

JAN - MAR 2020



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MAGAZINE

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**Crossword *and more!***



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## NEW

## Crossword "New Bern Firsts and Fun"

PG 11

## ON THE COVER

Left - right: Virginia Spencer, Bob Mackowski, Laura Snider, Bob Burns, Resheema Walker, Larry Feldhaus, Vicki Feldhaus, Donald Murphy, Tiffany Yeager, Kaylana Slater, Joshua Gray and dog Bailey, Kathy Morrison, Pat Drake, Mack Paul, Jim Hackett, Tharesa Lee, Mary Viscetto, Simon Spalding, and Judy Stanley.



## Team New Bern Now

PG 5

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## Kindness Counts at the Cow Cafe'

PG 8-9



## Double Ribbon Cutting in Five Points

PG 17-18

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252-638-8558, New Bern Historical Society  
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# Editor's Note

As we enter a new decade, I'm a bit overwhelmed. Not because I'm getting older, I'm not depressed; there's just so much information coming at us every day, it's hard to digest. It's easy to get distracted by crazy things online or get caught up in chaos, but that's not how I want to live my life.

If you're reading this, I'm hoping that you want to read **good news about our community**, because that's what you're gonna get.

I'm a realist with an optimistic point of view. I have many flaws. If someone offends me, I try to put myself in their shoes in hopes to understand why. I do my best not to judge others as I don't know what they're going through.

I hope to encourage you to step outside of your daily routine and get to know people who don't travel within your circle of friends.

Tell me your stories, share your ideas, and what's happening in your part of town! Send me an email at [info@newbernow.com](mailto:info@newbernow.com) or give me a call at 252-259-6853.

Wendy Card

## What is New Bern Now?



Finn, Nancy Hawley, and Wendy Card



Laura Johnson

New Bern Now is a local independent news website, magazine, and podcast for New Bern, NC, and surrounding areas.

Since 2009, we've grown into a multi-media company. Our goal is to connect you with the people, places, and things that enhance the quality of life for residents and visitors alike.

From human interest stories to learning about vital resources, we do our best to provide you with honest, unbiased, and relevant information on a daily basis.

We credit our success to collaborating with others to provide valuable and positive local news and information. Speaking of collaboration, we're thrilled to announce that our team has grown!

Our Team: **Brad Poirier** of [Bear City Impact](#) and **Captain Dave Backus** of [Cruise the Neuse Boat Tours](#) are Journalists; **Nancy Hawley** is our Sales Director; **Laura Johnson** is our Special Advisor and Director for Magazine Distribution, and yours truly, Wendy Card, Editor and Producer. We also have a number of Contributing Writers on [NewBernNow.com](#).



Captain Dave Backus and Brad Poirier

New Bern Now is a subsidiary of NC Life Media, LLC. It was designed that way to allow for growth as we may create similar websites in other NC towns in the future.

We invite everyone to write articles, send us your pictures, and/or become part of our team to help us provide valuable information to our community!

Our core values are to educate, enrich, entertain, and enlighten readers with an unbiased approach. We don't allow commentary that divides people as our goal is to help all of us get a better understanding of each other.

I'm grateful to our advertisers who trust in our efforts to promote our community. In the beginning, I didn't have time, the know-how, or the resources to support a sales director. Times have changed! If you want to reach locals and visitors to New Bern, we are the only local news website, magazine, and mobile podcast in town with a healthy following on social media!

The magazine is distributed free of charge to numerous locations throughout the greater New Bern area and elsewhere. Readers can also access the current and archived digital versions [online](#).

Please let me know if you have any questions or if you would like to join our team!

# Our Town



Shopping at Mitchell Hardware

People fall in love with New Bern's southern charm, small town feel, combined with the beautiful scenery, terrific weather, and an abundance of things to do.

New Bern is a city rich in the arts, history, and outdoor recreation. It is a safe, suburban community with a diverse population of residents from all walks of life. Residents range from "native" New Bernians, transplants seeking a slower pace of life, and snowbirds escaping from the cold weather. Active duty military, veterans, and their families homestead in New Bern because of its close proximity to military bases.

## Things to do!

Enjoy a wide variety of activities, from attending special events, participating in the arts, learning about our rich history, to staying active indoors and outdoors...we're a small town with big city happenings!

Check out Jungle Jump of New Bern's indoor bounce arena with an obstacle course and arcade games; watch a movie at the Bruin Theatre or Bear Town Cinema; go skating at Rollerland; or solve a mystery at the Bear Towne Escape Room! Jumpin' Jive Battlefield offers Laser Tag, Bazooka Ball, Dodge Ball, gaming lounges, bouncy houses and more! Test your axe throwing skills at Beary The Hatchet! Prefer ballroom dancing? Visit the Rivertowne Ballroom.

Take advantage of over 20 parks and recreation facilities maintained by New Bern Parks & Recreation (639-2901) and Craven County Recreation & Parks (636-6606).

Introduce your dog(s) to new friends or just let them run at the Down East Dog Park at Glenburnie Park. Please know that you need to register first and receive the gate code before you can enter at New Bern Parks & Rec.

Do you like working on DIY projects? Become a member of Shop Class, "Community Workshop"! Work on your own by using their state of the art equipment. Or sign up for workshops and learn how to do all sorts of interesting things!

Visit the New Bern-Craven County Library as they have a lot of fun and educational programs, events, and resources! They offer childrens programs, computer usage and technology workshops, book clubs, writer's workshops, childrens theatre, movie screenings and rentals, meeting rooms, historical and genealogy research, and much more!

Learn more about our town by taking a self-guided walking tour or have locals take you on a tour: African American Heritage Tour, Architectural Walking Tour, and Churchs & Cemeteries Tour, Historic Homes Tour, Revolutionary War Heritage Tour, Bear Town Bears self guided tour; [Cruise the Neuse River Tours](#) (876-7232); [New Bern's Civil War Battlefield Park](#) (638-8558); Scenic Airplane Ride by Tradewind Aviation; or enjoy a Trolley Tour.

We encourage you to explore our great town, connect with new people, attend events, and support local businesses!



Hanging out at Surf, Wind, and Fire

## Community Notes

Taste, See, Hear and Experience the world during Dinner on 5 Continents. Enjoy an exquisitely prepared small plate international menu featuring cuisines from Europe, Southeast Asia, Africa, the Middle East and the Americas. [Interfaith Refugee Ministry](#) is hosting the 6th Annual Dinner on 5 Continents in New Bern on Saturday, February 8th at Christ Church Harrison Center at 311 Middle Street. There will also be a silent auction, giving tree, and live global entertainment. Tickets are \$45/person or \$85/couple. Call 633-9009.

# No Boundaries Sensory Gym & Bern Baby Outfitters

## Play and Develop Essential Life Skills...and Shop!

Meet Amy Weaver, the Founder of No Boundaries Sensory Gym and Bern Baby Outfitters! Amy's passion for helping children and families living with disabilities runs deep as her oldest son, Connor, has Asperger's Syndrome and ADHD. Amy has three young boys, runs two businesses, and is truly dedicated to filling a great need in our community!

Bern Baby Outfitters is a retail store that was previously located on Trent Rd. So how did it turn into two businesses under the same roof? Amy said, "We had a little play space that was designed for kids to play while parents shopped and we noticed that we had a group of children that were coming on rainy days and when the weather got cold. Not to shop, but because there was nowhere else, they could play in New Bern. As the term of our lease was coming to a close, we began looking for properties that could facilitate the retail store as well as a sensory gym".



Bern Baby Outfitters

No Boundaries Sensory Gym is the first open-play sensory gym in Eastern North Carolina and the third in the state. Most sensory gyms reside within a therapy setting where you can only access the facility as a patient. "Since sensory development is critical to all individuals, I wanted an open-play concept that was all-inclusive and where children could play without any form of judgement. I understand all too well that there are certain places that we can't go to play because of the noise, amount of people, and current safety features. The biggest thing for this area is having a play space that is all-inclusive, accommodating (in terms of equipment and ADA compliance), and that is safe for all children to use. One of the biggest issues for our area is the lack of fenced-in parks or indoor spaces for our children to explore and grow. I am one of many local residents who would feel so much safer if our parks were fenced in."



Weaver boys with Diane and Amy

Amy explained, "I get asked all the time how this concept works and what ages can play. As an all-inclusive facility, we don't have an age limit. While most neurotypical children might age out around 10 - 12, our facility can accommodate older children and teens. We have various equipment options to change out in order to accommodate the needs of the children playing each day. Some of our sensory gym features include ziplines, interactive centers, rock walls, slides, full-support swings, foam pit, infant/toddler soft-play, and more. Our interactive centers are designed on the scale of a child (hence the door and window heights). If for some reason a participant has equipment (i.e.. wheelchair/walker) that will not fit within the door, each center is designed to come outside onto our open play floor. Everyone can and will work the diner, run the grocery store, work as a train conductor, or be a master builder".

It is also important to Amy that individuals have access to the resources and information that they need. "Our local Autism Society of Eastern North Carolina hosts an informal meet-up the 2nd Friday of every month from 4:00 - 5:30 p.m. at our facility. This is a great opportunity for parents/caregivers to network while the children play and get to know other children in our area. I want families to know that I'm here and that their voice matters. In addition to the meetings, we have a community resource board with local information for the local sensory eye clinic, lending libraries, therapy options, local inclusive/sensory events, and more".

In addition to open-play hours, No Boundaries Sensory Gym can also be rented for private parties, events, or field trips. As Amy explained, "we're also in the process of connecting with local businesses and artisans to provide classes or enrichment workshops for our children." The gym currently hosts Suzuki Early Childhood Education music classes twice a week.

Continued on page 8

## No Boundaries Sensory Gym & Bern Baby Outfitters (Continued)

They started out as Bern Baby Outfitters, a baby/maternity retail store and have grown from there. The incorporation of special needs accessories and gear has provided a local source for products such as silicone teething jewelry, feeding aprons, and sensory toys.

I also enjoyed meeting her Mom, Diane Brinkley-Mills as she plays a key role in helping Amy.

I was very impressed with the wide variety of products (from maternity wear, baby and child items, kitchen ware, toys, and much more) and the sensory integration gym!

Visit [Bern Baby Outfitters](#) and [No Boundaries Sensory Gym](#) at 4110 Dr. MLK Jr. Blvd. or call 631-5804!

Thank you, Amy, for the Tour!

Wendy Card

## Kindness Cownts at the Cow Café'



Mooford the Cow and Mrs. Moo

The Cow Café is a happy place to eat, play, and shop!

From the outside looking in, the cow theme catches your eye! It looks like a place that you want to venture into! It's bustling with people coming and going or just enjoying a meal outside the storefront.

Their food is delicious! Choose from the extensive "Gourmoo" lunch and dinner menu with unique and theme named sandwiches, wraps, soups, salads, and other items at affordable prices! They also offer specialty coffee, tea, and assorted drinks!

The Cow Café is renowned for the best homemade ice cream in New Bern and beyond! Enjoy an ice cream float, smoothie, cone, cup, sundae, or top your pie off with a scoop of your favorite flavor! You can even watch them make ice cream through their viewing window!

Popcorn lovers will enjoy the "Gourmoo" popcorn center with a large variety of flavors! Browse the Bovine Boutique that features hundreds of fun and interesting cow gifts. Personally, there's something special about watching the train traveling around this wonderful shop!



While you're waiting for your order, check out the barnyard themed play area! It's a local favorite for children to play with toys and each other. It also gives parents the opportunity to meet new people.

During a recent visit, owner Mildred Green, told me about their Kindness Cownts Program and Mooford the Cow (hand puppet) and Mrs. Moo! Mildred is Mrs. Moo and she said, "Mooford was named after my dad, Milford. He has been with me for 21 years and he's still making kids happy today!"

They started their Kindness Cownts Program in 2016 and it continues to grow today! Every month, Mrs. Moo visits local schools to recognize kids who have shown outstanding examples of being kind. They get a certificate of kindness from Mooford, a free ice cream, and their picture/summary of their acts of kindness on the Kindness Cownts Wall. Participating elementary schools are A. H. Bangert, Ben D. Quinn, Brinson Memorial, and Creekside.

Continued on page 9



## Kindness Cownts at the Cow Cafe' (Continued)

This is a wonderful example of how we can all make a difference! Their Kindness Cownts Program encourages children along with people who read the stories. Mildred and Jim Green are setting an outstanding example for others to exemplify!

Mildred said, "After hurricane Florence, we opened the program to the public. The wall was filled with stories of all kindness distinctions to people who were going through troubles. Parents sent pictures of their children, neighbors cleaning up yards, people volunteering at the animal shelter, and others. It was really inspiring".

The wall displaying the Kindness Cownts Program attracts people of all ages. Children may recognize and proudly point out their classmate/friend and say, "I know them"...or encourage them to be on the wall!

What amazes Mildred is when she sees both children and adults reading the stories. Mildred modestly said, "It's an attraction and maybe it's making a difference. I hope this program helps inspire others".

Small acts of kindness add up and the Cow Café is setting an example for others to follow!

Mildred's goal is to stop bullying through recognizing children who go out of their way to help others. After reading the stories, I'm hopeful that kindness will be infectious and inspire others.

Did you know? The Cow Café's efforts lead to the Ganz Company creating the "Kindness Cownts" charm!

Thank you, Mildred, Jim, and your Team for all that you do to make a difference in our community!

Visit the [Cow Café](#) at 319 Middle Street, call 672-9269.

Wendy Card



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## Quality of Life



Magician Gary Shelton at Bear Plaza

How does New Bern rank when it comes to quality of life? It's subjective based on your own personal experience when it relates to health, comfort, happiness, and safety.

According to our friends and the majority of people who we've asked over the years; they believe that the quality of life is great!

We're fortunate to have [The Coastal Carolina Regional Airport \(Fly EWN\)](#) servicing our region with Delta and American flights, general aviation terminal, Fed Ex, UPS services, conference room, wireless Internet, taxi/car rental services, Triple Play Oasis Restaurant and Sports Bar, a General Aviation Terminal, and Tradewind's Flight School. They also have an Art Sculpture Park! (638-8591)

## Education & Childcare

There's a variety of schools to choose from, here's a list of a few popular choices: Craven County Public School System; Private: Arrendell Parrot Academy, Kinston; Epiphany School; St Paul Catholic School; and Craven Early College. Craven Community College (CCC), NC Wesleyan College at CCC, and Mount Olive College at New Bern. Consider supporting [Craven County Partners In Education](#) that provides grants for educators and students (514-6321).

We also have some terrific childcare and learning resources: Community Coalition for Craven County Children, Craven Smart Start's Child Care Resource and Referral Program, Hope Family Resource Center, and Sylvan Learning of New Bern.

## Explore the Arts



New Bern's Arts Scene has exploded! Discover unique jewelry, handmade crafts, sculptures, pottery, paintings, and the list goes on! From novices to Internationally renowned artists, New Bern continues to grow as a **"Destination for the Arts!"** attracting artists and admirers from across the country!

Take a trip downtown starting on Craven Street. Stop at the Accidental Artist, Ballantyne Framing and Art, [The Greater Good Gallery](#) (649-1712) and Red Shoe Studio Gallery.

Walk down Pollock Street to [Carolina Creations](#) (633-4369), and [Small Batch Gallery + Goods](#) (617-0211). On Middle Street, visit [The Crystal Lady Gallery](#) (626-0120), [Community Artists Gallery & Studios](#) (633-3715), and the Craven Arts Council & Gallery at the Bank on Middle St.

Also downtown, check out Four Thirteen Broad and The Next Chapter Books and Art.

The Craven Arts Council & Gallery presents Artwalk on January 10, February 14, and March 13 from 5 - 8 p.m. Artwalk takes place in participating art galleries and businesses around town!

Don't miss the art shops around the Greater New Bern area like The [Uptown Gallery](#), 1909-B S. Glenburnie Rd. (633-6465) and Pic Frame & Gallery. Paint your own art at Wine and Design.

We have two Community Theatres in town and they're always looking for talented people! Join in the fun by becoming part of their efforts or take in a Show! For details contact the New Bern Civic Theatre or the RiverTowne Players.

## Step Back in Time

New Bern has undergone some profound and remarkable changes over the past 310 years!

It all started in 1710 when Swiss Baron Christopher de Graffenried, Explorer John Lawson, and a group of Swiss and German settlers discovered the beautiful countryside that was named "New Bern" after the Baron's home city of Bern, Switzerland.

North Carolina's first permanent Colonial Capitol building was constructed in 1770 and later named Tryon Palace after Governor William Tryon. Tryon Palace became NC's first state Capitol during the Revolutionary War in 1775. The Capital City was relocated to Raleigh in 1794. Tryon Palace burned in 1798. The landmark was rebuilt in 1950 from the original Palace plans.

Tryon Palace Historic Sites and Gardens draws in hundreds of thousands of visitors a year with their fun and informational events, re-enactments, lectures, and tours of this grand homestead along with interesting events at the North Carolina History Center!

The Civil War Battle of 1862 took place in New Bern as the Union Soldiers considered the city a valuable commodity as a seaport and railroad depot. Visit the Civil War Battlefield located at the entrance of Taberna Community off Highway 70 East.

New Bern Pharmacist Caleb Bradham created "Brad's Drink" in 1898, which is now known as Pepsi-Cola. Visit the Pepsi Store on Middle and Pollock Streets (636-5898). Or check out the new Pepsi Portal to History at the NC History Center!

New Bern is also home to NC's first public school - New Bern Academy, which is now a Museum at the corner of New & Hancock Streets (514- 4951).

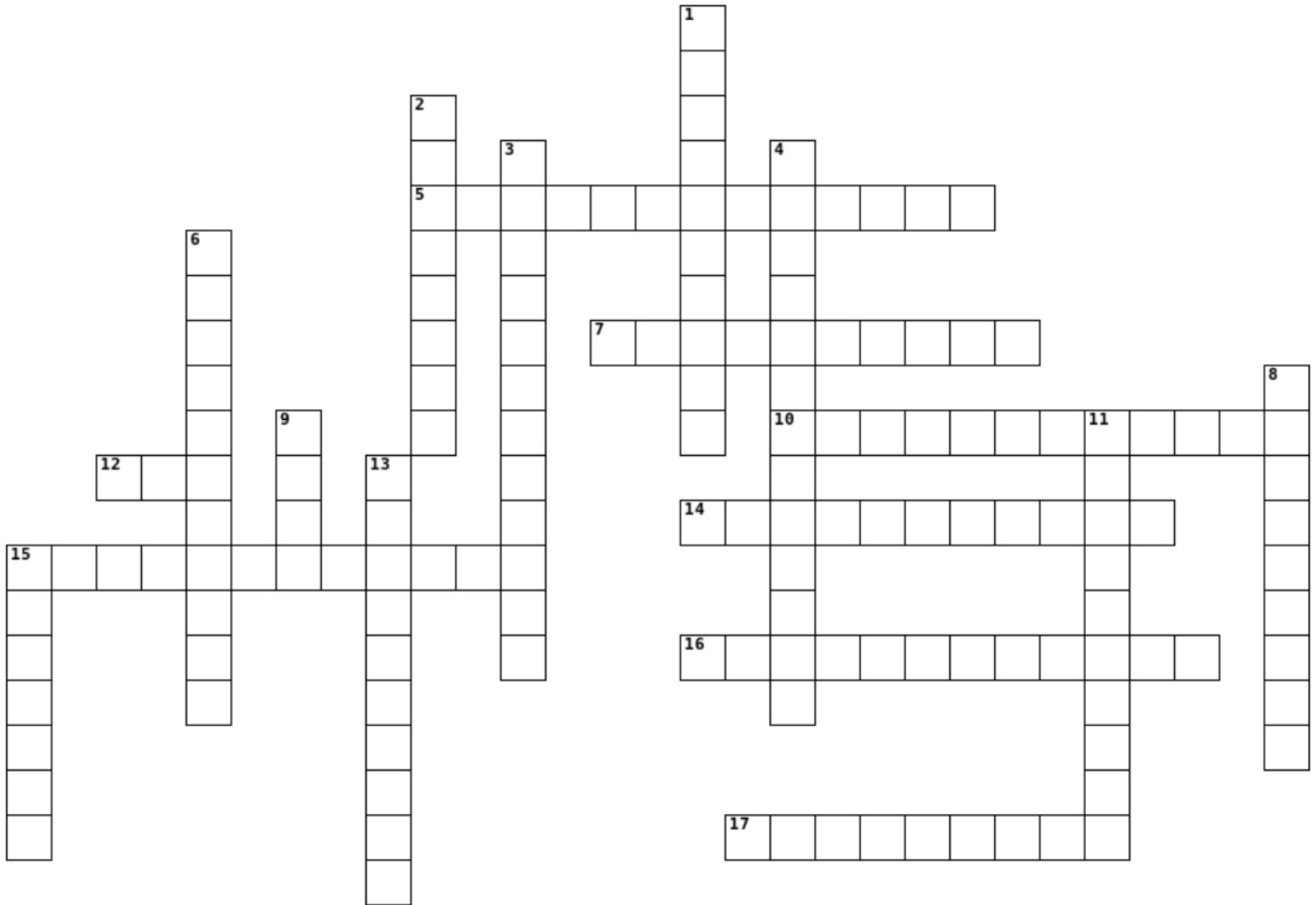
In 1922 New Bern suffered a horrific fire that engulfed 40 City blocks - mostly the African American neighborhoods with thriving businesses. With resilience, residents re-built New Bern then and continue to rebuild this wonderful city today!

St. Paul Roman Catholic Church, located at 510 Middle St. was built in 1839-1841. It is the oldest Catholic congregation and the oldest Catholic church structure in North Carolina.

### Must Visit Sites include:

[Tryon Palace and the North Carolina History Center](#) (639-3500); [New Bern Historical Society - Attmore-Oliver House](#) (638-8558); Kellenburger Room, New Bern-Craven County Library, New Bern Fireman's Museum, Crockett-Miller Slave Quarters Tours (638-8536) by the James City Historical Society, and The USMC Aviation Exhibit, Havelock.

# NEW BERN FIRSTS AND FUN



## Across

5. Famous Duel
7. Go scuba diving
10. One of the most photogenic landmarks
12. Feed the ducks
14. "Pardon our noise, it's the sound of freedom"
15. Regional Medical Center
16. Inventor of Pepsi Cola
17. Helps provide grants for education and schools

## Down

1. Printed the first official publication for the colony of North Carolina
2. Tournaments are held at local parks
3. Famous New Bern Photographer
4. Oldest surviving Opera House in NC
6. North Carolina's first permanent Colonial Capital building
8. Community DIY Workshop
9. Popular bird at feeders
11. Bed and Breakfast with a wood-burning oven
13. Marilyn Monroe welcomes you
15. Take a walk in the woods

Answer key: [NewBernNow.com/crossword-key-for-1st-quarter-magazine](http://NewBernNow.com/crossword-key-for-1st-quarter-magazine)

# Calendar of Events

## January



Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2	3	4 Bingo Jim Scott
5 Drum Circle	6	7 CWF Dinner Behind The Scenes (BTS): Costume Shop	8	9	10 "The Guilty" Artwalk Potters Throwdown	11 Baskerville Pet Adoption Event Heart Ball
12 The Bears Live	13	14	15 CWF Lunch	16 African- American Lecture	17 BBQ in Blue Jeans Baskerville 'A Sherlock Homes Mystery'	18 Local Au- thons Lun- cheon Freedom Ball
19 Bridal Expo Fight for the Old North State	20 Dr. Martin Luther King, Jr. Memorial	21 BTS Conservation Lab	22	23 Honour, The Musical (thru Feb 2)	24	25 Cultural Arts Series At The Gal- lery
26	27	28 BTS Costume Shop	29	30	31 Winterfeast: Oysters, Brews & Comfort Foods	

Visit [NewBernNow.com](http://NewBernNow.com) to stay up to date on the latest happenings as our Calendar is updated on a regular basis!

# February

# March

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						1 Craven County Clean Sweep
2 Honour, The Musical Drum Circle	3	4 BTS: Costume Shop Poetry Open Mic	5	6 Girls Night Out	7 Tryon Palace 250th Anniversary "For Colored Girls"	8 Free Day Garden Lecture Series
9	10	11 BTS: Conservation Lab	12 The Underground Railroad	13	14 Artwalk Antique Show and Sale	15 Discovering Tryon Palace Outlander 30 Years of the CIA Presentation
16	17	18 BTS: Costume Shop	19	20 Empty Bowls "The Women of Motown"	21 Daredevils in The Sky Frozen Jr.	22 Craven County Veterans Standdown Mardi Gras Festival
23 How did we get here from there?	24	25 BTS: Museum Technology	26	27	28 African American Heritage Walking Tour	29 Frozen Jr. At The Gallery

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1 Frozen Jr Drum Circle	2	3 BTS: Conservation Lab	4	5	6 Revolutionary War "Fanny's Journey"	7 A Day of Shakespeare Solina Solomon Live
8 CROP Hunger Walk	9	10 NC Main Street Conference	11	12	13 Artwalk Sham-rockin St. Patrick's Day Celebration	14 Home Improvement Auction Garden Lecture Series
15	16	17 BTS: Museum Technology	18	19 African American Lecture "Fly Bessie Fly"	20 Willie Wonka, Jr.	21 Home & Outdoor Living Expo Shockwave Wrestling
22	23	24 Craven Works Fair and Resources	25	26 Harriet Tubman Presentation Beethoven's Symphony #7	27 Murder on the Orient Express Willy Wonka, Jr.	28 Neuse River Bridge Run Colonial Market Day
29	30	31 BTS: Costume Shop	Visit <a href="http://NewBernNow.com">NewBernNow.com</a> to stay up to date on the latest happenings as our Calendar is updated on a regular basis!			

# The Great Outdoors



New Bern is a retreat for outdoor enthusiasts and nature lovers as there are countless outdoor activities to enjoy! From biking, bird watching, boating, camping, fishing, golfing, hiking, hunting, paddling, running, to observing wildlife, and more...we have it all!

Nestled between the Neuse and Trent Rivers, New Bern is a haven for boaters, fishermen, and watersports fanatics! From large Marinas to off the path boat ramps, you'll find them here!

Fishing is plentiful! Some of the water is brackish so you can catch both salt water and fresh water fish, but you may need both licenses, so check the fishing regulations.

**Go Scuba Diving with [Divin' Dawgs](#), 801 Cardinal Dr., (638-3432)**

Prefer paddling? Contact Sound Rivers (637-7972) for paddle trail maps and details about boating and fishing on our rivers.

The Croatan National Forest is a "Nature Lover's Paradise" and it's in our backyard! Discover carnivorous plants like the Venus flytrap, pitcher plant, sundew, along with other exotic plants. The Croatan spans approximately 160,000 acres. It's home to black bear, deer, wild turkey, quail, coyotes, bald eagles, beaver, bobcats, porcupine, alligator, and other wildlife species. Visit the Ranger's Station on Hwy 70 E (638-5628).

Check out the Latham-Whitehurst Nature Park off Broad Creek Rd.

Hunting/Fishing License Information (888-248-6834)

# Daytrippin'

Jan 25 – 26: Carolina Outdoor Expo at the Greenville Convention Center. This is a terrific opportunity to find boating, camping, fishing, hunting and other gear. You can also attend free seminars by experts! Visit [CarolinaOutdoorExpo.com](http://CarolinaOutdoorExpo.com).

Feb 14 – 15: Kenansville Heart Stopping Rodeo "Bulls, Broncs, and Barrels" at the Duplin County Events Center. Check out [Rodeo-KenansvilleNC.Eventbrite.com](http://Rodeo-KenansvilleNC.Eventbrite.com).

Feb 28 – Mar 1: Eastern North Carolina Boat Show at the Greenville Convention Center. Call 252-946-3248 or visit [ENCBoatSale.com](http://ENCBoatSale.com).

Mar 7: Antebellum Ball, 7 – 11 p.m. at the CSS Neuse Civil War Interpretive Center, 100 N. Queen St. in Kinston. Proceeds benefit the C.S.S. Neuse Gunboat Association. Call 252-526-9600 or visit [Facebook.com/CSSNeuse](http://Facebook.com/CSSNeuse).

Mar 28: Blue, Brew and Que Festival, 11 a.m. – 8 p.m. at the Duplin County Events Center. The festival will feature bluegrass music, NC Craft Breweries, Bar-B-Cue and more! Visit [BlueBrewandQue.com](http://BlueBrewandQue.com).

# The Podsquad



New Bern Now and Beyond's podcast has taken the show on the road!

We've talked about local businesses and non-profits since we started podcasting in 2012...now we broadcast "live" on location to showcase them! Our webcasts came to life in November 2019 when we started at Carolina Creations, then The Greater Good Gallery, New Bern Arts and Wellness Center, and Wit Clothier.

Join us by hosting the show, watch us live, or listen to the audio version anytime!

Give us a call at 252-259-6853 or send us an email at [info@newbernnow.com](mailto:info@newbernnow.com) for details!

# Healthcare

**CarolinaEast Health System** encompasses the CarolinaEast Medical Center (350-Bed facility); CarolinaEast Surgery Center, CarolinaEast Diagnostic Center, CarolinaEast Emergency Care, CarolinaEast Home Care, CarolinaEast Rehabilitation Hospital, CarolinaEast Physicians and numerous ancillary services. The Comprehensive Cancer Center is opening in January 2020!

The CarolinaEast Foundation is a 501 (c) 3 non-profit that offers a host of much needed services in New Bern and throughout Eastern North Carolina. One of which is working side by side with other non-profits to provide financial assistance to help people who cannot afford the costs of their healthcare needs.

CarolinaEast Medical Center is located at 2000 Neuse Blvd. (633-8111) and the CarolinaEast Foundation is located at 2007B Neuse Blvd. (633-8247)



Joyce Pymm, Buster Radford, Jacqueline Fritsch, and Jerry Eubanks

**ParkerLane Integrative Health.** ParkerLane practitioners combine conventional medicine with alternative therapies to address your unique healthcare need and goals. They partner with you to identify the root-cause of your health concerns using a holistic mind-body approach, specializing in nutrition, lifestyle, and stress management. Visit them at 1440 McCarthy Blvd. (631-5815).

Visit **Acupuncture Works** located at 1425 S. Glenburnie Rd. (670-1063).

There's also a lot of Dental practices to choose from!

For other resources, contact Craven County Department of Health and Human Services (636-4920).

**MERCI Clinic** is a free healthcare clinic offering primary care, specialty healthcare, dental services, pharmaceutical services, diabetes screening and screening to residents of Craven, Jones, and Pamlico County who don't have health insurance.

There are eligibility requirements (i.e. based on income level and you're not eligible if you have Medicaid, Medicare, Veterans benefits, etc.).

MERCI Clinic is a volunteer network of Physicians, Dentists, Nurses, Technicians, and other key personnel.

The MERCI Clinic is located at 1315 Tatum Dr. in New Bern or call 633-1599.

There are also a number of urgent care and specialty healthcare services available in New Bern.

**Coastal Carolina Health Care (CCHC)** is a healthcare group practice with a network of physicians with a strong base of primary care providers in New Bern, NC.

CCHC's physicians, nurse practitioners, and physician assistants specialize in Family Medicine, Internal Medicine, Cardiology, Neurology, Sleep Medicine, Urgent Care, Oncology, Hematology, Gastroenterology, Pulmonology, and Critical Care. The Imaging Center is equipped with MRI, CT, Ultrasound, Mammography, Bone Density and X-Ray. CCHC also has an Urgent Care, Endoscopy Center, and Sleep Lab. CCHC provides services at CarolinaEast Medical Center, the MERCI Clinic, and local nursing homes. The CCHC Foundation, a 501 (c) 3 non-profit is very active in our community through educational outreach and fundraising activities. The Foundation provides support and resources to patients effected by cancer and/or chronic illness and offers financial counseling and support, transportation assistance, education and other programs. The Foundation also supports The Journey of Hope Cancer Support Center that provides comprehensive care and resources in New Bern and Eastern NC. They take a whole person approach including mind, body, and spirit. The Center offers numerous programs such as support groups, survivorship programs, massage and art therapy, exercise, and other programs.

CCHC is located at 1020 Medical Park Ave. (633-4111) and The CCHC Foundation and The Journey of Hope Cancer Support Center are located at 1010 Medical Park Ave. (633-4673).

# Staying in New Bern

# Community Notes



## HANNA HOUSE BED & BREAKFAST

*Innkeepers,  
Camille and Joe Klotz*

252-635-3209

HannaHouseNC.net

218 Pollock St.  
New Bern, NC

### Bed and Breakfasts and Inns

[Hanna House Bed & Breakfast](#), 218 Pollock St., 635-3209

The Aerie Bed and Breakfast, 512 Pollock St.  
The Benjamin Ellis House, 215 Pollock St.  
The Captain's Stay, 718 Pollock St.  
The Jarvis 220, 220 Pollock St.  
Meadows Inn, 212 Pollock St.

### Camping Cabins, RVs, and Tent Sites

[Turkey Quarter Campground and RV Park](#), 163 Kirby Rd., Cove City, 342-5787 or 919-202-3419  
Moonlight Lake RV and Cottages, 180 Moonlight Dr.  
New Bern KOA, 1565 B St., Bridgeton.

### Hotels and Motels

[The Ziegler Motel and Suites](#), 1914 Trent Blvd., 638-6868  
BridgePointe Hotel and Marina, 101 Howell Rd.  
Candlewood Suites, 3465 Dr MLK Jr Blvd.  
Comfort Suites of New Bern, 1006 Old Cherry Pt Rd.  
Courtyard by Marriott, 218 E Front St.  
Holiday Inn Express, 3455 3465 Dr MLK Jr Blvd.  
Hampton Inn - New Bern, 200 Hotel Dr.  
Springhill Suites - Marriott, 300 Hotel Dr.

### Vacation Rentals

Resort Management Group, 475 Broad Creek Rd.  
Vacation Resorts International, 1141 Broad Creek Rd.

GriefShare "WINTER/SPRING" sessions at Centenary UMC. GriefShare is a support group for people who have lost a loved one: spouse, family member, relative or friend. It is open not only to Centenary members, but our entire community as well. If you know of someone who is hurting, please invite them. For details, call Pam or Ron Bonina at 252-497-8489.

For the month of February, [The Tryon Civitan Club](#), in conjunction with The UPS Store, will be sponsoring their Tenth Annual Food Drive to benefit the Salvation Army. The Salvation Army is in need of protein food items such as canned meat, tuna fish, macaroni & cheese. Also canned spaghetti sauce & canned pastas such as beefaroni, ravioli, spaghetti & soups. Anyone wishing to donate any of these items can drop them off at The UPS Store, 1822 S. Glenburnie Rd. As always, The Tryon Civitan Club thanks everyone for their continued support of the projects they have during the year in support of our community. For details, call Tryon Civitan President Angela Okell-Watson at 626-4862.

[Craven County Clean Sweep](#) sponsors four annual clean up events on the first Saturdays of February, May, August and October to help keep New Bern streets and waterways free of litter. The upcoming one will be Saturday, February 1st, but if that day is not convenient, you can choose another day that fits your schedule! It's your choice to help out in any of these ways: by walking along the streets in your own neighborhood; by using your boat to clean up a waterway; by meeting with others at Craven County Administration Building's parking lot, 406 Craven Street on that Saturday at 9 a.m. to be assigned a spot or by simply picking any other "trashy" area that's been bothering you. The amount of time you spend on this is totally up to you - it can be 15 minutes or a few hours. Bags will be provided. The bags will, also, be picked up where you leave them, so you do not have to carry them to another spot! Call 633-1477.

The Rotary Club of New Bern's Sham-Rockin' 2020, A St. Patrick's Celebration, is coming Friday, March 13th. The event will be held again at the North Carolina History Center. Doors open at 6:00 pm and the Sham-Rockin' will continue until 10:00 pm. Dinner, music, and a cash bar will be available. Tickets include dinner and admission and are \$20 in advance and \$25 at the door. Tickets can be purchased at Mitchell Hardware and online: [NewBernRotaryClub.org](#).

The American Legion Post 539 and the Knights of Columbus Assembly 1820 have announced [The Wall That Heals](#) national tour is coming to New Bern! It will be on display from March 26 - 29 at Lawson Creek Park.



# New Bern holds its first ever Double Ribbon Cutting in Five Points



Ribbon Cutting for Crema Brew

When was the last time you went to a ribbon-cutting event where it was a double ribbon-cutting? Back to back, right next door to each other.

Well, that's exactly what happened Thursday, December 5th! Crema Brew and State Legacy (SL) Revival Co. both had their grand openings on the same day, same time. It was very communal.

The first grand opening was at Crema Brew, and it was packed. I was standing shoulder to shoulder with all in attendance.

A little bit before the event started, I was able to speak to Mr. and Mrs. Potter who were enjoying an afternoon cup of joe. They're originally from Baltimore, as Mr. Potter was proudly wearing his Ravens hat. They retired in 2015 and settled into New Bern.



Funny story about how that happened. They tell me they were actually looking to retire out in Wilmington and drove down to visit. On their drive down here, they mistakenly took the exit for US-17 and landed in New Bern! They fell in love with the town and decided to move to New Bern instead! They love coming to Crema Brew, calling it the best cup of coffee south of Baltimore.

Kevin Roberts, Director of the New Bern Chamber of Commerce, kicked off the ribbon cutting ceremony with a few kind words for the folks of Crema Brew.

Speaking to the development of the 5-points area of New Bern, Roberts said,

***"I don't think anything has been more exciting than to be here and see the investment that is being made here in this part of town."***

He was alluding to the excited, large crowd that gathered at Crema Brew to attend the ribbon-cutting. The caffeine that was being handed around probably played a small factor here. Either way, the energy was flowing in that room. Shortly after a few more word from Roberts, and then from Donovan Zook, who owns Crema Brew with his wife, Roxanne; we all went outside for the big ribbon cutting.



And just about immediately after, I ran next door to SL Revival Co to prepare for the next ribbon cutting. Everyone else had the same idea, except they didn't run. They just kind of shuffled over. I actually DID run. Well, it was more of a jog. I'm not much of a runner.

So, let's do this all over again!

Continued on page 15

## New Bern holds its first ever Double Ribbon Cutting in Five Points (Continued)



### SL Revival Ribbon Cutting

SL Revival is a lifestyle clothing company here in New Bern, and also a screen printing shop. Over the last several months, owner Danny Batten has completely updated both the outside and inside of the shop. Adding planter box areas outside, changing out the garage doors to a barn-door feel, and the most impressive feature of adding a beautiful portico to the front entrance.

For the grand opening, Batten had several Adirondack chairs set up, in addition to a beer vendor for some light refreshments. When you walk in, there are several displays of clothing products.

This serves two purposes. The first, to sell their line of shirts, hoodies, hats, and other apparel. The second is to show the possibility of screen printing services. They screen print their own shirts for sale, but also offer screen printing as a service to businesses and organizations.



They were also printing special grand opening “New Bern Bear” as a demonstration of the quality of the product they offer.

After both Batten and Roberts shared some thoughts about the opening, everyone gathered around the portico to take a group ribbon cutting photo. Cutting the ribbon was employee Carrie Woodard.

I had a chance to speak with Roberts after both ceremonies were done. When asked what these two grand openings mean for New Bern, he had this to say:

***“We’ve been talking about this market for 20 years about how to bring the same vitality that downtown has...and bring that into Broad St. and into five points. I remember this market where we’re standing today as a child – bustling. And all of us would like to see that again. So to have Donovan and Danny make the investment that they made in here, this is just really exciting for all of us.”***

Perhaps the next time your heading in or out of downtown, just stop by some of the Broad Street businesses that are in the five points area. You’ll be surprised just what this little area of New Bern has to offer. Of course, the more we shop local as often as possible, the more places like five points can grow and flourish.

You can learn more about Crema Brew and SL Revival on their websites: [cremabrew.com](http://cremabrew.com) and [statelegacyrevival.com](http://statelegacyrevival.com).

Have an idea about a business story? Reach out to [brad@bearcityimpact.com](mailto:brad@bearcityimpact.com)!

By Brad Poirier

# Businesses and Non-profits

## Featured Businesses

[Acupuncture Works](#), 1425 - Ste. 6, S. Glenburnie Rd., 670-1063

[Carolina Creations](#), 317 Pollock St., 633-4369

[The Crystal Lady Gallery](#), 217 Middle St., 626-0120

[Four C's](#), 252 Middle St., 636-3285

[Law Offices of Oliver & Cheek](#), 405 Broad St., 633-1930

[Mitchell Hardware](#), 215 Craven St., 638-4261

[My Travel Agent, LLC - Anita English](#), 638-4134

[New Bern Web Design](#), 315 Metcalf St. 349-0270

[The Pepsi Store](#), 256 Middle St. 636-5898

[Pollock-Best Funerals and Cremations](#), 2015 Neuse Blvd., 637-5111

[Poor Charlie's Flea Market & Antiques](#), 208 Hancock St., 638-2798

[Quay & Associates, P. A.](#), 412 Broad St., 635-1610

[Studio Verve](#), 2118 Trent Rd., 514-2655

[Small Batch Gallery + Goods and Trade Ideas, Inc.](#), 250-A Pollock St., 617-0211

[The Tyson Group, Realtors](#), 2301 Grace Ave, 675-9595

[Wit Clothier](#), 502 Pollock St., 631-5098 and [Jillybird Boutique](#), 675-3471

## Featured Non-profits

[Community Artists Gallery & Studios](#), 309 Middle St., 633-3715

[Craven County Habitat for Humanity ReStore](#), 930 Pollock St., 633-5512

[Promise Place](#), 1401 Park Ave., 636-3381

[True Justice International](#), PO Box 14534, New Bern, 28562, 631-5111

## Nightlife and Pubs

[The Brown Pelican Pub](#), 411 Broad St., 631-5008

Attitudes Pub & Grill, 32 Shoreline Dr.

Bear Town Market (BTM), S. Front St.

Blackbeard's Restaurant & Pub, 415 S. Front St.

The Brown Pelican Pub, 411 Broad St.

Brewery 99, 417 F Broad St.

The Bruin Craft Beer and Wine, 224 Middle St.

Brütopia, 1201 Hwy 70E.

Half Time Pub & Grill, 3325 Dr MLK Jr Blvd.

Mickey Milligan's, 3411 Trent Rd.

Persimmons Restaurant, 100 Pollock St.

Prohibition Drinks and Deserts, 237 Craven St.

The Garage Tap Room, Game/VR Room, 1209 Hwy 70 E

## Animal Care Services

[Bill's Pet Shop](#), 2666 Dr. MLK Jr. Blvd., 637-3997

[Craven Animal Hospital](#), 1003 Hwy 70 E., 637-4541

[A Dog's Dream, Boutique-Resort-Day Spa](#), 1819 Race Track Rd., 514-2502

[Lynaire Kennels](#), 4634 Old Cherry Point Rd., 633-4333

[Masterful Dog Training](#), 672-5933.

Emergency Vet Center, 1301 E. Main St., Havelock, 444-1399

[New Bern Chamber of Commerce](#), 316 S. Front St., 637-3111 - **New Members:**

Bear Town Baskets, 631-0070

DeVooght House & Building Movers, 8480 Honeycutt Rd., Ste 200, Raleigh, 844-203-9912

Broad Street Laundry, 905 Broad St., 288-6782

Advanced Signs, Awnings & Screen Printing, 3418 Martin Dr., 633-2228

Altrius Capital Management, 1323 Commerce Dr., 638-7598

Carolina GSE, 430 Executive Parkway, 565-0288

Carolina Bay Derivatives, 118 B Market St., 706-726-8775

Coastal Bank & Trust, 4737 Arendell St., Suite G, Morehead City, 646-4655

Lush Nutrition, 2500 Trent Rd., Unit 20, 288-4575

New Bern Yoga, 3515 Trent Rd, Suite #5, 649-7901

[Havelock Chamber of Commerce - New/Renewing Members:](#)

Mary Bares - Aflac, 474-7178

Annunciation Catholic School, 246 E. Main St., 447-3137

Blue Arbor, Inc., 447.8374

Boeing, 224 Stonebridge Sq., 444-4329

Carteret Health Care, 3500 Arendell St., Morehead City, 499-6000

Cherry Point United Methodist Church, 103 Methodist Dr., 447-3039

Craven Community College, 800 College Ct., New Bern, 638-7200

Coastal Environmental Partnership, Cove City, 633-1564

Dream Vacations, 665-3256

Duke Energy, 2637 Gumbranch Rd., Jacksonville, 800-452-2777

Edward Jones - Bruce Fortin, 199 Hwy 70 W, 463-0406

Havelock Animal Hospital, 415 Miller Blvd., 447-7119

Havelock Mall and Auctions, 237 W. Main St., 733.9345

Heart of a Warrior: Author Kim Smith, 670-0150

Lazy K Cartridge Company, 456 Hwy 70 W, 652-6262

Munden Funeral Home and Cremations, 908 Lake Rd., 444-6248

Neuse River Assoc. of Realtors, 1433 S. Glenburnie Rd., New Bern, 636-5364

Tim Newton Auto Sales, Inc. 407 West Main St., 447-7372

Individuals: Tom Braaten and Terri Sharp

## Other New Businesses:

[The Crystal Lady Gallery](#), 217 Middle St., 626-0120

Tildy Floral Designs, 919 Broad St., 259-4992

Bloom by Annie, 314-409-9573

# Dining

## Asian

Bay Leaf Indian Restaurant, 309 Middle St.  
Canton Chinese, 4118 Dr MLK Jr Blvd.  
China Garden, 1216 S. Glenburnie Rd.  
China King, 133 Bridge Town Blvd.  
Chinese Express, 3105 Neuse Blvd.  
China Wok, 3321 Dr MLK Jr Blvd.  
Golden China, 953 Hwy 70 E.  
Peking Garden Express, 2007 S. Glenburnie Rd.  
Ginza Japan, 3025 Dr MLK Jr Blvd.  
Hibachi Super Buffet, 3342 Dr MLK Jr Blvd.  
Mon Asian Market/Restaurant, 2117 S. Glenburnie Rd.  
Musashi Japanese Steak & Seafood Restaurant, 2041 S. Glenburnie Rd.  
New Chinese Take Out, 1405 Tatum Dr.  
Osaka-SaiGon-Japanese-Vietnamese, 701 Hwy 70 E  
Queen Power Thai Restuarant, 2405 Neuse Blvd.  
Sake Sushi Grill, BBQ and Bar, 400 Hotel Dr.  
Sanuki Japanese Restaurant, 2311 Neuse Blvd.  
Sumo Bowl, 1905 S. Glenburnie Rd.  
Thai Angel, 247 Craven St.

## Breakfast, Coffee Shops, and Delis

### **Baker's Kitchen, 227 Middle St., 637-0304**

Bella's Cafe' and Catering, 323 Middle St.  
Carolina Bagel Co. & Deli, 3601 Trent Rd.  
Country Biscuit Restaurant, 809 Broad St.  
Crema Brew, 914 Broad St.  
Craven Coffee House, 1904 S. Glenburnie Rd.  
Ghent Sandwich Shop, 1308 Broad St.  
Kitchen on the Trent, 2500 Trent Rd.  
McAlisters Deli, 2002 S. Gleburnie Rd.  
River Brew Coffee House, 36 Shoreline Dr.  
Schlotzsky's Deli, 3335 Dr MLK Jr Blvd.  
Sea Glass Cafe, 1803 S. Glenburnie Rd.  
Sweet Pea's Cafe', 3515 Trent Rd.

## Italian

37th Street Pizzeria, 2402 Neuse Blvd.  
La Casetta Italian Cuisine, 2503 Neuse Blvd.  
LaRosa Restaurant, 1503 S. Glenburnie Rd.  
Mario's Pizza, 1822 S. Glenburnie Rd.  
Panichelli's Pizzeria, 40 Shoreline Dr., River Bend  
Paula's Pizza & Italian Restaurant, 3946 Dr MLK Jr. Blvd.  
Sara's Big Apple Pizzeria, 1150 Broad Creek Rd.  
Savage's Woodburning Pizzeria, 303 Metcalf St.

## Mexican/Southwest

Arturo's Mexican Restaurant, 1900 S. Glenburnie Rd.  
Chipotle Mexican Grill, 2999 Dr MLK Jr Blvd.  
El Cerro Grande, 2503 Dr MLK Jr Blvd.  
El Taco Loco, 2408 Dr MLK Jr Blvd.  
Moe's Southwest Grill, 2000 S. Glenburnie Rd.  
Taqueria San Luis, 1706 Hwy 70E

## Surf and Turf (Seafood & Steak)

Captain Ratty's Seafood & Steakhouse, 202 Middle St.  
Friday's 1890 Seafood, 2307 Neuse Blvd.  
MJ's Raw Bar and Grill, 216 Middle St.  
Sting Ray Cafe, 520 S. Front St  
Texas Steakhouse, 3231 Dr MLK Jr Blvd.  
Outback Steakhouse, 111 Howell Rd.



## Having a good time at Cypress Hall

### Sweet Tastes

### **Soo's Chocolate and Bakery, 876-7667**

Bear City Fudge Company, 236 Middle St.  
Cow Cafe, 319 Middle St.  
Dairy Queen, 2401 Dr MLK Jr Blvd.  
Sugarplum Bakery, 1244 Hwy 70 E

### Upscale Dining

The Chelsea Restaurant, 335 Middle St.  
Cypress Hall Kitchen + Bar, 219 Middle St.  
Morgan's Tavern and Grill, 235 Craven St.  
Persimmons Restaurant, 100 Pollock St.

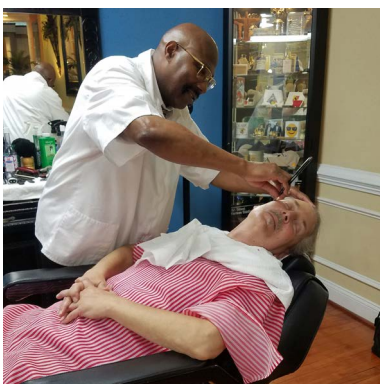
### Variety Dining

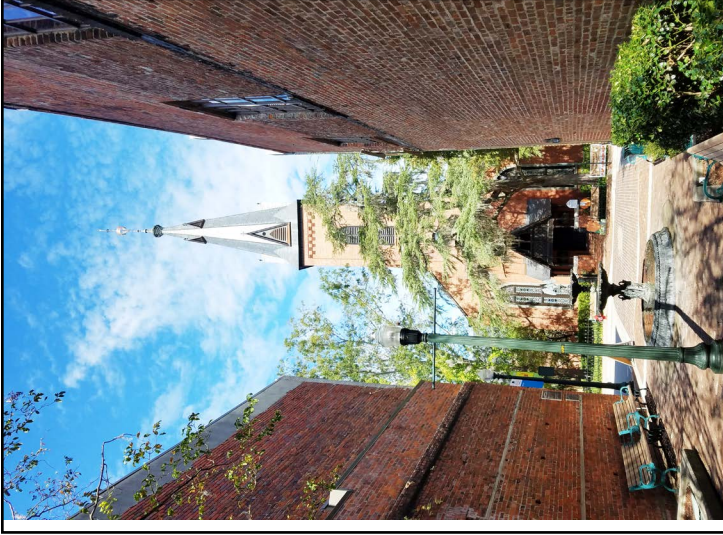
### **Beer Army Burger Company, 313 Pollock St., 288-5814**

Annabelle's Restaurant, Twin Rivers Mall  
Applebee's Restaurant, 3450 Dr MLK Blvd.  
Attitudes Pub & Grill, 32 Shoreline Dr.  
Bern Bar, 1904 S. Glenburnie Rd.  
Blackbeard's Restaurant & Pub, 415 S. Front St.  
Buffalo Wild Wings, 3102 Dr MLK Jr Blvd.  
Carolina Grill, 998 Hwy 70 E.  
Country Biscuit Restaurant, 809 Broad St.  
Famous Restuarant and Bakery, 2210 Neuse Blvd.  
The Flame Catering, 2303 Neuse Blvd.  
The Grill at Prohibition, 237 Craven St.  
Half Time Pub and Grill, 3325 Dr MLK Jr Blvd.  
Moore's Barbeque, 3621 Dr MLK Jr Blvd.  
Panera Bread, 2997 Dr MLK Jr Blvd.  
Pollock Street Pub - Weiner Haus, 208 Pollock St.  
Ruby Tuesday Restaurant, 1004 Hwy 70 E.  
Spunky McDoogles, 1908 S. Glenburnie Rd.  
Vine Cafe, 3329 Dr M L K Jr Blvd.

The New Bern Farmers Market is also terrific venue for live music and events! They're open every Saturday. It's a place where our community meets old friends, makes new ones, and supports local businesses!

# PHOTOS AROUND TOWN





**MAP LEGEND**

**BUSINESSES**

- 1 Baker's Kitchen
- 2 Beer Army Burger Company
- 3 Birthplace of Pepsi Store
- 4 The Brown Pelican
- 5 Carolina Creations
- 6 Community Artists Gallery & Studios
- 7 The Four C's
- 8 Hanna House B & B
- 9 Law Offices of Oliver & Cheek
- 10 The Crystal Lady Gallery
- 11 Mitchell Hardware
- 12 New Bern Web Design
- 13 Poor Charlies Antiques & Flea Market
- 14 Quay & Associates, P.A.
- 15 Small Batch Gallery + Goods and Trade Ideas
- 16 Snap Dragon Way Cool Toys

**HISTORIC LANDMARKS**

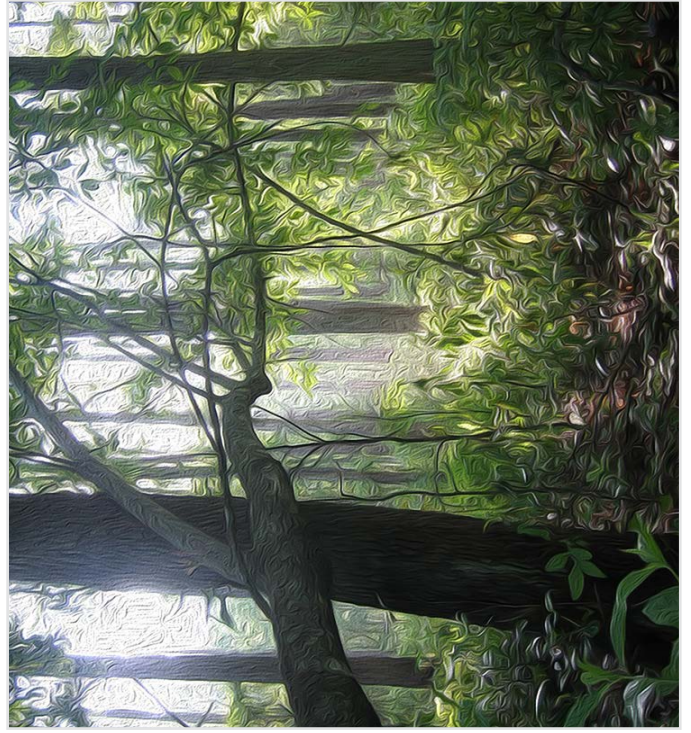
- 17 Sylvan Learning
- 18 Wit Clothier/Jillybird Boutique
- 19 Athens Theatre
- 20 Altmore-Oliver House
- 21 Centenary United Methodist Church
- 22 Christ Episcopal Church
- 23 Craven County Courthouse
- 24 Federal Courthouse
- 25 First Baptist Church
- 26 Isaac Taylor House
- 27 New Bern Fireman's Museum
- 28 North Carolina History Center
- 29 St. Marys Free Will Baptist
- 30 Sudan Temple
- 31 Tabernacle Baptist Church
- 32 Tryon Palace
- 33 Tryon Palace Waystation

**POINTS OF INTEREST**

- 34 ABC Store
- 35 City Hall
- 36 Craven Arts Council & Gallery
- 37 Craven County Clerk of Court
- 38 Craven County Register of Deeds/Tax Office
- 39 The Cub House
- 40 New Bern Convention Center
- 41 New Bern Trolley pickup
- 42 New Bern Farmers Market

**OUTDOOR INTERESTS**

- 43 Bear Plaza
- 44 James Reed Lane
- 45 Union Point Park



# Downtown New Bern Map





New  
year,  
new  
hope.

When cancer invades your life, you want to be more than just a survivor. You want to be better. And you need someone with you every step of the way.

We're proud to announce the **Grand Opening in January 2020 of the SECU Comprehensive Cancer Center at CarolinaEast Medical Center.** As a result of a unique partnership between CarolinaEast Health System and UNC Health Care, the Center is a place that partners with you to offer world-class care and resources dedicated to helping you or your loved one.

When it comes to care for every phase of life, **choose CarolinaEast**, and choose the **SECU Comprehensive Cancer Center at CarolinaEast Medical Center.**

— SECU —  
COMPREHENSIVE  
CANCER CENTER  
at CarolinaEast Medical Center

NEW BERN & COASTAL CAROLINA

Cancer care as special as you are.

[CarolinaEastHealth.com](http://CarolinaEastHealth.com)