



July 2024



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Dedicated Service Involvement

In the economic development, tourism and the preservation of historic Southport: making Southport a destination of southern culture.

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Content for the DSI Newsletter is due by the 20th of the month preceding issue date. Please provide any announcements or ads in pdf or jpg format.

Judy Beers
Newsletter Editor
judy@southcoastnc.com



POINTS OF INTEREST

- American Red Cross Drive
- 4th of July Schedule
- Doshier Volunteers Donate
- July Recipe

Doshier to Host American Red Cross Blood Drive August 9

To be held at Jaycee Building in Southport.



Doshier Memorial Hospital will host an American Red Cross Blood Drive on Friday, August 9, from 8:30am - 1:30pm at the Jaycee Building, located at 309 N. Fodale Ave. Community members who would like to donate blood are encouraged to sign up online at www.redcrossblood.org and enter in zip code 28461 in the "Find a Blood Drive" search tool. Look for the Jaycee Building and event date and click, "See times," to check schedule

availability. Tap on the donation time of your choice and fill in the requested information. All donors are welcome. Please bring a photo ID.

Community members who have questions may call the Red Cross at 910-762-2683 or go to RedCross-Blood.org. ■



BACK PORCH ROCKERS

2024 PERFORMANCE SCHEDULE

<u>Date</u>	<u>Location</u>	<u>Event/Charity</u>	<u>Time</u>
April 27th	Whittler's Bench, Southport	Cape Fear Cruisers Car Show Brunswick Toy Run	11am - 2pm
May 11th	Oak Island Moose Lodge	Bill Smith Dog Park For The Moose Lodge	3pm - 7pm
June 30th	Woodlands Amphitheater	St. James Town 25th Anniversary	TBD
July 13th	Lone Rider (West Oak Island)	TBD	530pm - 830pm
July 26th	Oak Island Moose Lodge	Samara's Village	7pm - 10pm
September 14th	Brunswick Forest	Project Dignity	TBD
September 19th	Garrison Lawn	Maritime Museum Fundraiser	5pm - 7pm
September 28th	Woodlands Amphitheater	Banding Together / New Hope Clinic	TBD
October 4th	Oak Island Moose Lodge	At Liberty Connections	7pm - 10pm
October 12th	Ocean Isle Pier	Brunswick Toy Run	TBD
October 26th	Whittler's Bench, Southport	Cape Fear Cruisers Halloween Car Show	11am - 2pm
November 9th	Oak Island Moose Lodge	Fan Appreciation Evening	5pm - 9pm

For Questions Or To Schedule Our Services, Please Contact:
Randy Lewis
(703) 403-2047

Rev. 3
4/18/2024

Dosher Volunteer Organization Donates Over \$130,000.00 in Equipment to Hospital



Front Row Left to right: Dosher President and CEO Lynda Stanley, Volunteer President Sherri Parent, Volunteer Vice President Jeri Robinson, Volunteer Treasurer Lorena Curry, Chair of the Volunteer Wish Committee Debbie Goodwin

The Dosher Memorial Hospital Volunteers are a wonderfully diverse group of men and women who make a difference in the lives of patients and their families through donating their time to perform a number of administrative tasks along with managing the hospital gift shop and the Dosher Flea Market in downtown Southport. During the 2023-2024 fiscal year, the Dosher Volunteers have donated \$133,304.00 to the hospital for equipment needs for different hospital departments. Funds were raised through proceeds from the gift shop and the flea market. Purchase requests are reviewed and approved through a Wish Committee.

- Items purchased through volunteer donations this year include:
- A heat pump for the Hood Building/Dosher Flea Market
 - Physical Therapy medical refrigerator
 - Physical Therapy Game Ready Unit
 - Emergency Department Registration Cart
 - Emergency Department Ultra sound Transducer
 - Diagnostic Imaging waiting room furniture
 - Three (3) Physical Therapy cross trainers
 - 14 Patient Care Unit room chairs
 - Software for the Dosher Lab

- Pharmacy Department medical refrigerator
 - Kitchen range for the Dosher Café
- When thanking the volunteers for their donations, Lynda Stanley, President and CEO of Dosher Memorial Hospital said, “You may not think of yourselves as providing patient care through the work you do, but donating equipment that is vital to our operation is part of patient care. We greatly appreciate your generous and meaningful service.”
- To find out more about volunteering at Dosher, visit [Dosher.org/volunteer](https://dosher.org/volunteer). ■

Clearance

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Swinger with Chain Band
Comes in Brown and Black
(One Size)
\$48.00 NOW \$24.00



Crochet Ole'
Comes in Turquoise, Lavender and Pink
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Santa Cruz Australian Wool w/ Dove
(One Size with sizing string)
\$40.00 NOW \$20.00



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Southport/Oak Island area.

Text Terry: 252-475-7359
Text Judy: 910-523-1107
Member: Downtown Southport, Inc.

Dosher to offer hospital tour Wednesday August 14th

All Are Welcome

Dosher Memorial Hospital invites community members to take an in-person tour of the hospital on Wednesday, August 14, 2024 at 1:00 pm. This is to give local residents an opportunity to get an up-close look at the services offered and to have questions about the hospital answered by knowledgeable professionals. Tour group will meet in the front lobby of the main hospital building at 924 N. Howe St., Southport. Space is limited therefore an RSVP is requested. Call 910-457-3900, or email: marketing@doshier.org to reserve your spot. ■

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Drive-Through Food Donation Collection Event

Set for July 10th

Donations are for the benefit of food pantries and organizations within Brunswick County who serve high need areas.

Dosher Memorial Hospital, in partnership with the Brunswick Wellness Coalition (BWC), will host a drive through food donation event to benefit identified high need areas within Brunswick County. Donors may drive up to the hospital front entrance on Wednesday July 10th between the hours of 9:00 am and 1:00 pm to drop off healthy, non-perishable food items to members of hospital and BWC staff, who will coordinate distribution to local food pantries through South Brunswick PORCH and other non-profit organizations that promote access in nutritious foods. Items of particular need are:

- 1 lb. boxes of whole grain pasta
 - Canned fruits no sugar/packed in water
 - Fruit & vegetable juices, no added sugar
 - Low sugar granola bars and fruit snacks
 - Low sodium canned beans or soups
 - Canned tuna and chicken packed in water/low sodium
 - Natural applesauce
 - Oatmeal
 - Rice (Brown or whole grain)
- Gatorade (low/no sugar)
 - Pudding (Sugar Free)
 - Bottled water
 - Cereals (whole grain/low sugar)
 - BOOST drinks
 - Jelly (low/no sugar)
 - Nut butters/no added sugar & low salt (no glass jars, please)
 - Healthy snacks for children (low sodium chips, veggie chips, fruit cups)

BWC Executive Director, Dr. Leigh Lane, said, “There is a high need for food pantry supplies during the summer due to pantries compensating for meals children receive at school. Not only will the donation drive at Doshier fill a need in food insecure communities, but it will also promote access to healthy foods, including the daily recommendation of 5 servings of fruits and vegetables.”

Over 2,000 pounds of food were collected at last year’s event.

About Doshier:

Doshier Memorial Hospital in Southport operates a network of medical and surgical services in our local area. In addition to hospital based services, Doshier runs five primary care clinics, a walk-in clinic, a general surgery practice, and a women’s health clinic. For more detailed information on our service lines, visit our website at Doshier.org.

About Brunswick Wellness Coalition:

The Brunswick Wellness Coalition

is a united group of individuals and health-minded leaders with the mission to improve the health of the Brunswick County community, and the vision of becoming the healthiest county in North Carolina. BWC is funded through Healthy People, Healthy Carolinas, an initiative of The Duke Endowment. To learn more, visit the website: brunswickwellness.org or Facebook: [@BrunswickWellness](https://www.facebook.com/BrunswickWellness). ■

Dosher Physical Therapy Staff Members Earn LSVT BIG Certification



Scott Passingham, PT Doshier Physical Therapist



Amy Millett, Doshier Physical Therapy Assistant

Dosher Memorial Hospital Physical Therapist Scott Passingham and Physical Therapy Assistant Amy Millett recently completed LSVT BIG certifications, an effective movement treatment for people with Parkinson’s Disease and other neurological conditions. Scientifically studied for over 25 years, BIG trains patients to increase the size (amplitude) of their movements from head to toe and helps people recalibrate to recognize when their movements are smaller or slower than what they may think. The treatment addresses walking, bal-

ance, and other daily life activities and is designed to enable the progress of lifelong habits.

Mr. Passingham is the Manager of the Doshier Therapy Team and has been with the hospital for 18 years. He possesses a Master’s of Physical Therapy from Eastern Carolina University. He looks forward to helping his patients regain quality of life through the treatment and education that BIG training offers.

Mrs. Millett has been with Doshier for 5 years and obtained an Associate’s Degree in Physical Therapy Assistant from South College in

Knoxville, TN. She is excited to work with patients in helping them achieve a more active and independent life.

“We congratulate Mr. Passingham and Mrs. Millett in taking this important step in continuing their health-care education, and we appreciate the ways that this will contribute to the successful outcomes of our patients,” said Lynda Stanley, President and CEO of Doshier Memorial Hospital.

For more information about BIG training at Doshier Memorial Hospital, call Doshier Therapy Services at 910-457-3843. ■



Dosher Welcomes Over 500 Guests to Community Cookout



Over 500 guests attended the 2024 Community Cookout.
ALL PHOTOS CREDITED TO ZEB STARNES

Dosher Memorial Hospital held their much-anticipated community cookout and 94th birthday party on Saturday, June 8th, at the hospital front entrance. Over 500 guests enjoyed a cookout lunch, music, and the camaraderie of friends, neighbors, public officials, Dosher Trustees, Foundation board members, staff, and volunteers.



Regina White Alexander, in the foreground, shared her “Dosher Patient Story” with attendees. Background, L-R: Dosher Trustee Members, Linda Pukenas, Randy Jones, and Debbie Wood



Wendy Jones led cookout guests in the National Anthem at the opening of the speaker program.



Dosher President and CEO Lynda Stanley welcomed guests and expressed gratitude for 94 years of community support.



Southport Mayor Rich Alt tells guests that Dosher Hospital is one of the reasons he chose to move to Southport.

Speakers included Southport Mayor Rich Alt, Chairman of the Dosher Board of Trustees Robert Howard, Dosher President and CEO Lynda Stanley, and Retired Southport City Clerk Regina White Alexander who talked about the care she received at Dosher Hospital. The invocation was delivered by Rev. Tim Davis of First Baptist Church of



State Senator Bill Rabon (L) and State Representative Charlie Miller (R) present Doshier Emergency Medicine physician Dr. Joseph Hatem (Center) with the Order of the Long Leaf Pine Award.

Southport, recently retired Southport Elementary School physical education teacher Wendy Jones led guests in the singing of the National Anthem, and Doshier Medical Clinics Network Manager Barbie Cooper sang “Happy Birthday” to the hospital. The program concluded with a surprise visit from State Senator Bill Rabon and State Representative Charlie Miller, who presented Dr. Joseph Hatem, Doshier Emergency Medicine Physician of 39 years, with the Order of the Long Leaf Pine Award.

Said Doshier President and CEO Lynda Stanley, “Once a year, we take an opportunity to bring\ the community together to express our gratitude for their support, and to celebrate the privilege of providing care for our local residents. We would like to thank everyone who attended

the cookout and those who participated in the speaker program.”

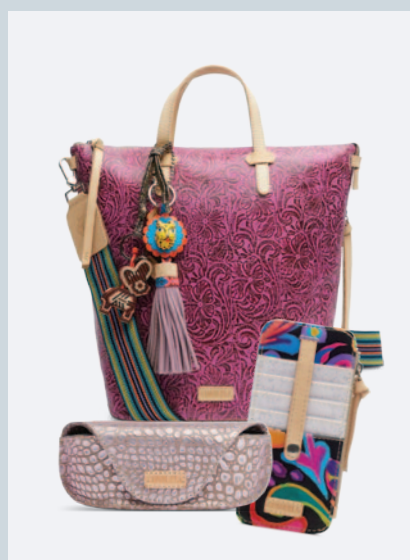
Doshier began their tradition of an annual cookout in 2022 soon after COVID restrictions began to lessen. The 2023 cookout featured a groundbreaking ceremony which commemorated phase 1 of Doshier’s 7-year

Master Facility Plan, which includes the construction of a new 8,000 square foot Emergency

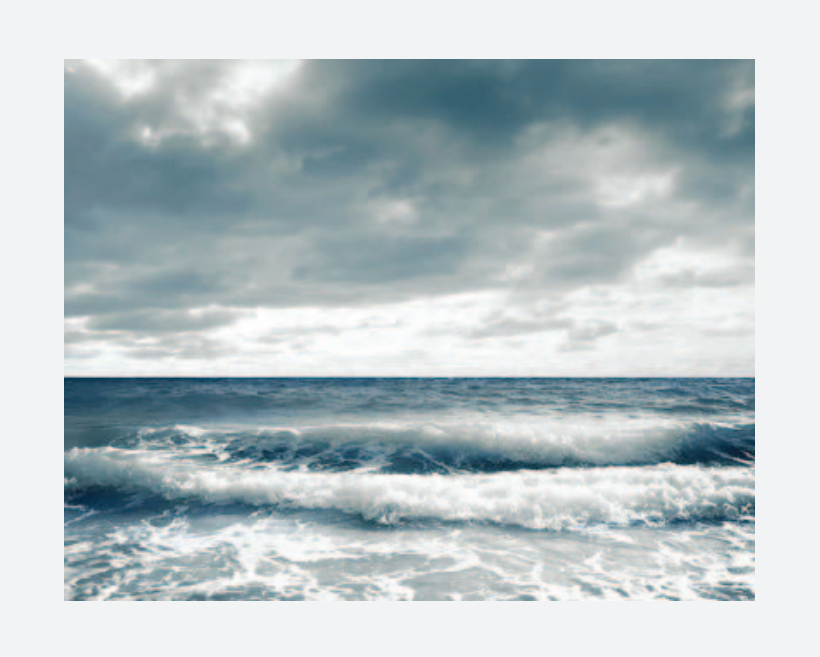
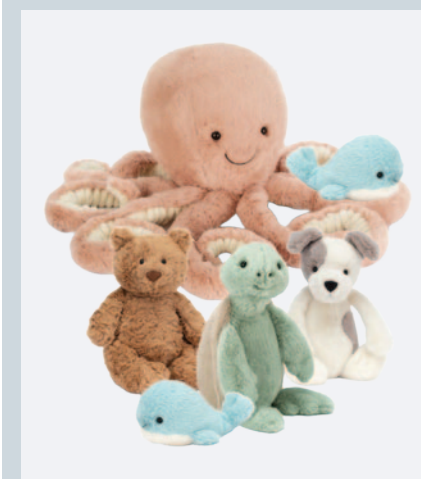


Doshier Trustee Chairman Robert Howard discussed the importance of community support for Doshier.

Department. “As we plan for the future of local healthcare,” said Stanley, “It is important for us to express appreciation for the community who has invested in our hospital and has trusted us with their care for 94 years.” ■



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Add a Patriotic ‘POP’

(Family Features) Break out the red, white and blue and (safely) set off your favorite fireworks – it’s time to honor America’s birthday. Along with all the booms and blasts, make sure your crowd is satisfied with one of the country’s most beloved snack foods and a true firecracker in the kitchen: popcorn.

Celebrated for its seed-to-snack simplicity, popcorn’s smell, taste and versatility mean it can enhance any occasion as a budget-friendly solution for family gatherings. As a timeless treat nationwide, it’s an especially perfect partner for Fourth of July get-togethers as it bursts while cook-

ing and brings a thrill to the senses.

Whether your gathering will take place poolside, in air-conditioned comfort or while watching spectacular fireworks shows among the backdrop of the night sky, tasty treats that honor the occasion allow you to show off your patriotic pride.

These Peanut Butter Cups are an ideal summer snack that’s easy to prepare with everyday ingredients. All you need to do is melt together peanut butter, butter and marshmallows then mix in popcorn, shredded wheat, peanuts and raisins. Bake in individual paper liners for grab-and-go convenience then share with your nearest

and dearest. For added flair, use American flag-themed liners or finish your creation with toothpicks connected to miniature American flags.

Add a touch of heat to this year’s celebrations with Cinnamon Candy Poppers that bring a real bang to the snack table. Inspired by those classic firecrackers that a Fourth of July party can’t go without, these balls of ooey-gooey goodness provide a truly patriotic spark.

Find more popcorn-inspired snacks for your summer celebrations at Popcorn.org.



Cinnamon Candy Poppers

Yield: 24 balls

- Nonstick cooking spray
- 3 quarts popped popcorn
- 4 tablespoons (1/2 stick) butter or margarine
- 3 cups miniature marshmallows
- 1/2 cup cinnamon-flavored candies
- red and blue confection stars
- red licorice string

Spread large sheet of plastic wrap on work surface and spray with nonstick cooking spray.

Spray large mixing bowl lightly with nonstick cooking spray and place popcorn inside.

In medium saucepan over low heat, melt butter. Stir in marshmallows until melted and mixture is smooth. Pour over popcorn. Add cinnamon candies and mix well until coated.

Spray hands with nonstick cooking spray and form mixture into 24 balls. Gently press red and blue stars onto each ball. Place piece of licorice string on top of each ball.

to Fourth of July Parties



Peanut Butter Cups

Yield: 24 cups

- 1/2 cup peanut butter
- 1/2 cup butter or margarine
- 1 package (10 1/2 ounces) miniature marshmallows
- 6 cups freshly popped popcorn
- 6 cups spoon-size shredded wheat
- 1 cup dry roasted peanuts
- 1 cup raisins

Preheat oven to 250 F.

In microwave on high heat using large, microwavable bowl, melt peanut butter and butter 1 minute.

Add marshmallows and microwave on high 1 minute, or until marshmallows puff; stir.

Add popcorn, shredded wheat, peanuts and raisins; stir gently.

Place paper liners in two 12-cup muffin pans. Divide mixture into 24 cups.

Bake 10 minutes.

Remove from oven and tore “cups” in airtight container.



Fourth of July North Carolina 2024

7AM - 10AM Pancake Breakfast Trinity Methodist Church	10:15AM Reading of the Declaration of Independence	12PM - 3PM Cape Fear Radio Southport Waterfront Park	1PM-3PM First Responders Vehicle Display Southport Waterfront Park	9PM 4th of July Fireworks Southport Waterfront Park
10AM - 2PM Self Guided Historic Chapel St. Phillips Church	10:30AM Raising of the Flag Ceremony	3PM - 5PM UPWA Live Pro Wrestling Nash St. Southort	3PM-6PM Band - The Doorsmen Southport Waterfront Stage	9:30PM-10PM Band Returns to Waterfront Stage
10AM - 5PM Summer Art Show Franklin Square Gallery	11AM PARADE	12PM - 5PM NC Maritime Museum Open	6PM 440th Army Band Fort Johnston Garrison Lawn	
10AM - 11PM Trolley from Southport Elementary School	11AM - 9PM Arts & Crafts Southport Waterfront Park	1PM Flyover Southport Waterfront Park	7PM-9PM Band - Liquid Pleasure Southport Waterfront Stage	
	11AM - 10PM Food Concessions Southport Waterfront Park	1PM-3PM Military Exhibits Southport Waterfront Park		

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When submitting ads & articles for the DSI Newsletter, *please remember...*

- ◆ Ads/articles are due by the 20th of the month prior to publication!
- ◆ Send your ads as a PDF and JPG. (At least a PDF).
- ◆ Remember the ads usually publish at the very end of the month prior (FYI on timing of message).
- ◆ Make sure if you are promoting an event that you are following all City, State & CDC guidelines as well as you include all relative information on who to contact for questions.
- ◆ One ad or article per month as a standard guideline.
- ◆ Realtors should not submit ads for specific properties.
- ◆ DSI has the right to reject any material that is not deemed appropriate for public viewing.

Please submit your material to:
LPukenas@DowntownSouthport.com and
judy@southcoastnc.com



When ads/articles are submitted, they are included in our newsletters to almost 500 emails. And...put on our "Events" page on our website and on our social media pages. By submitting your material, you agree to all these vehicles.

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