375°F. Coat 9"x13" baking dish with non-stick cooking spray.
2. Melt margarine in a small bowl in the microwave.
3. In a medium bowl, combine all ingredients except apples.
4. Stir until well blended.
5. Place apples in baking dish and spread oat mixture on top.
6. Bake 45 minutes to 1 hour to desired crispness.
7. Serve warm – we like to pair it with a scoop of ice cream and whipped topping!

DATE	IMAGE	LINK	LICENSED?	EDITORIAL?
		https://stock.adobe.com/images/bbg-ribs-cooked-on-a-flaming-grill-ai-generative/629902451?prev_url=detail	YES	NO
		https://stock.adobe.com/images/baking-dish-with-apple-crisp-on-table/188280501?prev_url=detail	yes	
	Canoe	https://stock.adobe.com/images/kayak-silhouettes-canoes-silhouette-woman-kayaking-silhouette-kayaking-silhouette-kayak-svg-kayak-vector-set/659787956?prev_url=detail&asset_id=659787956		
	sports vectors	https://stock.adobe.com/search?load_type=search&is_recent_search=&search_type=usertyped&k=sports+vectors&native_visual_search=&similar_content_id=&asset_id=309653279		
	piggy icon	https://stock.adobe.com/images/piggy-bank-icon/157320194?prev_url=detail		
	movie clapper	https://stock.adobe.com/images/movie-clapper-board-illustration/464969259?prev_url=detail		
	north carolina	https://stock.adobe.com/images/north-carolina-map-on-white-background-vector/103984710?prev_url=detail		
	QR	https://payments.ncdot.gov/		
	QR	https://money.usnews.com/money/personal-finance/saving-and-budgeting/articles/track-and-manage-subscriptions-with-these-apps		