

# The Wakefield Whistle

A newsletter for the residents of Wakefield Plantation



March 2005

## Spring Clearing!

You read that correctly, **CLEARING** comes before the **CLEANING** this spring. After the cold weather and chaos of the holidays we are ready for new furniture, new paint or some sort of new look! But before we add any new pieces, it is wise to take some away.

The first step is to de-clutter your home. As a rule, if you don't use it or enjoy it, it's nothing more than clutter. If you don't know what it is, it's clutter. If it's too nice to use, it's still clutter. Sell it or give it to someone who will use it and appreciate it. Avoid the "temporary storage" syndrome. That's when you put things aside that you're not sure what to do with. These temporary storage areas invariably turn into permanent storage. Force yourself to make a decision whether to keep items or toss them.

Pick up each piece of clutter and ask yourself, "Do I want to keep this, donate it, store it, or throw it away?" You should not put down the item until you have made a decision.

You can start small and clear out a shelf or drawer each day, or do a whole-house weekend assault on clutter. By forcing a decision on each item you will easily clear clutter from your home. If you are just starting out, it is good to tackle something small and finish it to the end so you will instantly see results. One woman organized her hall closet adding a few hooks inside the door and a high shelf to make a home for hats



and scarves. Old coats were donated and voila, a clean and organized part of her home. She was so inspired by this small success she was ready to move on to bigger projects like her son's room.

Don't jump from task to task or room to room. A great example of what NOT to do is start cleaning out a closet, find something that belongs downstairs, take it down and see a pile of laundry, start doing that until you see the shirt on the dryer that needs a button and in looking for a needle, find a pile of cards you saved from Christmas and start reading them. You tried to start organizing, but accomplished nothing except for creating more of a mess. Working one section at a time allows you to see results.

Boxes should be right by your side no matter if you're cleaning out a closet or a kitchen. These boxes should have these labels: "Put Away," for items that belong in other parts of your home (and do not leave the area you are cleaning!), "Donate/Sell" and "Storage." The fourth container should be a trash can or bag. One by one, pick up each piece of clutter and make a decision. Do not throw the item back in a drawer or closet until you have decided what category it should be in. As you assign clutter to a box labeled storage, really ask yourself "Have I used this item in the last three years? Do I honestly think I will miss this (Insert item here i.e. hot air popcorn popper) if I never see it again?" Be ruthless! At the end of your cleaning session, empty the boxes.

This brings us to an important part of clutter-free living: Every item needs a home. If there is not an assigned spot for coupons or magazines you haven't read yet, chances are they will continue to pile up on your dining room table or kitchen counters.

One expert breaks the process done by using a catchy acronym: SPACE. Sort, Purge, Assign a home, Containerize, Equalize. And according to her, it must be done in exactly this order. Her other piece of valuable advice is to attack what is visible first. Stop cleaning out those boxes in the attic, you'll just end up looking at your old high school yearbooks and who has time for that?

Finally, a few reasons to get you in the mood to de-clutter. Stop wasting time looking for things, reduce feelings of stress, set a good example for your kids/spouse, and best of all, never have to say "sorry for the mess" when anyone stops by unexpectedly!

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# News from the Neighborhood

## Meet the Neighbor!

Sesame Street used to ask “who are the people in your neighborhood?” Now it’s our turn. Know someone worth meeting? Let us know! If you have a neighbor you’d like the rest of Wakefield to meet, nominate them for this space! We’ll give them a call and find out more about what makes them special to you. We live in a big neighborhood, but the more faces we know, the smaller it will feel. Send your nominations to [scokas@nc.rr.com](mailto:scokas@nc.rr.com) and look for your neighbors in future editions of The Whistle.

## Events and Happenings

If you have an event you’d like the rest of Wakefield to know about, tell us first. Whether it’s a block party, a bake sale, a charity walk or holiday event, this is your chance to advertise it! What better way to bring the neighborhood together than to attract neighbors from one part of Wakefield to another? We’ll also let you know about noteworthy happenings at the schools and the Y. Send your news to [scokas@nc.rr.com](mailto:scokas@nc.rr.com). *(Note: this is not a solicitation for advertising, but if you have a business or service you’d like to advertise, that can be arranged as well).*

## Trading Post

Why spend money on a newspaper ad when you can sell your gently-used items right here? Limit your description to five lines of copy and we’ll let the rest of the neighborhood know what you’re offering. Furniture, baby goods, ride-on toys, exercise equipment, bikes, automobiles--it’s all fair game! Be sure to include your phone number so you can be contacted. This offer is for Wakefield residents only so we know who we are buying from! Start your Spring cleaning and send your info to [scokas@nc.rr.com](mailto:scokas@nc.rr.com).

## Retail Neighbors

Our neighborhood continues to grow, residentially and commercially. Recent additions to the retail landscape include **Moe’s Southwest Grill**, **Starbucks**, **Subway**, **Spinners Grill** and the new 12-screen **Marquee Cinema** at Wakefield Commons. If you know of a new business serving Wakefield, make it your business to let us know, so we can encourage our neighbors to support it.

# Homeowners Board Meeting

## Wakefield Annual HOA Meeting

Thursday, April 7 at 7 pm  
(held at the Wakefield High School)

Please save this date and attend the Annual Wakefield HOA meeting.

Raleigh Mayor Charles Meeker will be a guest speaker to answer any questions the community may have.



Raleigh Mayor Charles Meeker

# Dates to Remember

## Raleigh St. Patrick's Day Parade Saturday, March 12, Noon

The Raleigh St. Patrick's Day Parade Committee is the organizer and sponsor for the parade and co-sponsor for the after parade activities held downtown in Moore Square. The parade keeps getting bigger and better every year. The Raleigh parade is now the second largest in the Southeast. The 2005 parade will be the 23rd St. Patrick's Day Parade in Raleigh.



### Parade Route

The parade starts at the corner of Cabarrus and Wilmington Streets at noon. The route proceeds north on Wilmington past the State Capitol to Edenton Street. The route then turns east on Edenton for one block to Blount Street. The parade then turns south on Blount Street and ends at Moore Square.

### After-Parade Festival in Moore Square

After the parade, head to Moore Square for hours of entertainment, shopping, crafts and more! Visit the "Irish Village" for Irish goods and information on local Irish organizations. Enjoy live entertainment by musicians, dancers and bands. Headlining the Grand Stage will be Homeland Band.

**March 17: St. Patrick's Day**

**March 20: Palm Sunday**

**March 24: Good Friday**

**March 26: Easter**

**April 1: April Fools Day**

**April 3: Daylight Savings Time Begins**

**April 15: Tax Day**

**April 23: Passover begins**

**April 29: Arbor Day**

**May 8: Mother's Day**

**May 30: Memorial Day**

## Raleigh's Top Brunch Spots for Easter & Mother's Day

### 1. Irregardless Cafe

901 W. Morgan St. • 833-8898  
www.irregardless.com

### 2. Tir Na Nog

218 S. Blount St • 833-7795  
www.tirnanogirishpub.com

### 3. Enoteca Vin

410 Glenwood Ave. • 834-3070  
www.enotecavin.com

### 4. Bogart's American Grill

510 Glenwood Ave. • 834-1122  
www.bogartsamericangrill.com

### 5. Brig's

8111 Creedmoor Rd./  
12338 Wake Union Church Rd. (Wake Forest)  
870-0994 • 556-8422  
www.brigsrestaurants.com

### 6. Courtney's

407 E. Six Forks/9660 Falls of Neuse Rd.  
834-3613 • 841-1516

### 7. Michael Dean's

1705 Millbrook Rd. • 790-9992  
www.michaeldeans.com

### 8. Twisted Fork

Triangle Town Center • 792-2535  
(kids eat free every Sunday)  
www.thetwistedfork.com

### 9. Zest Cafe and Home Art

8831 Six Forks Rd. • 848-4792

### 10. 518 West

518 W. Jones St. • 829-2518  
www.518West.com

# WAKEFIELD KIDS! ACTIVITY PAGE

## Pet Gallery

**Hey, Kids!** With your parents' permission, send The Wakefield Whistle a picture or drawing of your pet. Tell us why you love your pet or a funny story about your pet. Be sure to include your pet's name and your first name and age. Look for your pet in the next issue of the Whistle. We'll include as many as we have space for! Please send submissions (pictures in .jpg form, please) to scokas@nc.rr.com.

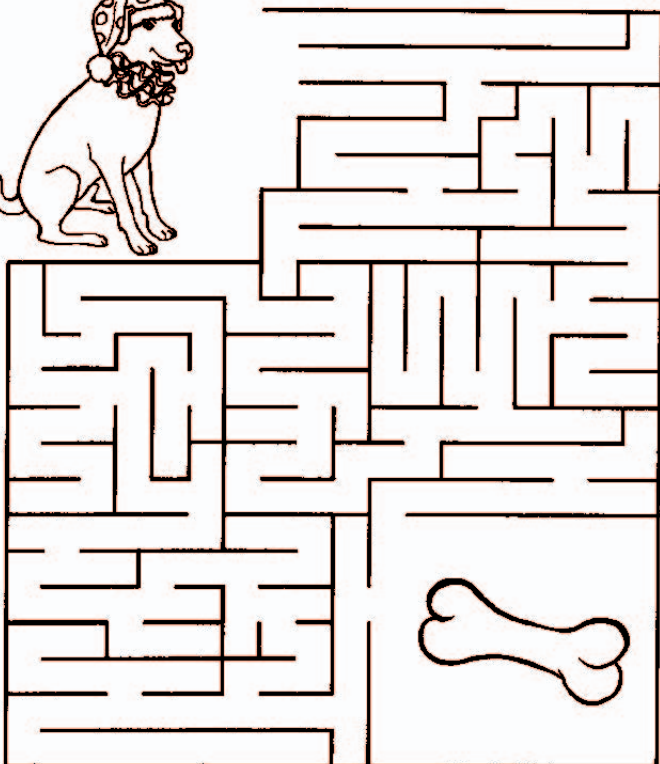


## Art Gallery

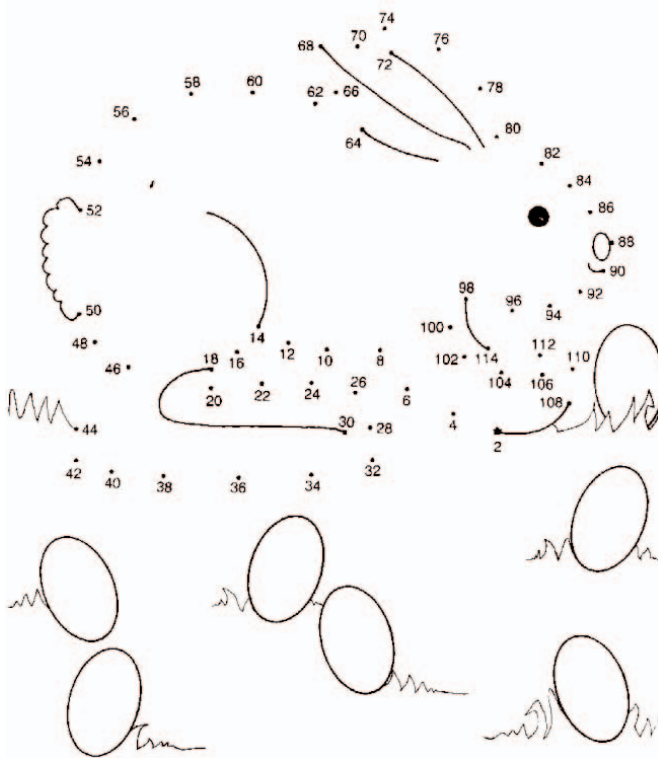
**Hey, Kids!** With your parents' permission, send The Wakefield Whistle your favorite work of original art, whether you did it with markers, crayons, paints or pencils. Make sure to sign it, then have your parents scan it and include your first name and age and the title of your masterpiece. Look for your creation in the next issue of the Whistle—we'll fit as many as space allows. Please send submissions (in .jpg or .pdf form, please) to scokas@nc.rr.com.



Sparky can't find his bone. Will you show him the way?



Connect the dots. Count by 2's



# Raleigh's Favorite Recipes

## Michael Dean's Oven-Roasted Artichoke Dip

- 6 (8-ounce) containers cream cheese
- 1/2 cup sour cream
- 1/2 pound fresh spinach, coarsely chopped
- 1 (16-ounce) can artichoke hearts, drained and coarsely chopped
- 2 tablespoons granulated garlic (garlic powder)
- 1 teaspoon onion powder
- 2 teaspoons lemon pepper
- Salt and pepper, to taste
- 1/4 cup grated mozzarella cheese



Preheat oven to 500 degrees and set a rack in the upper third of the oven.

In a mixing bowl, combine cream cheese, sour cream, spinach, artichokes, garlic powder, onion powder and lemon pepper. Season to taste with salt and pepper.

Put mixture in a shallow baking dish. Sprinkle mozzarella over top and bake 6 to 8 minutes until warmed through and the mozzarella is melted.

Serve with toasted pita wedges for dipping.

Variation: To serve cold, omit the mozzarella and chill the dip for at least 1 hour instead of baking. Makes 12 servings.

*Special thanks to Executive Chef Marshall Smith.*



## Bogart's Big Bad Butterscotch Brownie

- 2 eggs
- 1 tablespoon vanilla
- 2 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 2 teaspoons salt
- 1 1/4 cups butterscotch chips, divided



Preheat oven to 325 degrees. Grease a 9 x 12 x 2-inch baking dish.

Cream together butter and sugar. Add eggs, one at a time, followed by vanilla. In a separate bowl, mix together flour, baking powder and salt to combine well. Slowly add flour mixture to butter mixture, beating to combine well. Stir in 1 cup butterscotch chips. Spread batter into greased pan and top with 1/4 cup butterscotch chips.

Bake 30 to 40 minutes until toothpick comes out clean. Let cool for 10 minutes and into 3-inch squares. Makes 12 brownies.

*Special thanks to Executive Chef Warren Stephens.*



# Wakefield Women's Club News

Involvement in the **Wakefield Women's Club (WWC)** is a great way to make friends, get to know your community and have fun. Please feel free to call any board member to get the inside scoop on WWC and our committees. Some of our current and typical activities include: book clubs, Bridge, Bunco, Euchre, Canasta, cooking lessons, wine tasting, Bible study, foreign film club, chick flicks, shopping club, tours, Halloween parade, Holiday party, Holiday charity, tutors, NC Ballet patrons, knitting and crochet, scrapbooking, etc.

## WWC Lunches

The monthly WWC lunches are at the TPC the first Wednesday of every month. Our March WWC luncheon presentation was on plastic surgery and medical spa treatments! Dr. Michael Law and Kile Law from Blue Water Spa gave a presentation that raised many eyebrows. (see photos!) The food was delicious and the company...outstanding!



April's lunch will feature the topic: **Aromatherapy for Health and Beauty Essentials**. Sign up today- no walk-



Suite #149-222, Raleigh, NC 27614.

**On May 4**, please join for lunch **North Carolina Supreme Court Chief Justice I. Beverly Lake and Christine Mumma, Executive Director of the Chief Justice's North Carolina Actual Innocence Commission**. They will talk about this commission, which was established to identify improvements in the justice system that will increase the



(l-r) Dee Cecchetti with WWC President Deby Pribonic.

reliability of convictions. WWC invites prospective members to participate in any of our club activities but to become a regular member of the group, participants must join the Club. Contact Dee Cecchetti for a WWC membership form at **554-1872**.

## OPEN INVITATION to the Wakefield Community...

**"Know What the District Attorneys Know: Drinking, Driving and Drugs"**

April 19, 2005 • 7 – 9 pm

Wakefield Plantation Tournament Players Club (in the Williamsburg Room)

Can your minor child be held over night by the police without informing you? Are you responsible for illegal drinking and drug use at your home when you are not present? Have you and your child talked about what he/she should do when faced with peer pressure? Drinking and driving and drug use is more prevalent in our children's lives than we may want to recognize. Do you know the North Carolina law and its consequences? If you are old enough to drive, you are old enough to take responsibility for your actions. Know the law and teach your children the law.

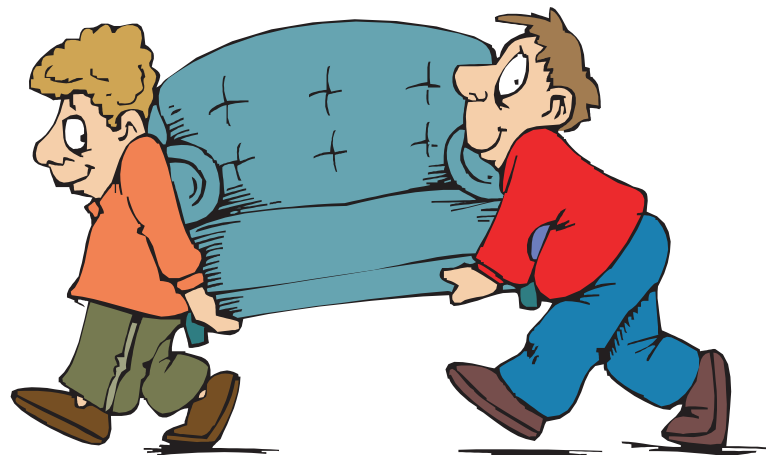
The Wakefield Women's Club is hosting a forum for teenagers 13 years old and older and their parents. The speaker will be Kimberly Overton, the Traffic Safety Resource Prosecutor with the North Carolina Conference of District Attorneys. Kimberly instructs the DA's about North Carolina law and how it applies to people who violate state laws on drinking and driving and illegal drug use. Please don't miss this opportunity. The information you walk away with April 19 might one day save your family from a heart-breaking experience!

# Welcome New Neighbors!

**November 2004 – February 2005**

Charles Grantham, Inc: 6717 Green Hollow Court  
 David & Helen Lundie: 6412 Wakefalls Drive  
 McComas Family Trust: 6721 Green Hollow Court  
 Charles & Rebecca Peters: 6537 Wakefalls Drive  
 Richard C. Theer: 2217 Olde NC 98  
 Baldwin Homes Inc.: 2208 Oak Lawn Way  
 Andrew C. Edwards Trust: 2116 Mountain High Rd.  
 Joseph & Jacqueline Adamo: 12208 Pawleys Mill Circle  
 Robert & Mary Adams: 3009 Osterley Street  
 Mark & Besty Adler: 12400 Richmond Run Drive  
 Ken & Maria Anderson: 12300 Richmond Run Drive  
 Joseph & Ellen Andruzz: 2350 Putters Way  
 Michelle April: 12336 Beestone Lane  
 Douglas & Luree Avery: 12108 Fox Valley Street  
 Gregory & Lorraine Badway: 12244 Beestone Lane  
 Anthony & Karen Balkus: 3332 Cotton Press Street  
 Sonya S. Bankston: 12314 Basketweave Drive  
 Jennifer L. Bardeschewski: 12823 Tee Time Way  
 James R. Barnhill: 12827 Tee Time Way  
 Kevin & Amy Baughman: 12208 Ashton Woods Lane  
 Joseph Bellamy, Jr.: 2618 Forest Shadows Lane  
 Daniel & Michele Bingham: 2622 Forest Shadows Lane  
 Lori Ann Bodamer: 12001 Pawleys Mill Circle  
 Scott & Arlene Bogue: 12308 Camberwell Court  
 La Tarshia Boone: 11913 Sycamore Grove Lane  
 Diana K. Bowie: 3333 Archdale Drive  
 Charles & Deborah Boyles: 12028 Jasmine Cove Way  
 Karl & Luisa Bremer: 3013 Osterley Street  
 Otis & Toni Bush: 2904 Chatelaine Place  
 Robin N. Hunter Buskey: 12805 Townfield Drive  
 Theodore & Autumn Buzzard: 12100 Jasmine Cove Way  
 Patrick R. CaffreyA: 3434 Archdale Drive  
 Carlos Campos: 2513 Springfield Park Drive

Christopher & Starla Caracena: 11912 Pawleys Mill Cir.  
 Edward & Amy Carreira: 12421 Fieldmist Drive  
 Michael & Sarah Ceglio: 12842 Tee Time Way  
 Martin & Deborah Chamoff: 12005 Pawleys Mill Circle  
 Tana R. Christian: 2216 Spruce Shadows Lane  
 Jonna Cheri Clausen: 2628 Forest Shadows Lane  
 Bill & Susan Cokas: 12212 Fieldmist Drive  
 Dana Combopiano: 12102 Fox Valley Street  
 Steven G. Coston: 12106 Fox Valley Street  
 Robert Cray: 2340 Putters Way  
 Mimi S. Creed: 3060 Imperial Oaks Drive  
 Julie X. Crosby: 12404 Brandon Hall Drive  
 Francis Cunningham: 12009 Pawleys Mill Circle  
 Linda Dales: 12844 Tee Time Way  
 Doris P. Dalton: 2533 Spruce Shadows Lane  
 Thomas & Rhonda Desimone: 11916 Sycamore Grove  
 Jeffrey & Brooke Dickhart: 2105 Stanton Hall Court  
 Nestor & Gemma Dingle: 12390 Bunchgrass Lane  
 David & Deborah Dufty: 3316 Canes Way Drive  
 Nadine Faustin: 12222 Orchardgrass Lane



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