



TEE TIMES

VOL. 13, ISSUE X

CAROLINA COLOURS GOLF CLUB

OCTOBER 2023

INSIDE THIS ISSUE

Category	Pg
Ken Gerhardt's Comments	1
2023 Schedule	2
News from the Pro	3
Star Performers	4
Pride	4
Pretty in Pink	5
Member-Guest	8
Oktoberfest Couple's Event	13
Club Championship	14
Terri's Tips	15
Par for the Course	16
Hours of Operation	17
LGA	18
MGA	20
Chef's Corner	21

Ken Gerhardt's Comments

Fall is in the air. One of my favorite times of the year. Great golfing weather and watching the leaves change color is always a wonderful sight.

Newsletter

As you have seen in the past, our newsletter covers both items from golf as well as HOA items. Please take the time to read it as you will miss exciting information if you don't.

Swimming Pool

The pool will remain open until Sunday, October 29th. It will officially close at 5 pm that Sunday for the season.

CAROLINA COLOURS GOLF CLUB

3300 Waterscape Way

New Bern, NC 28562

Pro Shop 252-772-7022 ext 1

Fax 252-772-0202

www.carolinacoloursgolfclub.com



CAROLINA COLOURS
GOLF CLUB

Continued on page 2

Ken Gerhardt's Comments (continued from page 1)

Golf website: Carolinacoloursgolfclub.com

Our golf website continues to add new and exciting items.

Today's Latest always shows the weekly specials as well as golf cart rules for the day.

The B button right below that is our blog pages. Terri, Jim, and Johnny write monthly blogs that are always interesting to readers.

On the main page is our new link that allows members as well as public sign up for online tee times. Please let me know if you have any questions about the process of setting this up for use. Several of our members used this the last week of September. We have already started seeing a reduction in phone calls to the Pro Shop for tee times.

Driving range project

Toward the end of September, you may have noticed something happening on the right side of the range. We wanted to expand the right side as thousands of golf balls find their way there. With the leveling of the area, we will now seed it and, once it fills in, we will be able to use the range picker to collect the balls in the future.

We have a lot of events taking place over the next few months.

October 2	Pretty in Pink	
October 6, 7, & 8	Member-Guest	8:30 am Shotgun (food)
October 15	Couples Event	1 pm Shotgun (18 holes)
October 19	Blood Drive	Ballroom
October 20	Our First Masquerade Party	Ballroom
October 21 & 22	Club Championship	8 am Tee Times (food)
October 27	Charity Golf Event	12:30pm (MGA and Friday groups shotgun at 7:30am)
October 29	Ryder Cup	
November 6	Equity Membership Golf Tournament	9 am Shotgun
November 10	Veteran's Day Celebration	Ballroom
November 13	Pride Appreciation Golf Tournament	9 am Shotgun
November 16	Craft Fair	Ballroom
November 19	Couples Event	2 pm Shotgun (9 holes)




*Does not include outside tournaments



News from the Pro by Jim Ferree, PGA

Teeing it up during the dog days of summer puts a lot of stress on one's body; we all know how draining even 9 holes can be. Being a cool season variety of grass, our bentgrass greens also encounter a similar experience with our summer climate. The moderating weather we are now experiencing will help Josh Purvis maintain our greens, but turf grass management of bentgrass greens in our southeast region is a challenging year-round job. We are lucky to have Josh and his staff to care for our course. They do a fantastic job, and we are all appreciative. As golfers, we can not only show our appreciation, but also contribute to the health and quality of our greens. We have three simple options we can exercise that will have a significant impact on our putting green quality.



-  Option 1 is minding your steps. Make sure you don't slide your feet when you walk or twist your feet when changing directions. Golf spikes can easily tear the grass which will not only raise spike marks but damage the grass.
-  Option 2 is to correctly repair your ball marks. Using a ball mark repair tool can efficiently restore a smooth putting surface with minimal damage to the roots and enable a quick recovery. The technique to properly repair a ball mark can be found on the Internet, but the basic process is to insert the tool around the perimeter of the crater and, in a slightly twisting motion, move the surrounding grass in to fill the hole. Then gently tap down level with the surface using your putter or foot.
-  Option 3 is sharing the knowledge and mentor. Set a good example for your playing partners and fellow golfers. If you see someone not repairing their ball mark or dragging their feet, either mention it to them directly or more subtly you can simply repair their ball mark or tap down their spike mark—they will get the message without saying a word.

If each golfer will do their part, our greens will be smoother and healthier for all of us to enjoy.

Star Performers of the Month!

Our own Sarah Metzbower! She shot her personal best, a 92!!!! We had a little blip and forgot to mention it in the August newsletter. But we just knew it was or will be going LOWER!!! Great job Sarah for reaching that personal best milestone and working so hard on your game. We look forward to that lower number soon!

Congratulations to Leigh Toth. Leigh shot her personal best on Tuesday, September 12th with a score of 86! A lot of great putts were made that day!!

Pride Report **Peter Mnatzakanian Team Leader**

As I look for words to describe our PRIDE team, I can only say Thank you. Your commitment to our Carolina Colours Golf Course is over the top.

I would, however, like to thank Ms. Betty Rovins, one of our alternates. So many of you who have stepped up, from our new folks to our standard “do anything” folks. For you I say amazing.

We are wrapping up our season soon and will once again have a PRIDE golf outing on November 13 to celebrate our season. Our General Manager Ken and his team will once again prepare a wonderful lunch for us to say well done.

Hoping you all can make this event and enjoy some golf with your friends.

The maintenance staff, headed by our own Josh Purvis, has painted the tee blocks and it looks great.

Stay tuned for further details.



The Carolina Colours Ladies Golf Association will again be hosting a ladies invitational golf tournament on October 2, 2023. Proceeds from this tournament will benefit **PRETTY IN PINK FOUNDATION**.

The Foundation's mission is to provide uninsured/under-insured breast cancer patients in North Carolina with financial assistance for quality, life-saving medical treatment. When diagnosed with breast cancer, you should never have to choose between medical treatment and putting food on the table for your family. They are the only charity in North Carolina focused specifically on providing financial assistance after breast cancer diagnosis for treatment. Financial grants pay for surgery, chemotherapy, administration, radiation therapy, insurance premiums, office co-pays, and COBRA. All grants are paid directly to the medical providers to help reduce stress for the "Champions".

They have never turned away a single qualified applicant and have served 97 of 100 counties in North Carolina.

In 2022 they were able to serve more than 400 North Carolinians!

This charity tournament would not be possible without the support and contributions of our generous community, local vendors, volunteers, and the women who participate in the event. In 2021 we were able to contribute over \$15,000 to Pretty in Pink with 80 women golfers. But of course, we are setting our goal even higher for 2023. By increasing the participant golfers to 108 this year, and getting YOUR support, we are positioned for success.

We sincerely invite you to join our efforts to give hope and help to North Carolinians who need it. You can make this drive a huge success.

Please consider becoming a sponsor – we've outlined several options for you, see details below. Direct Donations happily accepted too!!

DEADLINE for contributions: September 1st. Please contact Amy Trainor at atrainor31@gmail.com or 919-656-1696.



100% of the net proceeds from this year's tournament will go DIRECTLY to the foundation's mission services: funding for surgery, chemo administration, radiation therapy, health insurance deductibles and co-pays for financially-challenged North Carolinians in the fight of their lives.

Contact Amy Trainor atrainor31@gmail.com / 919-656-1696
for more info!

TITLE SPONSOR \$750

- 3' x 5' professionally-printer banner at event entrance with your company name/logo
- Tagged on CC social media including link to your website (if desired)
- Mentioned on CC radio advertising
- Verbal acknowledgement at event luncheon
- Prominent thank you in event brochure

FEATURED SPONSOR \$500

Sponsor our Prizes!!

- Receive course recognition with an 18"x24" professionally printed sign displaying your company name/logo
- Your company tagged on CC social media
- Verbal acknowledgement at event luncheon
- Recognition in event brochure

BREAKFAST OR LUNCHEON SPONSOR \$200 - \$400

- "Courtesy of" professionally-printed signs displayed on every breakfast buffet table
- "Courtesy of" professional-printed signs on each table at the luncheon
- Recognition in event brochure and verbal recognition at the event luncheon

HOLE SPONSOR \$100

For your personal or company donation

- 18" x 24" professionally printed sign placed at tee box. Every player sees these signs!
- Message of your choice on the sign (your name, company logo, "in memory of," etc.)
- Recognition in our event program



GOLF CLOTHING & EQUIPMENT SALE !!!

Start cleaning out your closets! The Carolina Colours Ladies Golf Association is now accepting gently used GOLF clothing—women's and men's—(shirts, slacks, skirts, sweaters, visors, belts, etc.) in preparation for our big fundraiser in October. All proceeds will benefit **PRETTY IN PINK** Foundation, an organization that provides uninsured and under-insured North Carolinians with financial assistance for their breast cancer treatment.

Contact Amy Trainor atrainor31@gmail.com
or Sandy Berberich ksberberich2@gmail.com
to donate your clothing (no missing buttons, zippers, etc.—clean, gently used golf items only please) *OR DROP OFF YOUR CLOTHING IN THE PINK BOX IN THE PAVILION BEGINNING **AUGUST 5th***. To donate golf equipment, please contact Amy Trainor atrainor31@gmail.com or Karen Lankton flanktonsnc@gmail.com.

We are so grateful for your support!!



Carolina Colours Golf Club



2023 Member-Guest Weekend



CAROLINA COLOURS
GOLF CLUB

October 6-8

Link for sign-ups will go out 8/31
Sign-ups will close 9/18

Schedule of Events

Friday, October 6th

- Practice rounds available all day for participants. Call to reserve a tee time.
- 5-6pm: Cocktail Party in the Sports Bar (spouses welcome)
- 5:15-6:15 pm: Closest to the Pin Contest (Sunset Terrace)



Saturday, October 7th

- 8:30 tee off. Driving range will open at 7am. Please arrive by 8am.
- Men will play three 9 hole matches (8:30, 11:00, 1:30).
- Lunch will be served after the 11:00 session.
- Women will have two 9 hole rounds at 11:00 & 1:30 (Best Ball).



Sunday, October 8th

- 8:30 tee off. Driving range will open at 7am. Please arrive by 8am.
- Two 9 hole matches for Men & Women (Shotgun at 8:30 & 11:00)
- 1:30 pm: Shootout among flight winners (Men).
- 2:30pm: Cookout, Prizes, & Awards.



Event Information Men

\$200 Entry Fee (per person)

- Practice round Friday (including cart)
- Five 9 hole tournament matches (includes cart)
- Tee gifts, prizes, & optional calcutta
- Non-Alcoholic beverages during tournament play.
- Cocktail Party Friday Night (spouses welcome)
- Optional Friday Night Dinner (reservation required & bill not included in entry fee)
- Fruit available all day Saturday & cold cut lunch after the second round.
- Fruit available all day Sunday & a full sit down dinner after the playoff.
- The first 36 teams that sign up will fill the 6 flights. Additional flights will be added if necessary.

Men must select which tees they wish to play from during sign-up. White, green, blue, or black... To play from the gold, age + HCP index must be equal to or greater than 80.



Event Information Women

\$200 Entry Fee (per person)

- Practice round Friday (including cart)
- 36 holes of tournament golf October 7th & 8th (includes cart)
- Tee gifts & Prizes
- Non-Alcoholic beverages during tournament play.
- Cocktail Party Friday Night (spouses welcome)
- Optional Friday Night Dinner (reservation required & bill not included in entry fee)
- Fruit available all day Saturday & cold cut lunch after the second round.
- Fruit available all day Sunday & a full sit down dinner after the playoff.

All women will play from the red tees.

Format

Men



- The maximum handicap difference between partners is 12. If partners have a larger differential than that, the higher handicap will be brought down to where handicaps are just 12 strokes different.
- Flighted by combined handicap.
- 6 teams per flight.
- Each team will play all of the other teams in their flight.
- Five 9 hole matches of Best Ball. Each player plays their own ball with their course handicap. The best net score of the two balls is the score for the hole.
- Each match awards 10 points. 1pt for each hole won, 1/2 pt for a hole tied, and 1 pt for the match winner.
- The team with the highest point total wins the flight.
- Each flight winner will compete in the shootout to decide the Overall Champion.

Women



- The maximum handicap difference between partners is 12. If partners have a larger differential than that, the higher handicap will be brought down to where handicaps are just 12 strokes different.
- Saturday is 18 hole best ball. Both players play their own ball, and the low score on each hole is what will be used.
- Sunday is an 18 hole scramble. Use the preferred shot from the 2 players until the ball is holed.

COGC
MEMBER
EVENT



CAROLINA COLOURS
GOLF CLUB



Couples Event - Sunday, October 15

1 pm Shotgun (18 holes)

Best Ball Format

\$30 per couple

Sports Bar Open

**German fare served
following golf!**



WOMEN PLAY FROM
SILVER TEES



MEN PLAY FROM
GOLD TEES

LIMITED TO 20 COUPLES



****Sign up as twosomes****



CCGC
MEMBER
EVENT



CAROLINA COLOURS
GOLF CLUB

Club Championship(s)



October 21 & 22 | 8 am Tee Times



Deadline: Oct 17th @5 pm

Terri's Tips!

Make the Game Easy for You!

We all struggle with this game of golf. Some may be getting a little older and not hitting it as far as they used to. Some may have a hard time hitting the longer irons or that dreaded 3 wood off the fairway. Although what I find with most of my students is they are a little bit stubborn and don't want to change. No matter if they are not as strong as they used to be, they are still trying to hit that 7 iron 150 yards (sorry not going to happen!), or they won't give up on that 5/4 iron off the fairway, or trying to hit that 3 wood on the long par 5's. Most of these swings lead to having to pull another ball out of your bag!

We can all make it so much easier on ourselves. A few suggestions below that we can all use.

I recently read an article by Bernhard Langer. Most of you know who he is. Played on the PGA and European tour for years, was a great player. He is still a great player, and winning a lot of tournaments, but now on the Senior PGA tour. He attributes his wins to the improvement of his putting and chipping. He said he can't spend hours on the range anymore, trying to get faster and stronger. He has added hybrids to his bag for those mid to long iron shots as well. He also said golf is a game you can still improve at any age. You don't need speed and agility to be a good golfer.

What can you do to make it easier for you?

Spend more time on the putting green. Get really good at those 3 to 6 foot putts. Making more than you miss. Get better at reading the greens. This takes no energy at all. Start looking at the green differently. Make sure you look at the terrain from left to right and also from top to bottom.. I like to say East to West and North to South. I feel you will get more information looking at it East to West and West to East. You will see which part of the green is higher or lower, which will give you an idea of how the putt is going to break.

Please replace those 5 and 4 irons with Hybrids! They were made to hit the ball so much easier than the longer irons. In my bag I have a 6 iron to a PW. I carry two hybrids that take the place of a 5 and 4 irons. I am hitting more greens because of this.

Please TAKE OUT that 3 wood! Most of the time you will not get on a par 5 in two shots. Your longest fairway wood should be a 5 wood. So much easier to hit off the fairway. My longest fairway wood is my 5 wood. I also have a splendid little 7 wood in the bag as well.

I hope this helps. Even just a few strokes off your game will make it more enjoyable!

Continued on page 19

Par for the Course—Peter Eckle

This month we're going to review some situations that **could be covered** by a local rule **if** there is a local rule in effect.



With the situation you see in the picture left, you might think you would be entitled to some free relief. Under Rule 16, free relief is not available, unless at least 1 of 3 conditions are met (interference with the lie, interference with intended stroke or interference with intended stance). None of that is the case.

A club could establish a local rule to address this situation to provide free relief, but there are 3 conditions that must be met

- 1) Sprinkler head must be in the line of play
- 2) Sprinkler head must be within 2 club lengths of the green
- 3) The ball has to be within 2 club lengths of the sprinkler head.

The picture left meets these 3 conditions, but bottom line—there is no local rule in place, so no free relief.



It's getting to be that time of year when an additional element of aggravation, frustration, and irritation creeps into the game (not to mention another cause of slow play).

You hit a great shot and you're virtually certain where it ended up—somewhere in a pile of leaves, but you can't find it. You are entitled to free relief only if the Model Local Rule F-14 is in effect. This

allows areas with temporary accumulations of loose impediments, like leaves or grass clippings, to be treated like ground under repair. You would get free relief even if you are not able to find the ball. Without this local rule and you're not able to find your ball after 3 minutes searching, you must proceed under rule 18.2 (lost ball or OB) and replay your shot from the spot of the previous shot, adding 1 penalty stroke.

Do you know the Local Rules in effect at Carolina Colours Golf Club?

Correction. Last month there was a link to a short video that showed the correct way to repair a ball mark. The link in the newsletter malfunctioned, but here is the correct link where you can see the video:

https://www.youtube.com/watch?v=LXH_stsdH4E

Military Day!



Active military & all first responders may play Monday through Thursday for \$40
Friday, Saturday, & Sunday for \$45

Retired military may play on Monday and Thursday for \$40

Join us in showing respect for our nation's heroes by wearing red on Friday!

Ken Gerhardt

General Manager

kgerhardt@carolinacolours.com

Terri Migliaccio

Class A Pro/Director of
Player Development

tmigliaccio@carolinacolours.com

Jim Ferree

Class A Golf Pro

jferree@carolinacolours.com

Josh Purvis

Golf Course Superintendent

jpurvis@carolinacolours.com

October

Hours of Operation

Pro Shop

Mon 9:30 am–6:00 pm

Tues–Sun 7:00 am– 6:00 pm

Driving Range (must check in with Pro Shop prior to 5:00pm)

Mon 9:00 am–6:00 pm

Tues–Sun 7:00 am– 6:00 pm

Carolina Colours Ladies Golf Association (LGA)

After an exceptionally hot summer, we are all looking forward to some less humid and cooler golf days. To date, September has not disappointed us.

The LGA held its surprise scramble Nine and Wine on September 14th. Our theme for this scramble was Beach Party as our salute to the end of summer. As expected, the ladies did not disappoint. We had decorated carts, goggles, snorkels, and a wide variety of beach wear on display. Our ladies certainly know how to have fun as evidenced by the pictures below. After our scramble, we enjoyed a wine and appetizer social at the Jabs home that was enjoyed by all. Thank you to all that participated and to Linda Groff and Jan Stevens for bringing their guests.

September 19th, the LGA hosted the Home and Home ladies golf at Carolina Colours. Seventy-five lady golfers from 8 different clubs around the area came to enjoy our course and hospitality. Clubs take turns hosting a group and September was our turn. It was a very successful day of golf and friendship.



Continued on page 19

Carolina Colours Ladies Golf Association (LGA)

(continued from page 18)

PIP is just around the corner. The committee heads continue to work hard to bring this event to a rousing conclusion. To date, we have not had anyone volunteer to take over the reins of this event. After so many years, Amy and Tamara are stepping down and unless someone steps up, the LGA will no longer be able to sponsor this worthwhile event. For those who may be newer to our organization, this event is held every other year. It is not done annually. That does not diminish the amount of work that is required. However, our LGA has always stepped up and provided support to the chairs for this worthwhile cause. Amy and Tamara have amassed a great outline of what needs to be done and the materials used. I know Amy and Tamara would gladly share their expertise with anyone willing to take the reins of this event.

If this is something you and a friend would be willing to take on, please do not hesitate to contact Amy or Tamara for detailed information on what would be involved. Every successful event requires the support of all, but without a leader to take us there it can't happen. It is a great cause that deserves our continued support.

As mentioned at our last meeting, per our by-laws two board positions need to be filled for next year: President and Vice President. Cheryl and Robin have served two years, so replacements must be found. Annmarie (Treasurer) and Helen (Secretary) have one more year to serve. The nominating committee will be taking names and perhaps approaching folks to fill the vacancies. If you are interested in running (usually unopposed) for either position, please get in touch with Cheryl and let her know. No organization can run without a leader.

The LGA looks forward to a great fall of golf and friendship. Tournaments, Home and Home, and Crystal Coast just to name a few, are opportunities to meet new people and golf the surrounding courses. Remember to check the bulletin board for notices of events around our area.

Carolina Colours Men's Golf Association (MGA)

Our membership remains at 83; however, we have had some interest and hope to add members in the near term.

On Thursday September 7th, 8 MGA members played at Fairfield Harbour. Our next road trip will be to Morehead City CC on October 10th and then on November 7th we will be going to Walnut Creek in Goldsboro. Be on the lookout for emails from Kelly with tee times. If you have any suggestions for courses to play in the future, please advise someone on the Board.

There have not been any holes in one thus far this year, and it is not too late to purchase your hole-in-one insurance, \$10 for Wednesday and \$10 for Friday. There is \$1,130 up for grabs on Wednesday and \$530 on Friday. This will continue until March 1, 2024. If you want to purchase insurance, give your money to a Board member or the Pro Shop.

As a reminder, if you qualify to play from the gold tees (65 years old or 60 plus your handicap totals 80) you may also play from the purple tees. Playing from the appropriate tees should make the game more enjoyable and help with pace of play.

Starting on October 4th, the start time will be 9:00 AM. Also, on October 4th, we will be holding our annual Beer and Brats Day. Every player will get a beer and a brat after the round. Start time will continue to be 9:00 AM through November. An exception will be on October 27th when we will start at 7:30 AM so we can return the carts in time for a charity outing that afternoon.

October Wednesday games are:

10/4/23 Scramble (ABCD)—All players hit tee shot. Teams select the best ball and this continues until holed out. One team net score. 3 drives minimum per player.

10/11/23 Lone Ranger (Four Man DABC)—Low net of 3 players + Lone Ranger low net. D player gets holes 1,5,9,13,17. A gets 2,6,10,14,18. B gets 3,7,11,15. C gets 4,8,12,16

10/18/23 Modified Stableford/ABCD (2 low net for points)—4 pts for net eagle, 3 pts for net birdie, 2 pts for net par, -1 pt for net bogey, -2 pts for net double bogey, -3 pts for net triple bogey.

10/25/23 Flip Flop Challenge (ABCD) play back nine first—Holes 10-12 1 low net, holes 13-15 2 low nets, holes 16-18 3 low nets, holes 1-3 1 low gross, holes 4-6 2 low gross, holes 7-9 3 low gross.

CHEF's CORNER

Fire Roasted White Bean Soup

This fire roasted white bean soup is so easy and delicious. A base of fire roasted tomatoes in a parmesan broth, filled with creamy white beans, spinach, and parmesan cheese. So simple and great for meal prep!

Throw in the parmesan rind. Don't forget! I store these in the freezer so I always have them on hand.

Once the soup simmers a bit, I stir in some cream, extra parmesan, and lots of spinach.

Serve it up with lots of toasted sourdough and crushed red pepper and it is heaven.

Yield: 4 People

Prep Time: 20 minutes Mins

Cook Time: 30 minutes Mins

Total Time: 50 minutes Mins

Ingredients

- 1 tablespoon olive oil
- 1 sweet onion, diced
- 4 garlic cloves, minced
- kosher salt and pepper
- 1 tablespoon tomato paste
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1 (14-ounce can) fire roasted tomatoes
- 2 (14-ounce cans) cannellini beans, drained and rinsed
- 4 cups vegetable or chicken stock
- 1 parmesan rind
- 1 cup heavy cream
- ½ cup finely grated parmesan cheese, plus more for topping
- 5 ounces fresh spinach, frozen is fine too
- crushed red pepper, for topping

Colours Café

Opened

Monday 11 am-3 pm

Tuesday 11 am--3 pm

Tuesday Dinner 5 to 7 pm

Wednesday to Sunday
11 am to 4pm

Made-to-order sandwiches and a side or salad

Call in your order from the course (look for the sign near the 9th tee box) and pick up your order when you make the turn.

You may charge your order to your Golf Club membership account. Otherwise, cash or credit cards only.

Sports Bar

Opened

Monday 11 am to 3 pm

Tuesday 11 am to 3 pm

Dinner 5-7 pm

Wednesday—Sunday
11:00 am—4:00 pm

252-772-7022 ext 4

Colours Café

Sports Bar

at



Continued on page 22

CHEF's CORNER (continued from page 21)

Instructions

Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic with a big pinch of salt and pepper. Cook, stirring often, until the onions soften a bit, for 5 minutes or so.

Stir in the tomato paste, basil, oregano and thyme. Cook for another 5 minutes, stirring often, until the tomato paste darkens in color.

Add in the tomatoes, beans, stock and parmesan rind. Bring the mixture to a boil, then reduce it to a simmer and cook for 20 minutes. Cover for the last 10 minutes.

Remove the lid and stir in the cream. Stir in the parmesan cheese and the spinach. Cook for 5 to 10 more minutes, stirring often, as the cheese melts and spinach wilts. Taste and season the soup additionally with salt and pepper as needed.

Serve immediately, topping with extra parmesan and crushed red pepper.

