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### Sandy's List guidelines:

Ads are guaranteed to run for one week, but may run until space is needed for new ads. When item sells, please email us so the item can be removed from Sandy's List. Deadline to place ad is Friday at 10am. Your ad will be published the following Wednesday. Single Items \$500 or less. Private individuals only - No businesses please.

### To place your Sandy's List ad:

Fax to: 252-249-0857 Email to: sandyslist@thepamliconews.com You can bring your copy to our office at: 800 Broad Street, Oriental Mail your copy to: PO Box 510, Oriental, NC 28571, Attn: Sandy's List

Tread mill. Welso Cadence fold up, hardly used. 252-249-1690

Jenn-Air Stove/Range 30" wide x 28" deep-Good working condition. \$100 (252)670-7435

Antique solid red oak pedestal table, just refinished professionally, like new, no chairs. Top may be separated for carrying in a car. Size is 48"x36" including the 12 inch extension leaf. \$150 OBO. Available in River Bend/ New Bern, NC. 814-207-7954 or 814-617-0986

Small Desk \$20 252-745-9027

Dining Room Table-6 Chairs-protective cover-1 leaf. Plus table cloths. \$200 252-745-9027

Large TV Cabinet with 2 side cabinets(w/glass doors). \$200 252-745-9027

Electrolux Vacuum-serviced 1 year ago-w/ power nozzle. \$200 252-745-9027

2 tall stools \$20 252-745-9027

42" Huskee riding lawnmower good conditionserviced regularly, garage kept \$450.00 OBO callJean 252-514-3437

You pull it's yours; 74 Yanmar SB, W/ Trans.; 1 CY; 8HP; 252-675-1902

FUJI SILHOUETTE BIKE. Woman's Carbon Road Bike. 47cm. Shimano

components. Many upgrades. Mirror, Bottle Cages. \$500. Firm. 252.249.0761

CROSMAN AIR RIFLE: .177 pellets. CO2 powered. Extra clips included. \$50. 252.249.0761

BIG GREEN EGG CHIMINEA. Stand included. \$110. 252.249.0761

WOMAN'S BIKE. Fuji Supreme. 21 Speed. Cateye Computer. Axiom Rear Rack. Rear Light, Mirror, Bottle Cage. \$95. 252.249.0761

LAMPS: Variety of table lamps and floor lamps all in great and working condition. \$10 - \$15 each. 252-670-3958.

PERSONAL SOUND AMPLIFIER for right ear by "Perfect Choice HD". Used only twice. Paid \$500 new, asking \$75. Works great! 252-670-3958. In original case with all literature included. 252-670-3958.

Bedroom Suite(Full) 3 pieces-includes mattress & box springs(clean). Brown wood dresser, 9 drawers-Chest 4 drawers. \$250.00 Located in New Bern. 638-9151 or 670-3626

Full size mattress-no stains \$20.00 Located in New Bern. 638-9151 or 670-3626

Comforters/sets-Full size/All colors \$15.00 Located in New Bern. 638-9151 or 670-3626

Whirlpool-Stove-glasstop-1 back burner doesn't work. \$100.00 Located in New Bern. 638-9151 or 670-3626

Old Dolls-Vintage-some boxed \$5-\$20 Located in New Bern. 638-9151 or 670-3626

Seeking small white dog. Malteese/Poodle mix. Prefer house broken. Call 745-9277

OVAL Rug, \$125, burgundy, 6'7" x 8'6". excellent condition, wool. 745-5275

GUTTER GUARDS: 25 four foot reverse curve aluminum Gutter Genius (by Elko) covers for 5 inch standard gutters. Used, good condition with installation clips. \$150. Call (252) 249-7290 or (603) 496-4274.

50 caliber Black Powder Rifle for sale with Scope and loading supplies and some Ammo. Good condition. \$130 252-322-8381

Casio Key lighting Keyboard w/Karaoke \$35. Hundreds of DVD's \$2, books \$1 & \$2, Cd's. 50 cents each. Wooden book shelves \$15 each. Local address. (248)924-1681

NIKON D70s SLR digital camera with lens,cards & carry case. \$300 252-249-1655

STAMINA 1205 precision rower, like new. \$135 252-249-1655

SPACEMATE folding stepper, like new. \$95 252-249-1655

POSTURE PUMP disc hydrator, professional model. \$35 252-249-1655

Antique Gossip Bench(telephone table) \$100.00 252-638-9151

36 Inch Round Oak Cocktail table \$60 252-249-2545

Stanley Professional Air flooring hammer with 3000 nails. \$340 252-249-2545

Rocker Recliner standard size blue/grey \$50.00 Located in New Bern. 638-9151 or 670-3626

Swivel chair rust color/velour. \$15.00 Located in New Bern. 638-9151 or 670-3626

Sofa/Hide-a-bed Brown/Tweed/Plaid \$50.00 252-670-3626 Located in New Bern. 638-9151 or 670-3626

NOVA Zoom 20 Walker. Blue, 300 lb. weight cap. New \$150 252-571-6058

Invacare Bench for Shower or Tub. 400 lb. weight cap. Adjustable height \$75 252-571-6058

Invacare Lightweight transport wheelchair. New \$150 252-571-6058

TV stand, 31 1/2 wide x 19 1/2 deep 20 in tall. Pickled color. Like New. \$35.00 252-571-6058

Lost Dog-A 4 year old Jack Russell-white body with a brown head-spots on belly-name is Chloe. Missing from Scott Town Road, last time seen November 14, 2016. 252-617-7555

10L x 10W x 6H a Stephens Pipe & STEEL Galvanized welded frame dog kennel with a lockable walk in gate (also welded pipe). East to assemble; easy to move; easy to add additional panels if desire to make larger. Call 252.249.0103 \$140 Like New Galvanized Welded frame

"9' FOREST FIR CHRISTMAS TREE, UNLIT Smaller 7 ft. adaptable. \$100 252-249-6528"

Legacy hunting bow in Case with arrows. Camo bag with 20 Decoys. \$100. 252-249 2029

High end, large capacity, Frigidaire Affinity clothes dryer. Used very little. 4 yrs old. \$80 252-670-7836

Mercury boat motor. Year unknown but runs. Needs carburetor adjustment. 4.5 HP \$25 252-670-7836

2007 Ford Mustang vinyl convertible top. \$40.00 252-249-2820

Electropedic adjustable bed: size - full/double; firm mattress; very good condition; includes some linens. Great for someone recovering from surgery, needs to elevate head and/or feet, or has difficulty getting in and out of bed. Smoke free home. \$300.00. Text: 252-617-5942

Critter cage: 6ft (tall or long) x 2ft x2ft. Custom made. Not a bird cage. Good condition. \$125.00 Text: 252-617-5942

Trail bike: 24" derail needs adjusting. Fair condition. \$30.00 Text: 252-617-5942

Antique small cane chair dark in color and once used in tobacco barn as a chair. Asking \$75.00 252-249-2603, ask for Betsy.

New in package. 4 three stage filters for Pur Water Filtration system \$25. will include free Pur attachment for standard kitchen faucet. Instructions included. Call 745-5275

Cherry Dining Table - 48" inches round with two leaves. Queen Ann legs. \$270. 252-249-1090.

Mahogany Low Boy Dresser and Mirror - three-drawer dresser and mirror with casters. \$275. 252-249-1090.

Volvo Station Wagon Cover - Gray, never used with bag. \$45. 252-249-1090.

81/2 HP Briggs & Stratton engine. \$50. Call 675-0354.

Radio Shack 40 Channel CB Base Station. \$50. Call 675-0354.

Radio Shack 40 Channel mobile CB radio. \$25. Call 675-0354.

New bicycle helmet - Airius, L/XL, \$10. Call 675-3128.

New Camera - Wanscam IP wireless/wired camera for network monitoring, \$25. Cal 675-3128.

Dark Cherry Mirror - Thomasville, traditional style. \$70. 252-249-1090

Baby Items - Stroller (\$35), wooden port-a-crib (\$35), changing table (\$75), car seat (\$10), and toys. 252-249-1090

Kitchen Countertop - three pieces with back splash, white Formica, 25"x70", 25"x34.5", 25"x25" \$55. 252-249-1090

Craftsman 12" wood planer, belt driven type, no motor, \$100, 252-675-2759 or 252-745-5791.

Old style V.W. trailer hitch. \$10. 252-675-2759 or 252-745-5791.

Volvo lower end unit, in-out drive. \$100. 252-675-2759 or 252-745-5791.

Triumph Spitfire auto parts: 1979 or late 1970s, hard top, transmission, front end motor and more. Call for prices, negotiable. 252-745-5791

Toshiba Satellite Laptop/with power cord, 6Gb ram HHD 350 webcam wifi, OS win 7 Home prem. Intel celeron Processor works great \$200.00 PH. 252-876-5469

Gateway desktop with monitor, mouse ,keyboard, slimline amd processor. \$200.00 works great. 252-876-5468

Prestige touch tablet with case and keyboard android lollipop processor. \$50.00 252-876-5469

Heavy duty Monitor cord \$15.00, 252-876-5469

2012 GE over-the-stove microwave; black; barely used; mounting hardware included. \$50 571-5048.

New 55 Gallon Rain Barrel, \$65; Wooden lettuce or plant herbs tray with handles \$30 (new); fig bush (potted) \$25; Confederate Rose \$10, Call 252-638-9151.

16 ft fiberglass extension ladder, \$60. Heavy duty aluminum ladder brackets, set of two, \$45. 252-675-0354.

Electric Outboard/Trolling Motor Package: Newport Vessels 55 short-shaft Electric Outboard/Trolling Motor Package Incl: Motor, Duracell Ultra E5 battery, battery case, in-line fused 12 VDC cable. Used only once so like new. Garage stored. \$225. Call Chuck at 252-249-1409

86 U-Haul and Lowes moving boxes, good condition. 11 wardrobes with metal bars, 13 large, 62 medium/small/book size. Broken down, easy to pick up. \$75. Call 949-280-5325 (Oriental)

Furuno Color Video Sounder FCV-292 - \$150; ICOM VHF Radio IC M 127 - \$60; Porter Cable 5500 Watt Generator (needs starter cord) - \$200; Sony DVD CD 5 Disk Changer - \$50; AD-COM GTP 502 Receiver - \$50; Murray Push Mower-\$75; Thule Mountaineer Roof Storage (no rails) \$100. Call Scott @ 610-742-4744.

6' fiberglass ladder - \$50; GE Circuit breaker enclosure 200 amp breaker, brand new - \$100; Westinghouse 200 amp enclosure with 11 breakers and 200 amp main - \$200. Call Scott at 610-742-4744 (Oriental location).

Old Town Canoe, 14'7", new, \$700, selling for \$350. Crusair Carry On air conditioner for boat. \$1,000 new, selling for \$400. Thermador gas stove/electric oven, new \$2,400, selling for \$400. Tongue in groove oak flooring 5" face, 3/4" thick, \$3 per square foot. Call 249-1715.

2 twin rollaway beds including new matching sheet sets. Excellent condition. \$25.00 each. 434-797-4215.

CST/berger transit level with tripod, adjustable height. \$200 OBO, Chris 252-249-3340.

Secretary desk, original, 1930s style, one piece, 6' tall, 31" wide, 18" deep, very good shape (mahogany?). \$275. Call 249-6579, leave message.

KITCHEN AID KSM5PSWW Heavy Duty 5-Quart Stand Mixer includes Meat Grinder Attachment. Mint condition, rarely use. 325-watt motor, 5 mixing speeds, 5-quart stainless steel bowl, includes flat beater, dough hook and wire whip, 6-foot power cord. \$225. 252-249-3340.

Classic Dahon folding bicycle for boat. Yellow in color and in good condition. \$150.00. Call 252 249-9838.

Cruising Guide to North Carolina by Claiborne S. Young, 5th Ed. Cover Price \$24.95, asking \$12.50. Janet at 386-559-4554.

GMCO's Waterproof Chart Book of North Carolina from Back Bay, VA to Little River, South Carolina. Cover \$34.95, asking \$18. Janet at 386-559-4554.

Dinnerware set, non-skid, compass rose design, 16 pieces, asking \$30. Janet at 386-559-4554.

OTR GE Microwave, 2011, SS, with bracket, M/N JVM1950. Excellent except "key pad shorted", you fix.. \$25 George 249.3264

Bantam Chickens for sale. Hens \$3! Roosters \$1 each! 249-0243

Missing female black Labrador from Grantsboro area. She has been missing since mid September. Reward for the return of our dog. Contact Robert Toler @ 252-745-3156

# Kitchen Chatter

by Nancy Winfrey



## One Dish Wonders! Great Casseroles To Satisfy Your Family and Friends

### Saturday Night Casserole

1/2 of an 8-ounce package of noodles  
1 can (10-1/2-oz.) cream of mushroom soup  
1/2 cup milk  
1 teaspoon instant minced onions  
2 teaspoons prepared mustard  
1 cup sour cream  
2 cups leftover cooked ham, cut into 1-inch cubes  
1/4 cup dry bread crumbs  
2 tablespoons butter or margarine  
Parmesan cheese, grated (to sprinkle over the top)

Preheat oven to 350 degrees. Generously butter a 1-1/2 quart casserole - set aside. Cook noodles according to directions on package and drain well - set aside. In a small saucepan, combine the soup and milk and stir until smooth, add the onions, mustard and sour cream and blend well. In the prepared dish, layer half the cooked noodles, and half the ham and half the sauce. Repeat. Melt the butter or margarine and toss in the bread crumbs and blend well to coat. Sprinkle buttered crumbs over the casserole and top with generous amount of grated Parmesan cheese. Bake-uncovered-in 350 degree oven for about 30 minutes or until top is golden brown. Serves 6.

### Southwestern Pasta

3 large sweet onions (about 2-1/4 lbs. total)  
1/4 cup olive oil  
1-1/2 teaspoons ground cumin  
1-1/2 teaspoons chili powder  
3/4 teaspoon salt  
Dash of cayenne pepper  
1 can (14.5 oz.) diced tomatoes, drained  
3/4 cup frozen corn kernels  
1 can (14.5 oz.) chicken broth  
12 ounces fettuccine, cooked according to directions on package  
1 cup grated Monterey Jack cheese  
2 tablespoons chopped fresh cilantro, if desired

Peel the sweet onions and cut into 1/4-inch thick rings. In a large and deep skillet, heat the olive oil over medium-low heat. Add the onions, cumin, chili powder, salt and cayenne pepper and cook-covered-for 10 minutes. Uncover and continue cooking-stirring frequently-until onions are soft and golden - about 15 or 20 minutes. Stir in the tomatoes and corn, cook 2 minutes longer. Pour in the chicken stock and increase heat to high. Cook, stirring occasionally, until the sauce thickens slightly - about 10 minutes. Add the cooked pasta to the sauce and cook one minute longer, stirring to coat the pasta with the sauce. Stir in the cheese. Serve immediately and garnish with cilantro, if desired. Serves 6.

### Grands Tuna Melts

2 cans (6-oz. each) water packed tuna, well drained  
1/3 cup chopped onions  
1/2 cup mayonnaise  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 can (16.3 oz.) Pillsbury Grands Refrigerated Original or Buttermilk Flaky Layers Biscuits  
1 cup grated Cheddar cheese  
Sour cream, if desired  
Chopped tomatoes, if desired  
Shredded lettuce, if desired

Heat oven to 350 degrees. Grease baking sheet. In a medium bowl, combine the tuna, onions, mayonnaise, salt and pepper and blend well. Separate dough into 8 biscuits. Place 4 biscuits on greased baking sheet; press or roll each to form 5-inch rounds. Spoon tuna mixture in center of biscuits.  
Top each with cheese. Press or roll remaining 4 biscuits to form 5-inch rounds. Place over filling and press edges to seal. Bake in 350 degree oven for about 20 minutes or until golden brown. Cut each sandwich in half and top with sour cream, tomatoes and a sprinkling of lettuce, if desired. Makes 8 sandwiches.

### Hamburger & Cheese Casserole For A Crowd

16-oz. package medium noodles, uncooked  
2 pounds lean ground beef  
2 cans (15-oz. each) tomato sauce  
1 tablespoon sugar  
1 teaspoons salt  
1/2 teaspoon garlic powder  
1/2 teaspoon pepper  
2 cups cream-style cottage cheese  
2 packages (8-oz. each) cream cheese, softened  
1 cup sour cream  
2 bunches green onions with tops, well chopped  
1 green pepper, well chopped  
3/4 cup grated Parmesan cheese

Preheat oven to 375 degrees. Sauté the ground beef, stirring to crumble, in a large skillet until brown. Stir in the tomato sauce, sugar, salt, garlic powder and pepper, blend and remove from heat. In a large bowl, combine the cottage cheese, cream cheese, sour cream, green onions and green peppers, blend. Divide half the uncooked noodles evenly between two 9x13x2-inch baking pans/dishes. Spread noodles in the bottom of each pan. Moisten the noodles with some of the meat sauce. Cover noodles with cheese mixture, using all of the mixture between the two pans. Top cheese mixture with remaining uncooked noodles. Cover noodles with meat sauce and sprinkle top of each pan with equal mounts of the Parmesan cheese. Bake-covered-for 45 minutes. Serves 20.

### Barbecued Tuna

1 can (6-1/2-oz.) tuna, drained and flaked  
1/2 cup Worcestershire sauce  
2 tablespoons onion flakes  
2 cups chopped pimiento  
1/4 to 1/2 cup tomato juice

In a skillet, combine the Worcestershire sauce, onion flakes and pimiento and cook until onions absorb liquid. Add the tuna and tomato juice and cook until dry or until the consistency of barbecue.

### Spinach & Hamburger Bake

2 tablespoons vegetable oil  
1 pound lean ground beef  
1 box frozen spinach  
1 can (about 10-1/2-oz.) cream of mushroom soup  
2 tablespoons soy sauce  
1/8 teaspoon pepper  
1 cup grated Cheddar cheese  
Soft bread crumbs (tossed with enough melted butter to coat)

Preheat oven to 400 degrees. Heat the oil in a heavy skillet and brown the ground beef, stirring to crumble. Add the frozen spinach, cover and cook until spinach thaws. Stir in the cream of mushroom soup, soy sauce, pepper and half the grated cheese. Cook and stir until cheese melts. Place mixture in a well buttered 2-quart casserole dish. Sprinkle with remaining cheese and sprinkle with buttered bread crumbs. Bake about 15 minutes or until cheese melts and bread crumbs are crisp. Serves 6.

### Franks With Cornbread Topping

Franks:  
8 frankfurters, cut into eighths  
1/2 cup celery, finely chopped  
1 cup finely chopped onions  
1/2 cup green pepper, finely chopped  
1/4 cup vegetable or olive oil  
2-1/2 cups canned tomatoes, drained and tomatoes broken up  
1/2 teaspoon salt  
Tabasco sauce

### Cornbread Topping (recipe follows)

Preheat oven to 375 degrees. Heat the oil in a heavy skillet and sauté the celery, onions and green pepper until onions are golden. Remove the skillet from the heat and add the tomatoes, frankfurters, salt and a dash of Tabasco sauce. Pour contents of skillet into a well greased 9x13x2-inch baking dish. Pour Cornbread Topping mixture evenly on top of the casserole. Bake-uncovered-in preheated 375 degree oven for about 35 minutes or until cornbread is done.

#### Cornbread Topping:

3/4 cup all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt  
3/4 cup yellow corn meal  
2 tablespoons vegetable shortening  
1 egg, well beaten  
2/3 cup milk

Sift the flour, baking powder and salt together in a mixing bowl. Stir in the corn meal. Cut shortening into the mixture until well blended. Add the beaten egg and the milk. Mix until dry ingredients are moistened.

**VARIATION:** One package (11-3/4-oz.) corn muffin mix may be substituted for homemade Cornbread Topping. Simply prepare mix according to directions on package and then spread on top of casserole.

### Easy Oven Browned Potatoes

4 medium potatoes, peeled and cut into small chunks  
Salt and pepper  
6 to 8 tablespoons butter, melted (or olive oil)  
Salt and pepper, to taste

Preheat oven to 400 degrees. Line a baking pan with aluminum foil and set aside.

Toss the potato chunks with the melted butter or olive oil until well coated. Sprinkle with salt and pepper. Place potatoes in prepared pan in single layer. Bake for about 45 minutes, turning one time, or until tender and nicely browned. Serves 4.

### Baked Mushrooms

2 cans (6-oz. each) mushroom caps, well drained  
1/2 cup plus 2 tablespoons butter  
1/4 cup all-purpose flour  
1/2 teaspoon dried marjoram  
2 tablespoons dry sherry, optional  
1 can (about 10-1/2-oz.) beef broth  
2 tablespoons fresh chopped parsley  
1/2 cup soft bread crumbs  
2 tablespoons Parmesan cheese, grated

Preheat oven to 375 degrees. Melt the 1/2 cup butter in a heavy skillet and cook the onions until translucent. Drain the mushrooms and add them to the onions and cook and stir until they begin to change color. Combine the flour and marjoram and blend into the mushroom mixture. Add the beef broth all at once and cook and stir until mixture thickens. Remove from heat. Stir in the sherry and parsley and pour into a casserole dish. Melt the remaining 2 tablespoons of butter in a saucepan and combine with bread crumbs and grated Parmesan cheese and toss to blend. Sprinkle mixture over the casserole. Bake for about 15 minutes or until bubbling hot. Serves 6.

### Fresh Corn & Swiss Cheese Casserole

3 cups fresh corn cut from cob  
1 cup sour cream  
1 egg, well beaten  
2 tablespoons finely chopped onions  
1/2 teaspoon salt  
1/8 teaspoon black or white pepper  
1 cup grated Swiss cheese  
1/2 cup soft bread crumbs  
2 tablespoons butter

Preheat oven to 350 degrees. Place 1/4 teaspoon of the salt and 1 cup water in a saucepan and bring to a boil. Add the corn to the boiling water and cook no longer than 2 minutes - drain. Combine the corn, sour cream, egg, onions, salt, pepper and 3/4 cup of the cheese in a mixing bowl. Blend well. Place the corn mixture in a baking dish. Melt the tablespoon of butter in a small pan and toss with bread crumbs and remaining cheese. Sprinkle bread crumbs/cheese mixture evenly over the casserole. Bake for about 30 minutes. Serves 6.