



Community Calendar

- Leaf Collection in Progress

- Daylight Savings Time Ends 11/5

- Local Elections 11/7

- Pre-School Story Time at Library 10am - 11/8

- All Town Facilities Closed for Veterans Day- 11/10

- Veterans Day 11/11

- Benson Merchants Christmas Open House 11/11

- Pajama Story Time at MDPL 6:30pm 11/13

- Town Board Meeting 7:00pm 11/14

- Thanks for Giving Lunch 11/17

- Pre-School Story Time at Library 10am - 11/22

- All Town Facilities Closed For Thanksgiving 11/23-11/24

- Shop Small Saturday in Downtown Benson 11/25

- Town Board Meeting 7pm - 11/30

- Christmas on Main in Downtown Benson 12/1

- Museum Coffee Hour 10 am - 12/1

**Mayor's Message
"Thank You Benson"**

Citizens of Benson, I cannot thank you enough for the opportunity that you have given me to serve as your Mayor over the last 10 years. This experience has taught me so much about how government can be an effective tool to enhance the lives and well-being of its citizens.

That government is not a replacement for the work that has to be done by individuals, families, churches, businesses and nonprofits, but rather it can be the mechanism for everyone to come together and work to make the hard to accomplish things happen. It can be where we come together and dream and plan together our future.

I am fortunate that I came behind former leaders of Benson who had laid the foundation on which we built the work of the past 10 years. They were people like us who "loved Benson." And I hope that the work we have done will be built upon to take Benson to a higher level.

As I was reminded, "If it was easy, it would have already been done." The hard work of making Benson the "best small town in NC" is a work that will never end.

If you would ask me what accomplishments I am most proud of during my tenure, I would have to say that it was not the electric rate decreases or the construction of Vyas Park or the Hampton Inn. I would have to say that I am most proud of the fact that I see Benson becoming a more inclusive community.

A community where all citizens, regardless of their income status or the color of their skin or any of the many other factors that separate and divide us, feel valued.

My hope is that we will continue on this path. In a world of much division, I hope that people will look at Benson and say — "there is something special about that town." Because we all know that it is the people of Benson that make this a great place to call home.

-William Massengill

Parks & Recreation

Benson Parks and Recreation will be hosting a Turkey Bowl Flag Football Tournament on November 18 & 19. The Tournament will be double elimination with awards for 1st and 2nd Place. The format is 7 vs. 7 with 14 Player Max Rosters. The tournament is for everyone ages 18 and up with a \$275 Registration Fee Per Team and a \$30 Registration Fee for Individuals. The registration deadline is November 10 with a 10 Team maximum so Register Early! CONTACT BPRD AT (919) 894-5117 or visit at 1204 N. JOHNSON ST. BENSON, NC 27504



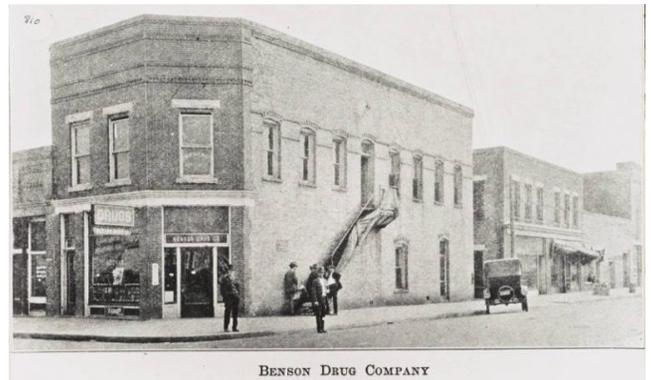
Magnificent Museum

Museum Coffee Hour 1st Friday of every month (November 3rd and December 1st) at 10am.

Over 1000 Photos from Benson Museum of Local History Now Online

The Benson Museum of Local History began working with the North Carolina Digital Heritage Center in 2015 in an effort to digitize 1,000 historic photographs and make them available to view online. We are happy to announce that the project is complete and the entire photo set can now be viewed. Visit:

<http://www.digitalnc.org/institutions/benson-museum-of-local-history>



The Library Corner



The Mary Duncan Public Library would like to invite everyone out for Pajama Story Time this month on November 13th at 6:30 PM. Come join them in your best Pajamas as we read some of our favorite stories together! Pre-School Story Time will be on Wednesdays November 8th and 22nd at 10:00 AM for all of our younger citizens who aren't quite ready for school!



Yuletide Yeti Giveaway

Benson has got you covered this year in the search for the perfect present.

Beginning the day after Thanksgiving (**November 24**), participating shops in Benson will kick off the Yuletide Yeti Giveaway. The top prize will be a \$200 Yeti Cooler, second place prize — a pair of 30oz Yeti tumblers, and third place — a pair of 20oz Yeti tumblers.

Here's how it works:

- Visit a participating shop or restaurant
- Peruse, shop, eat, enjoy yourself
- Look for the Benson Yeti Yuletide Giveaway box
- Fill out a card with your info and put it in the box
- Continue shopping (you can visit as many participating businesses as you'd like and fill out one card at each).



Be sure to tune into the **Town of Benson's Facebook page on December 2** where the drawing of the winners will be live streamed!





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It's Time For Sweet Potatoes!

CoCo Daughtry knows a lot about sweet potatoes — the curious orange tuber you'll probably have this Thanksgiving and again during Christmas, likely in candied or baked form. But have you had grilled sweet potato pizza? Jalapeño sweet potato chowder? Pork belly sweet potato hash? How about a mixed drink called the "Dirty Candy" featuring, that's right, sweet potatoes?

If those selections sound like out-of-the-crate thinking, then Ms. Daughtry is doing her job. She's the communications specialist for the North Carolina Sweet Potato Commission, headquartered in Benson. Through creative recipes, educational marketing, and a bulbous orange spud mascot named Spencer, she has helped change the perception of sweet potatoes from a holiday staple to an interesting addition to any meal any time of the year.

The commission also acts as a resource for farmers, working as an educational hub for the state's sweet potato producers.

"We were founded by six farmers in 1961," explained Ms. Daughtry. "We also promote good agriculture practices and we have meetings throughout the year aimed at education. Essentially, our whole purpose is to market sweet potatoes and increase consumption."

Remember the last time you opted to go for those sweet potato fries at your favorite burger joint instead of the usual yellow shoestrings? You can thank the Sweet Potato Commission for the option.

For the past five years, the Sweet Potato Commission has been a key component to Benson's Healthy Harvest Festival, held this year on October 28. The event featured a 5K run, live entertainment, a car show, vendors, and a whole lot of sweet potatoes.

This year, Ms. Daughtry and her sweet potato team decided to debut something extra special and extra healthy at this year's Healthy Harvest — a sweet potato smoothie.

"We decided, let's give the runners a smoothie this year. You're going to be getting all those nutrients in your body. And it's delicious. We call it our 'Creamsicle Smoothie.' If you've ever tasted an Orange Julius - it tastes very similar to that," she explained.

"We know sweet potatoes are great as a recovery health food. Not only are they good pre-race, they're good after to help build that muscle back up after you've basically torn it to shreds while you were running," continued Ms. Daughtry. "Let's get those things back in your body that you need to recover — with Vitamin C and Vitamin A and all those good things. Sweet potatoes are just a natural fit for Healthy Harvest."

Sweet potatoes are currently in harvest right now with most growers nearing the end of digging.

"We're in the heart of sweet potato country right here in Benson — it's our hometown and we felt like we needed to help with the Healthy Harvest to be a part of that health factor. It fits right in to what our goals are as well as just promoting the healthy benefits of sweet potatoes," said Ms. Daughtry.

For more information about the Sweet Potato Commission visit www.ncsweetpotatoes.com.

Recipe

Sweet Potato Creamsicle Smoothie

INGREDIENTS

- 1 cup frozen fat-free vanilla yogurt
- 1/2 cup cold mashed sweet potatoes
- 1 cup orange juice
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

- In blender container, combine yogurt, sweet potato, orange juice and vanilla.
- Whirl until smooth.



Number of servings: 2

