



by Nancy Winfrey

# Sandy's List

Free Ads  
for items  
\$500 or less...

Sell your stuff or find what you are looking for FAST with a FOR SALE or ITEMS WANTED AD FREE in Sandy's List which appears each week in The Pamlico News and on The Pamlico News web page.

### 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

FOR SALE: Riding Lawnmower \$175, Push Mower \$150, Cement Mixer \$175, and Iron Wood Splitter \$350. Call 252-249-0209

Maytag Neptune gas dryer, set up for propane. Working perfectly when last used. Looks brand new. 745-5353

Welder, Lincon stick welder model k1170, 225amp. Purchased new at Lowe's

(\$330 with tax) in factory box, never set up or used. \$230 firm. 745-5353

Snapper LT100 lawn tractor, 23hp v-twin, 46" cut, new battery, good belts, tires, deck runs good \$500. 252-249-1566

Brand New Neutral Ceramic Tile, some in boxes, some loose -- 52 12x12 pieces and 168 6x6 pieces plus 26 decorative pieces. \$100.00 Leave message at 252-745-8023.

Computer Items: Asus X54C Laptop, 4GB, Windows 7. \$125. Samsung B2030 20" Monitor, \$50. Epson Artison 835 Printer, Wi-Fi, Extra Ink, \$35. All in great condition. Make offer. 252-249-2945.

RCA RTD325W Home Theater, boxed. DVD 1080, Dolby, HDMI, AM/FM \$50. Offer accepted. 252-249-2945

Greenhouse hoops. 16' wide, heavy duty, enough for a 16x30 greenhouse, \$50. each...252-745-2011

Nitto Dura Grapplers 245/75R17 75% Tread. Lugs and caps. \$350 (252)649-4749

Coxreels fuel hose reel. Can be used for airhose or cords. Model# TSHF-550 \$40 (252)649-4749

35 Gallon Aluminum Fuel Tank. \$100 (252)649-4749

Volvo Penta Gauges. NEW! Call for details. (252)649-4749

Kenmore Fridge. Side by Side. Icemaker broken. \$25 (252)649-4749

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 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

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.

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. Maltese/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

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

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

Swivel chair rust color/velour. \$15.00 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

10L x 10W x 6H x 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

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" derailer 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 - Airtius, 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

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)

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 KSMSPSWW 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

# Kitchen Chatter

## Fried Cheese

1 pound Swiss cheese  
1-1/2 cups Frying Batter (recipe follows)  
1 cup vegetable oil (for deep frying)

Cut cheese into 3/4-inch slices. Dip into Frying Batter and fry in deep vegetable oil until golden brown. Place on paper towels to drain.  
NOTE: Cheese can also be dipped in flour, then in beaten egg and rolled in bread crumbs.

## Frying Batter:

1 cup milk  
1-1/3 cups all-purpose flour  
2 eggs  
Dash of salt

Combine all above ingredients and blend into a thick batter.

## Brown Rice Bake

2 cups uncooked brown rice  
6 green onions, finely chopped  
3 carrots, scraped and finely chopped  
1 stick (1/2 cup) butter or margarine, divided  
4-1/2 cups chicken broth  
1/2 cup white wine or apple juice  
2 garlic cloves, minced  
1/2 pound fresh mushrooms, sliced (or canned, well drained)  
1/2 cup freshly chopped parsley  
1/4 teaspoon black pepper  
1 cup freshly grated Parmesan cheese  
2 eggs, beaten  
1 cup half-and-half cream

In a large skillet, sauté the green onions and carrots in half of the butter, cooking for about 5 or 6 minutes. Add the uncooked rice and cook and stir for 1 minute. Add the chicken broth and wine or apple juice, bring to a boil-cover-reduce heat and simmer for 45 minutes or until liquid has been absorbed and rice is done. Sauté the garlic in the remaining butter or margarine and cook and stir for about 1 minute. Add the mushrooms and cook for about 5 minutes if using fresh, and about 2 minutes if using canned. Drain liquid from skillet. Stir in the parsley and pepper and blend. Place half the rice mixture in a generously buttered 8x12x2-inch baking dish and then spoon mushroom mixture over the rice. Top with half of the grated Parmesan cheese. Spread remaining rice mixture over the top and sprinkle with remaining Parmesan cheese. Combine the eggs and cream and blend well. Pour over the rice mixture. Cover and refrigerate overnight. Remove from refrigerator and let stand 30 minutes. Bake in 350 degree oven for about 30 minutes or until thoroughly heated. If desired, garnish with extra chopped green onions. Serves 8.

## Potato Croquettes

4 cups cooked mashed potatoes  
2 eggs, beaten  
3 or 4 tablespoons buttermilk or milk  
4 tablespoons finely chopped green onions  
1 teaspoon salt  
1/4 teaspoon pepper  
2 cups Ritz crackers, crushed  
1/4 cup butter or margarine, melted

Combine the mashed potatoes, eggs, buttermilk or regular milk, chopped green onions, salt and pepper and blend well. Divide mixture out into equal portions (about 8) and shape into croquettes. Roll each in cracker crumbs and place on generously buttered 15x10x1-inch jellyroll pan. Cover and refrigerate overnight. Remove from refrigerator and drizzle the melted butter over each. Bake in 375 degree oven for 25 to 30 minutes or until golden. Serves 8.

## Macaroni Casserole

1 package (14-oz.) deluxe macaroni and cheese dinner  
1 can (10-3/4-oz.) cream of mushroom soup, undiluted  
1 jar (4-oz.) diced pimiento, well drained  
1/4 cup finely chopped green peppers  
1/4 cup finely chopped onions  
1/2 cup milk  
1/2 cup mayonnaise  
1 cup grated sharp Cheddar cheese

Cook the macaroni according to the directions on package - drain well. Combine the pouch of cheese sauce from the macaroni and cheese dinner with the soup, pimiento, green peppers, onions, milk and mayonnaise and mix thoroughly. Spoon mixture into a well greased baking dish and bake, uncovered, in 400 degree oven for about 20 minutes. Remove from oven and sprinkle with cheese, return to oven and bake until cheese melts. Serves 6.

## Baked Zucchini

6 medium zucchini, sliced in the round  
2 eggs, beaten  
1 cup sour cream  
1 cup grated sharp Cheddar cheese  
1 teaspoon basil  
Pinch of oregano  
1/2 teaspoon garlic powder  
1/4 teaspoon salt  
1/2 teaspoon pepper  
2 fresh tomatoes, well chopped  
6 slices cooked bacon, cooled and crumbled  
1/2 cup dry seasoned bread crumbs  
1/4 cup grated Parmesan cheese

In a large skillet, add a bit of water then add the sliced zucchini and cook until crisp-tender. Drain well and set aside. In a large bowl, combine the beaten eggs, sour cream, grated Cheddar cheese, basil, oregano, garlic salt and pepper and blend well. Add the zucchini, chopped tomatoes and crumbled bacon, blend gently. Place mixture in a generously buttered baking dish. Combine the bread crumbs with the grated Parmesan cheese and sprinkle evenly over the casserole. Bake in 350 degree oven for about 30 minutes. Serves 8.

## Easy Cheese & Grits

3 cups boiling water  
3/4 cup quick-cooking grits  
1/4 cup butter or margarine  
1 cup grated sharp Cheddar cheese

Cook the grits according to directions on package and then add the butter and grated cheese. Stir over low heat until cheese melts. Serve immediately. Serves 4.

## Cajun Style Drumsticks

8 chicken drumsticks  
2 cups buttermilk (or 2 cups milk with 2 tablespoons cider vinegar added)  
1 stick butter or margarine, melted  
1/4 cup all-purpose flour  
1/4 cup cornmeal  
1-1/2 teaspoons each of garlic powder, onion powder, chili powder, dried thyme, dried oregano, and paprika  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon cayenne pepper

Place the chicken in a bowl and pour the buttermilk over the chicken. Cover and refrigerate for at least 8 hours or overnight. Place the melted butter or margarine in a shallow dish and set aside. Combine the flour, cornmeal and seasonings in a plastic bag. Remove the chicken from the refrigerator and drain well. Roll the drumsticks in melted butter and place in the plastic bag with the flour mixture-2 or 3 pieces at a time-and shake well to coat chicken. Place chicken on a rack placed in a roasting pan or jellyroll pan. Drizzle with any remaining melted butter and bake in 400 degree oven for 15 minutes. Turn chicken over, reduce heat to 350 degrees and bake 35 minutes longer or until done. Serves 4.

## Cornbread Salad

1 package (8-1/2-oz.) cornbread mix  
1 egg  
1/3 cup milk  
4 medium fresh tomatoes, peeled, chopped and placed on paper towels to drain  
1 medium green pepper, finely chopped  
1 medium sweet onion, finely chopped  
1/4 to 1/2 cup sweet pickles, finely chopped  
1/4 cup sweet pickle juice  
8 or 9 slices bacon, cooked, and crumbled  
1 cup mayonnaise

Combine the cornbread mix, egg and milk and blend well. Spoon cornbread mixture in a well greased 8-inch square pan and bake in 400 degree oven for 15 to 20 minutes. Cool, crumble and set aside. Combine the chopped tomatoes, chopped green peppers, chopped onions, chopped pickles and crumbled bacon in a bowl and toss gently. Combine the mayonnaise and pickle juice and blend well - set aside. Layer half of the cornbread, half the tomato mixture and half the mayonnaise mixture in a large bowl. Repeat layers. Cover and chill at least 2 hours before serving. Serves 8.

## Sweet & Sour Cabbage

2 tablespoons cider vinegar  
1-1/2 teaspoons sugar  
Pinch of cayenne pepper  
2 tablespoons bacon drippings  
5 cups shredded cabbage  
1 medium onion, chopped  
1 teaspoon salt

Combine the vinegar, sugar and cayenne, blend and set aside. Heat the bacon drippings in a large skillet over medium-high heat. Add the cabbage, onions and salt and cook and stir about 5 or 6 minutes. Add the vinegar mixture and simmer for 2 or 3 minutes. Serves 4.

\*Price must be included in ad. \*The Pamlico News is not responsible for errors, email preferred



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# Share Your Recipes

Have a favorite recipe or your own version of one of Miss Nancy Winfrey's?

Send it to us at [frontdesk@thepamliconews.com](mailto:frontdesk@thepamliconews.com) so we can share it with our readers. Include all ingredients, quantities and detailed instructions.

## Hot and Healthy GRILLED FISH TACOS

8 oz. tilapia fillets, sliced to 1" strips  
1/8 tsp. each - ground cumin, salt, and pepper  
2 tsp. canola oil  
1/4 cup shredded cabbage  
4 tortillas  
Salsa

- Clear the stove area and remove anything that can catch fire.
- Lay out the ingredients in a separate area.
- Coat the tilapia with ground cumin, salt, and pepper. Choose your pepper type wisely, because things are going to get HOT!
- Turn on the stove and pre-heat oil in a large nonstick skillet or pan. **Keep your eye on it.**
- Add the tilapia. **Stand by your pan** and cook until golden brown on each side.
- If the oil catches fire, **put a lid on it.**
- Turn off the stove. **Be careful, because the pan, oil, and tilapia will be hot.**
- Place the tilapia in tortillas and top off with cabbage and salsa.
- Before enjoying your meal, **clean the stove to remove any splattered oil.**
- Always cook safely and keep a fire extinguisher handy!**

*It's my favorite Mike Thigpen...*