SOUND WAYES

Vol. 29, No. 8

Our Community Newspaper

AUGUST 2016

100 Years Young

By Vince Moreno

Clark Webb celebrated his 100th birthday at the Cedarwood Club House on July 13. Family and friends crowded the clubhouse to wish Clark well. He has two daughters, eight grandchildren and ten great grandchildren.

Clark is a World War II veteran. He enlisted into the US Army on December 13th 1941 immediately after Pearl Harbor and he served four years in the infantry.

Clark will be leaving Cedarwood Village to live with his daughter. We will miss

Clark will be leaving Cedarwood Village to live with his daughter. We will miss seeing him picking up his mail each day. We all wish him well.



Prizes for Kids!

Kids of Brandywine: Win a prize by submitting your creative work to Sound Waves. All entries will be published in the September edition.

Story – fact or fiction Craft
Photograph

Photograph

Photograph

Poem

Send submissions to editor.soundwaves@gmail.com by August 15. Include your name and phone number so we can deliver your prize. One prize per kid. Kid = high school student for 2016-17 or younger.

Brandywine Owner's Association Gate System Entry Card/Microclic Audit - Please Respond

It has been quite a while since our last entry card audit and there have been many changes in residents and renters. In the interests of community security and updating our records, we are asking you to list the cards/Microclics currently in your possession. This audit is an important undertaking and we would appreciate a reply by August 15, 2016

Your cooperation is essential in this important audit. If we receive no response, we will consider the cards/clics lost and will cancel their validity. In other words, they will no longer be useful for gate entry. Please help us to accomplish this task in a timely manner. Your cooperation is appreciated. You may either fill out the form below and drop it in the mailbox behind the guardhouse at the Hwy 70 gate or email Doris Ullman at boagateupdate@gmail.com. If you have any questions, please contact Doris Ullman at 240-1436. Thank you

Jerry Levesque, President BOA Board of Directors

Name(s)	Phon	e	
Address			
City	State	Zip Code	
Gate Card Numbers:	Microclic Numbers:		
			NEXT BOA QUARTERLY MEETING August 25 at 7pm At the K Club

12 Issues with #13 on the Way

By Barbara Johnson

It has been a year since I took over as editor of the Brandywine Sound Waves and what a year it has been. Last July I was still recovering from a bad car wreck and didn't know whether I would ever be able to return to my first love, being a real estate broker, or my love of weight training at the gym. I had a foggy brain that only worked well in the morning and I still had badly damaged knees, hands and feet. Writing was a talent I could still pursue and it seemed like a perfect solution for my need to keep busy and the community need for an editor to follow the four excellent years that Bill Horton had devoted to the paper.

Fast forward twelve months and Sound Waves is firmly embedded in the flow of my life. I have recovered most of my physical capabilities, am back to work as a Realtor but sadly I am no longer the strongest old lady in the gym. Instead I love to walk the neighborhood, admire the beauty we have here in Brandywine and stop to introduce myself to anyone out and about.

The changes that have been made in the paper this year came from collaboration with Assistant Editor Monica Sellars who is a gem of a writer, and our desire to introduce the community to the depth and breadth of the people who live here and the larger town of Morehead City that all of us call home. Our editorial meetings each month are built on a framework of interesting topics we want to feature each month and how to showcase the residents of Brandywine who make things happen. Our terrific layout artist Maggie Morris is a huge support in making our writing come to life on paper.

While Monica and I each write between 5 and 7 articles a month, we are not reporters. We research topics and have local experts fill in the blanks for each column. These include the Business Spotlight



Barbara Johnson

which focuses on one of our beloved advertisers, Community Spotlight that deals with area non-profits, Join Us which tells the story of a fun local group you can join, Meet Your Neighbor, Recipes, Family Room, Health and Safety, Day Trippin', Old Stomping Grounds and Pet of the Month. We love it when someone jumps in to write one of these for us. Don't worry if it isn't perfect. We are happy to edit your effort because all of you have great stories to tell and advice to share. We want this to be your paper with your point of view.

Many of our articles are written by a brilliant and dedicated team of volunteer writers who submit material each month. God bless Susie Garland, Lenna Easter, Vince Moreno, Marilyn Zmoda, Jo Mullis, Melinda Brown and Doris Ullman. Thank them when you see them because they have been informing you about Brandywine a lot longer than Monica and I have and they are tireless in getting the news out about what has happened here in our lovely neighborhood. Also a big thanks to Steve Mock who ensures that your papers get delivered to your mailbox.

New talent with a fresh voice has stepped forward in Hannah Nielsen and Lara Klibansky. Let them know you like what they are doing. I sure do.

Sound Waves has a place for you. Let us know what you want to hear about. Inform us when there are anniversaries, new babies, memorable birthdays, the passing of one of our own, accolades for accomplishments, club meetings, block parties, art and anything else that brings the vibrant life of Brandywine into focus. We desperately need a teen reporter who can give us a glimpse of life for our younger residents. Since Monica and I have no children at home, a mom or dad who can write for Family Room is needed. Take over one of our columns and give it your own twist. Everyone has an Old Stomping Ground or a favorite day trip. A voice for veterans would be a great addition to our paper. Call us if you have an interesting neighbor or have traveled to a unique destination.

It's all part of telling our stories. Let us hear from you. Barbara 252-241-1152

Pet of the Month

By Kathy Myers

For those of you that have not seen these fellas being chauffeured around in their golf cart for their nightly "walk", let me introduce you to "Da Boyz" of the Myers' family in English Turn. The smallest of the three is a 5 year old Akbash mix breed- that we rescued from Moore county, named "Baker". The name on his papers when we picked him up was "Guber". We figured if they couldn't even spell the name correctly, we couldn't leave him there! The middle one, his step-brother, is "Newman", a 10 year old Labrador- the old man of the crew. Last, but not least, is our grand dog "Hawser". He is a two year old Komondor, the breed of dog that usually looks like a mop! Our daughter rescued him from Virginia while living there. But, she and her wife are in California for a few months, so he came to stay with us!

They truly bring us a lot of joy – from them being scared of storms, the night crazies, in them trying to figure out who is the alpha dog, with wrestling over treats and chew toys, and one starting to bark with the others joining in - around here-the fun never stops! I would ask Ed to chime in but one of the pleasures of having three large dogs is the fact that he has to spend a lot of time out in the backyard with a shovel... They are available for play dates - at your house!







By Todd & Allison Worrell, DVM's, Pet Docks Animal Hospital

Heat Related Illness

Heat stroke (also known as heat prostration, or heat-related illness) can occur when body temperatures rise to $104-106\,^{\circ}$ F). Heat stroke usually involves exposure to high

environmental temperatures and can be precipitated by various medical conditions. In some cases, exertional heat stroke can occur in racing and sporting dogs. External factors that decrease heat dissipation include confinement in a poorly ventilated space, sudden exposure to high environmental temperatures, increased humidity, and limited access to water. Internal factors include obesity, heart and brain diseases, upper airway diseases, and thick hair coats or jackets.

Signs vary depending on the degree and duration of temperature elevation. Panting and elevated temperatures are the most common signs. The animal may be dull, weak and wobbly, collapsed, convulsing, or in a coma. Respiratory and heart rates are usually high, and breathing may be very noisy. Gums of the mouth may be bright red or blue. Pulses may be weak. Vomiting and diarrhea may occur.

Bleeding tendencies may be noted, with small hemorrhages in the gums or skin and blood in the feces, urine, or vomitus. Delayed difficulties may develop 3-5 days after apparent recovery, such as kidney failure, liver failure, infection, severe respiratory distress, widespread bleeding, or sudden death from heart arrhythmias. Diagnosis is based on finding an extremely high body temperature, a history of exposure to heat, and compatible clinical signs. Laboratory tests and chest x-rays are often recommended to assess the effect of the hyperthermia on various body organs and to search for contributing causes.

Heat prostration is always an emergency! The goals of therapy are to lower body temperature, treat shock and other organ damage, and correct contributing factors. Wrap them in a cool, wet towel and transport it to a veterinary hospital immediately. Cooling methods should not be extreme, because the body temperature could fall too low. Most animals with heat prostration require intensive monitoring throughout the initial therapy and for days after the emergency has resolved. In the hours and days after the crisis, laboratory tests and chest x-rays may be performed to detect problems that may arise in other organs from the effects of hyperthermia.

Prognosis depends on the severity and duration of hyperthermia and the presence of secondary organ failure. Survival is poor for comatose animals or those with kidney or liver failure or unresponsive bleeding. Animals that survive heat stroke are prone to a recurrence if exposed to a similar situation in the future, so preventive measures are important.

Our Brandywine Bay walkers, runners, bikers, children and pets are a precious part of our community. Please slow down on our roads and keep them safe.

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230 Brandywine Blvd. www.brandywineowners.org • (252)646-5072

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COMMITEE CHAIRPERSONS

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COMMUNITY EMERGENCY NUMBERS

Sheriff Deputy Request 728-8400 Sheriff's Business Office 504-4800 Ambulance, Fire, Sheriff 911 **Progress Energy** 800-452-2777 Street Light Outage 800-419-6356 Carolina Water 800-348-2383 **Animal Control** 728-8585 **NC Highway Patrol** 800-411-6127 Mosquito Control 504-2107

You Put the "Community" in "Gated Community"

By Hannah Nielsen

I have had the opportunity to live many places in my young life. So far I've lived in Georgia, South Carolina and the North Carolinian cities of Wendell, Zebulon, Raleigh, Morehead City and Wilmington. Therefore I think I can write with authority when I say: Brandywine Bay is the friendliest neighborhood.

My parents moved here while I was in college, and I remember taking long walks on the loop of Lord Granville when I visited from school. Every time I returned to my college in Raleigh however, I quickly noticed that drivers and passersby would give me strange and confused looks as I walked past them on our campus walking trails. I eventually realized it was because I kept waving at them, and they wondered why a person they didn't recognize was being so friendly. Waving had become so absentmindedly natural on my walks in Brandywine. I'd wave at drivers, pedestrians, cyclists, dogs- anyone! And they'd all wave at me! (except for maybe the dogs...)

But waving isn't the only way that Brandywine residents are able to put the "community" in "gated community." Our neighbors here have joined us for Memorial Day cookouts, watched our dogs while we were on vacation, and I've watched their cats. They've even helped to meet needs in my family such as helping us clear brush from our yard after a big storm, or giving us supplies when my older sister got a puppy. That's the way neighbors are supposed to be.

In fact whenever I meet a fellow resident outside the boundaries of the automatic gates, we excitedly exchange addresses so we might be able to locate how far apart our houses are. So the next time somebody asks your opinion on Carteret County neighborhoods, you can tell them with good authority that Brandywine Bay is in fact the friendliest subdivision.





Our advertisers ensure that Sound Waves arrives at our homes each month with the latest and greatest news about our Brandywine community.

Consider doing business with the businesses that advertise and tell them that you found them in Sound Waves.



Tree/Shrub Trimming: C. (Carl) Gull, a reputable contractor has just completed the trimming of trees and shrubs along our roads. Removing dead limbs and trees now helps alleviate dangerous hazards during storms and the shrub clearing helps with drainage and the safety of pedestrian traffic. In the future please heed warning cones and signs that notify drivers that divided roads are blocked for work. For your own safety and the safety of others use alternate routes at these times.

Dues Collection: Thanks to all who got their dues in on time and a reminder to the tardy to please get them in on time each May. We extend deep appreciation to Bob White, our BOA Treasurer whose strong efforts in getting everyone up-to-date on their dues ensured that we have the funding to keep our neighborhood running.

Community Yard Sale and Art Walk October 15th: Our At-Large Director Nancy Beszterczei has agreed to get the ball rolling on this project. BBA will join us this year in our annual event. Nancy needs your assistance. It entails advertising, signs and balloons. It is a one day event and an easy one if you want to help get involved with your community. Please consider volunteering with a call to Nancy at 252-269-0179

Jerry Levesque, President BOA

Technological Advancements?

By Hannah Nielsen

Growing up in the 90s has afforded my generation the mixed blessing of experiencing a technological transformation during our childhood. Here in 2016 we alternate between reveling in the amount of information and entertainment at our fingertips and lamenting over a decrease in real-life communication and a bygone era of land-line phones, printed encyclopedia sets and notes passed in class. Like many things in life, there are both benefits and harms to all of this new technology.

Just a few positive examples would include having a GPS in my car for long trips, or to being able to call for help from anywhere if I need it. In addition research projects in college were certainly easier. I was able to use scholarly online databases, search quickly for materials and use spell check in Microsoft Word. I enjoy having such easy access to global information, and I am thankful for the opportunity to keep in contact with my faraway loved ones.

But all this technology is not without its harmful effects. Our society now feels a constant need to be plugged in and entertained (to the point that people can't even abstain from using their phones while driving). We are quick to Google and slow to think. We're so used to instant gratification that we've become more impatient and self-centered. And we know how to swipe right, but do we know how to make a relationship work when life gets real and people have stopped 'liking' our wedding pictures on social media?

My generation is beginning to have our own children now, which is causing us to look at the situation through a new lens. If and when I get married and become a mommy, there are certain things that I will want for my children in this tech-crazed world. I'll want them to learn the waning virtues of humility, patience and perseverance, rather than always expecting immediate results. I'll want them to learn how to engage with adults and new people without retreating to their smart phone. I'll want them to know less about Snapchat and Instagram than they do about life skills such as cooking, budgeting and sewing on a button. I'll want them to play outside, exercise, explore and learn things by observation and experience. And I'll want them to have fun being kids with their friends and family, and to learn the truth about love, honesty, self-respect and compassion without being overwrought by cyber bullying and internet pornography.

Without a doubt all this new technology has many positive and negative aspects. It would appear that part of growing up- either personally or as our own children learn how to be adults- is about understanding how to gain from the good and swipe left on the bad.

BUSINESS SPOTLIGHT

DUOCRAFT CUSTOM CABINETS

By Barbara Johnson

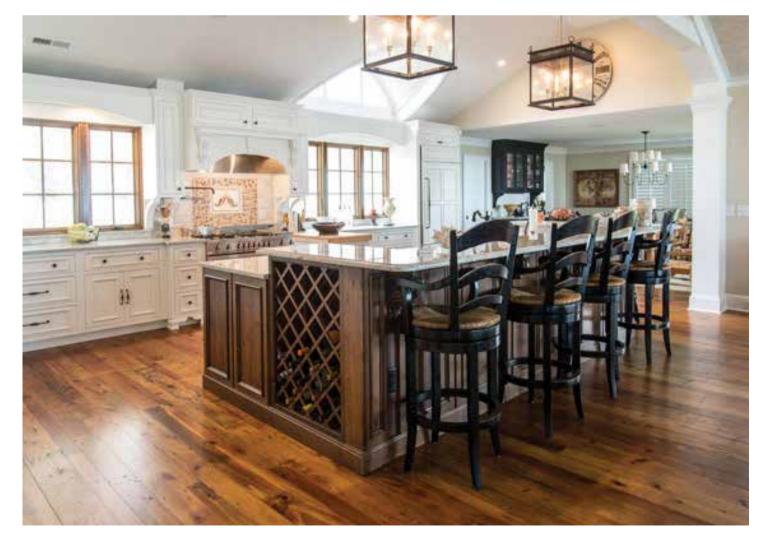
For over 30 years Steve Roberts and the staff of DuoCraft Custom Cabinets have been providing the local area with quick and professional service related to cabinetry of all kinds. With locations in Morehead City, Jacksonville and Wilmington, DuoCraft offers 6 brands of cabinets at a price that beats the big box stores by up to 25% when matched for quality and installation. They are committed to the finest products at a reasonable price withs outstanding service.

Walk into their showroom and you are welcomed into a warm atmosphere where you and your dreams are the top priority. The wide selection of styles, colors and prices ensure that your new cabinetry fits your special home needs. Their experts can take your plan and make suggestions so that every detail is designed to your specifications for lasting beauty and the most user friendly and ergonomic use of space. In addition to serving customers with top brands, DuoCraft can customize any stock products in-house with specialty touches that will make your kitchen or bath uniquely your own.

I've heard horror stories of friends whose kitchen remodel took months while they ate out and cooked on a grill. DuoCraft can have your installation completed start to finish in a short 2 to 3 weeks. All their installers are in-house and work only with DuoCraft. This assures you of local workmen who live and work in the community, not people coming from hours away who are unknown here.

I personally used DuoCraft Custom Cabinets for my home renovation and have been pleased with the product, the price and the look they offered to my new bathroom design. When I renovate my kitchen Steve will be first one I call for a consultation and advice on the best layout and products for long-lasting beauty and the best use of space for the room my family uses the most. I trust his experience and skills in cabinetry and know that his price will be the best in the area.

For more information about how DuoCraft Custom Cabinets can address all your cabinetry needs for new homes or renovations call Steve Roberts at 252-726-4499 or visit their website at www.duocraft.com.





Our Community Newspaper EDITOR

BARBARA JOHNSON • 252-241-1152 editor.soundwaves@gmail.com

ASSOCIATE EDITOR MONICA SELLARS

PRODUCTION LAYOUT/DESIGN MAGGIE MORRIS

DISTRIBUTION

STEVE MOCK • 252-726-0066 mock@ec.rr.com

ADDRESS & PHONE CHANGES

DORIS ULLMAN

ullmandoris@yahoo.com

CONTRIBUTING REPORTERS

SUSIE GARLAND BARBARA JOHNSON VINCENT MORENO MONICA SELLARS DORIS ULLMAN MELINDA BROWN LENNA EASTER HANNAH NIELSEN



Thrifty City

By Barbara Johnson

For a small town on the coast, Morehead City may just have the most thrift, consignment and second hand shops per resident of any place on the planet. If not I challenge you to find a community with more opportunities to get a deal on whatever anyone could possibly want or need at a thrifty price.

For those of you on the prowl for deal here is list of the many places you can scout right here in Morehead City.

Non-Profit Thrift Stores:

Hope Mission Thrift Store, 1409 Bridges St, Morehead City 252-240-2359 Open 10-5 Mon-Sat Supports the work of Hope Mission with substance abuse, homeless women and financial need

MirIAMs Treasures, 4050 Arendell St, Morehead City Open Mon – Fri 10-6 Sat 10-4 Supports detox programs for women

St. Andrews, 1107 Arendell St, Morehead City 252-726-4747 Open 10-8 Tue & Thu and 10-1 Sat Supports the mission work of St. Andrews Church

Caroline's Collectibles, 3716 Arendell St, Morehead City 252- 726-3081 Open Tue-Sat 10-5 Supports Domestic Violence Safe House

Salvation Army, 1700 Arendell St, Morehead City 252-726-7147 Open 9-5 Mon – Sat Supports the work of the Salvation Army in our community

Second Blessings, 5178 Hwy 70W, Morehead City 252-726-7921 Open 10-5 Mon – Sat Supports varied ministries in the community

Habitat ReStore, 5898 Hwy 70W, Newport 252-223-4493 Open 9-4 Mon-Sat Supports the Crystal Coast Habitat for Humanity

PAWS Thrift Shop, 3010 Arendell St., Morehead City 252-247-3341 Open 10-4 Mon-Sat Supports pet adoption and animal welfare

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Jane Gordon,

Attorney at Law

KIRKMAN, WHITFORD, BRADY, BERRYMAN & FARIAS, P.A.

GENERAL PRACTICE ATTORNEYS jgordon@kirkmanwhitford.com

710 Arendell Street • Morehead City, NC 28557 **252-726-8411** lawyers@kirkmanwhitford.com • www.kirkmanwhitford.com

For Profit Consignment and Second Hand Stores

Le Rouge tete, 5270 Hwy 70W, Morehead City 252-622-4244 Open Mon-Sat 9:30 – 5:30 Upscale furnishings consignment

Not Too Shabby, 4637 Arendell St, Morehead City 252-222-3310 Open Mon-Sat 10-5:30 Upscale resale furniture and décor, closeout furniture

The Seahorse, 4636 Arendell St, Morehead City 252-222-0342 Open Mon-Sat 10-5 Resale and consignment furniture and household goods

Trash and Treasures Antique Mall, 5458 Hwy 70W, Morehead City 252-240-0005 Resale mall

The Trove, 4444 Arendell St, Morehead City 252-222-9995 Open Mon-Sat 10-6 Upscale consignment furniture and decor

Seaport Antique Market, 509 Arendell St, Morehead City 252-726-6606 Open Mon-Sat 10:30–5, Sun 1-5 Antiques of all kinds

Gigi and Company, 1013 Arendell St, Morehead City 252-773-0394 Open Tue-Fri 10-5 Consignment and resale men's and women's clothing

I apologize in advance for any shops and locations I may have missed.





AN MAGENTA VELLOW BLACK

Communicating Better When Someone Has Hearing Loss

By Jackie Jaloszynski

Communication requires both a talker and a listener.

When a person with hearing loss enters a situation in which they must communicate, they are at a distinct disadvantage when it comes to listening. A person with a hearing loss can have difficulty hearing soft sounds and the sounds they do hear may be distorted. Hearing aids have done much to connect people with hearing loss to the world around them, but they are not always a perfect solution and difficulties may still remain.

Here are some simple strategies that help improve communication and understanding that both talkers and listeners can use:

Stress Clarity

When a person focuses on speaking clearly, several things happen. The most obvious is that pronunciation is more accurate. Additionally, one tends to speak more slowly when emphasizing clarity as well as speak more distinctly and stress key words of the conversation.

Add Pauses

By simply adding pauses to speech, one slows things down and adds emphasis. This is actually a common tool in public speaking. Adding a pause after an important word lets the listener digest the information before the talker moves to the next piece of information.

Talk face-face

Most people have some skill in reading lips whether they realize it or not and seeing a person's mouth and watching facial expressions has been shown to help with communication and understanding. So, don't try to converse from a different room or with your back turned and walking away.

Stay on One Topic at a Time

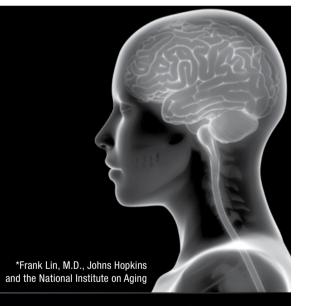
One thing that trips up people with hearing loss is a sudden change in topic. The human brain is great at using context to fill in the blanks, which is why when there is a sudden shift in context (such as changing topic), people with hearing loss don't always follow that shift and may respond inappropriately. If a new topic comes up, introduce the topic to make sure that the listener is on the same page.

Reduce background noise

Background noise tends to overlap with a speakers' voice and makes listening much more difficult. If you are at home here are some simple strategies that can help enhance communication; turn off the television/radio, turn off noisy fans and move closer to the person since moving closer will make your voice sound louder (don't talk louder because this can distort your voice). If you are going out to eat, ask to be seated in a quieter part of the restaurant, in a corner or against a wall, sometimes the bar area can be quieter than the actual restaurant. If you are at a party, get away from the center of the room, standing along the periphery will reduce the noise level and allow you to hear and understand better.

Your Ears. Your Brain. Your Hearing.

You hear with your brain, not your ears. This direct relationship between your hearing and brain function is disrupted when you suffer from hearing loss. Studies show that individuals with hearing loss experience a 30-40 percent accelerated rate of cognitive decline.* This decrease in brain stimulation may contribute to brain atrophy.* The greater the rate of hearing loss the faster the decline of memory and thinking.* However, getting help with hearing loss in a timely matter can help offset this. Exciting new hearing aid technology works to augment these natural processes for clearer, better hearing, just like the brain intended.



Call us today to learn more about your brain and your hearing!



305 Commerce Ave., Suite 101 Morehead City, NC 28557

(252) 648-7373

Day Tripping Wilmington

By Barbara Johnson

If you're planning a day trip to Wilmington, it can be hard to decide just how you'll spend your time.

Wilmington's history makes for some great sightseeing around town.

Start with a horse-drawn carriage tour through downtown Wilmington, and learn about the history of the first settlers, the river, and Civil War days. Afterwards history buffs can visit the Bellamy Mansion, a stately antebellum home, the Cape Fear Museum, which chronicles the area's history and the Battleship North Carolina, a floating museum on a World War II gunship.

Nature lovers enjoy Greenfield Lake Park or Airlie Gardens and there is always Wrightsville Beach or Carolina Beach.

While you're in Wilmington, you'll want to do a little shopping. Wander the Cotton Exchange downtown to find a special something off the beaten path, walk down Front Street and don't miss the little shops on Market Street. Mayfaire Towncenter is a huge outdoor mall with unique small shops, name brand stores and specialty restaurants.

You'll get hungry on your Wilmington day trip, so plan to enjoy local fare. Use the Wilmington Downtown App for a wide array of dining suggestions.

The water is a huge draw to Wilmington so consider taking a 1-hour sightseeing cruise on a Cape Fear Riverboat. Choose the Captain J.N. Maffitt, the John Knox, or the newest boat, Jacob's Run. There's nothing quite like the fresh breeze and fun when you're out on the river, looking at Wilmington across the water and the deck of a riverboat!

Live theater is an important part of Wilmington's attraction. Historic Thalian Hall runs an eclectic series of shows each year to appeal to any taste and TheaterNow Dinner Theater in downtown attracts an audience that loves small performance theater. The Greenfield Lake Amphitheater offers concerts and shows in warm weather and the UNCW Main Stage has a variety of performances year-round.

There is more than enough to fill a day or two on a trip to Wilmington. Happy Day Trippin.









How Grandparents Can Help Grandchildren With College Costs

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

As the cost of a college education continues to climb, many grandparents are stepping in to help. This trend is expected to accelerate as baby boomers, many of whom went to college, become grandparents and start gifting what's predicted to be trillions of dollars over the coming decades. Helping to pay for a grandchild's college education can bring great personal satisfaction and is a smart way for grandparents to pass on wealth without having to pay gift and estate taxes. So what are some ways to accomplish this goal?

Outright cash gifts

A common way for grandparents to help grandchildren with college costs is to make an outright gift of cash or securities. But this method has a couple of drawbacks. A gift of more than the annual federal gift tax exclusion amount--\$14,000 for individual gifts and \$28,000 for gifts made by a married couple--might have gift tax and generation-skipping transfer (GST) tax consequences (GST tax is an additional gift tax imposed on gifts made to someone who is more than one generation below you). Another drawback is that a cash gift to a student will be considered untaxed income by the federal government's aid application, the FAFSA, and student income is assessed at a rate of 50%, which can impact financial aid eligibility.

One workaround is for the grandparent to give the cash gift to the parent instead of the grandchild, because gifts to parents do not need to be reported as income on the FAFSA. Another solution is to wait until your grandchild graduates college and then give a cash gift that can be used to pay off school loans.

Yet another option is to pay the college directly.

Pay tuition directly to the college

Under federal law, tuition payments made directly to a college aren't considered taxable gifts, no matter how large the payment. So grandparents don't have to worry about the \$14,000 annual federal gift tax exclusion. But payments can only be made for tuition--room and board, books, fees, equipment, and other similar expenses don't qualify. Aside from the obvious tax advantage, paying tuition directly to the college ensures that your money will be used for the education purpose you intended, plus it removes the money from your estate. And you are still free to give your grandchild a separate tax-free gift each year up to the \$14,000 limit (\$28,000 for joint gifts).

However, colleges will often reduce a student's institutional financial aid by the amount of the grandparent's payment. So before sending a check, ask the college how it will affect your grandchild's eligibility for college-based aid. If your contribution will adversely affect your grandchild's aid package, particularly the scholarship or grant portion, consider gifting the money to your grandchild after graduation to help him or her pay off student loans.

529 plans

A 529 plan can be an excellent way for grandparents to contribute to a grandchild's college education, while simultaneously paring down their own estate. Contributions to a 529 plan grow tax deferred, and withdrawals used for the beneficiary's qualified education expenses are completely tax free at the federal level (and generally at the state level too). There are two types of 529 plans: college savings plans and prepaid tuition plans. College savings plans are individual investment-type accounts offered by nearly all states and managed by financial institutions. Funds can be used at any accredited college in the United States or abroad. Prepaid tuition plans allow prepayment of tuition at today's prices for the limited group of colleges--typically in-state public colleges--that participate in the plan.

Grandparents can open a 529 account and name a grandchild as beneficiary (only one person can be listed as account owner, though) or they can contribute to an already existing 529 account. Grandparents can contribute a lump sum to a grandchild's 529 account, or they can contribute smaller, regular amounts. Regarding lump-sum gifts, a big advantage of 529 plans is that under special rules unique to 529 plans, individuals can make a single

lump-sum gift to a 529 plan of up to \$70,000 (\$140,000 for joint gifts by married couples) and avoid federal gift tax. To do so, a special election must be made to treat the gift as if it were made in equal installments over a five-year period, and no additional gifts can be made to the beneficiary during this time.

If grandparents want to open a 529 account for their grandchild, there are a few things to keep in mind. If you need to withdraw the money in the 529 account for something other than your grandchild's college expenses--for example, for medical expenses or emergency purposes--there is a double consequence: the earnings portion of the withdrawal is subject to a 10% penalty and will be taxed at your ordinary income tax rate. Also, funds in a grandparent-owned 529 account may still be factored in when determining Medicaid eligibility, unless these funds are specifically exempted by state law.

Note: Investors should consider the investment objectives, risks, charges, and expenses associated with 529 plans before investing. More information about specific 529 plans is available in each issuer's official statement, which should be read carefully before investing. Also, before investing, consider whether your state offers a 529 plan that provides residents with favorable state tax benefits. As with other investments, there are generally fees and expenses associated with participation in a 529 savings plan. There is also the risk that the investments may lose money or not perform well enough to cover college costs as anticipated.

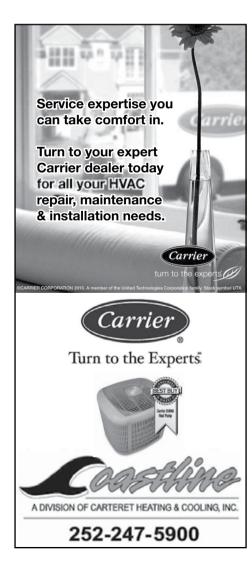
This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Although we go to great lengths to make sure our information is accurate and useful, we recommend you consult a tax preparer, professional tax advisor, or lawyer.

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Greg Patterson is a financial advisor located at Atlantic Wealth Management, 712 Bridges Street, Morehead City, NC 28557. He offers securities and advisory services as an Investment Advisor Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Advisor. Fixed insurance products and services are offered by Atlantic Wealth Management, LLC & CES Insurance Agency. He can be reached at 252-515-7800 or at greg@myatlanticwealth.com.

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Health and Safety

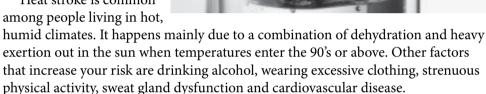
How to Prevent Heat Stroke

From www.Top10HomesRemedies

Heat stroke, also known as sunstroke, is a severe and life-threatening condition in which the body cannot cool itself through sweating and becomes overheated. Body temperature can exceed 104 degrees causing brain damage and seizures.

People are more likely to first have a heat cramp or heat exhaustion, which are less severe conditions. But when these problems are not treated and controlled in time, they lead to heat stroke.

Heat stroke is common



The main sign of heat stroke is a sudden increase in body temperature. Other symptoms include fatigue, headache and dizziness, decreased perspiration, muscle cramps or weakness, a rapid pulse rate, nausea and vomiting, flushed skin or redness, difficulty breathing, confusion and even loss of consciousness.

Anyone can experience this problem during the hot summer days, but some people are more susceptible to it. Elderly people aged 65 or older are more likely to get heat stroke. People traveling to hot, humid places for the first time are also at a

Heat stroke can be fatal if not treated right away. Always seek professional help. Without proper treatment, it can cause severe damage to the brain or other vital organs. However, there are many precautions and lifestyle changes that can help prevent heatstroke.

Top 10 Ways to Prevent Heatstroke: 1. Avoid being out in the sun from 10am until 4pm, the hottest hours of the

- Get acclimated to the heat. If you have been in air conditioning, move out into shade and then to the sun.
- Exercise carefully. Exercise raises your core body temperature and can cause heat stroke.
- If possible park your car in the shade. Lock the doors so no child can get inside. Do not sit in a car in the heat without air conditioning.
- Try home remedies. Eating onions helps prevent heat stroke.
- Dress in light, breathable fabrics in light colors. Wear hats outside.
- Drink plenty of fluids all day. When you feel thirsty your body is already dehydrated. Avoid caffeinated drinks that pull water from your body.
- Eat wisely. Light meals with a variety of fruits and vegetables keep your body healthy with Vitamin C. Yogurt is cooling and easy to digest.
- Use cold baths and showers to lower body temperature.
- 10. Apply sunscreen. Sunburn negatively affects your body's ability to cool itself. Stay cool and safe this summer Brandywine.

How to Grow a New Pineapple

By Monica Sellars

Did you know that you can stick the top part of a pineapple into a pot of dirt, and it will grow a new one for you? It's true - we did it! Granted, I almost gave up on the whole thing, more than once, because it takes several years to produce a fruit. Now that it is happening, it is so exciting!

Visit www.wikihow.com/Grow-a-Pineapple for detailed steps with illustrations. Truthfully, we did not follow all of the steps listed there, but we still got a pineapple! We kept our potted pineapple plant watered and gave it fertilizer. We brought it inside during the winter, to protect it from cold, and put it back outside for the warm months. Other than that, we just waited. Then one day, a red flower grew in the center, and we knew that a pineapple was on the way! We are still waiting for it to fully ripen; we are certainly looking forward to finally tasting our homegrown pineapple.

Here are some interesting tidbits from the website article that will help us when we plant our next one:

- In order to produce full-size pineapples, the plant must grow to be about six feet across and six feet tall. When you grow a pineapple in a pot, it probably will not reach this size, so the fruit will be smaller.
- Each plant only grows one fruit, but look for suckers in the pot – new plants growing as offshoots of the original plant. These can be replanted and may produce bigger, faster fruit.
- The pineapple is ready to be harvested when the crown has turned yellow. It will not continue to ripen after it has been picked. It takes about six months for the fruit to fully ripen on the

Pineapples are delicious and healthy, so add a fresh pineapple to your grocery cart, and start a new pineapple plant at home - it may give you a new appreciation for pineapple farmers!





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9-Hole LGA Sound Waves Report

By Lenna Easter

June 21, the first full day of summer, was Week One of our Freedom Tournament. This event is an 18-hole handicapped tournament played in two successive weeks. Six 9-holers played the back and counted putts along with their scores. After subtracting handicaps, Anne Gilbert emerged as the winner with a net 33, Lenna Easter came in second with a 35 and Lee Hayes came in third with a 37. We had a tie for least number of putts between Lenna and Marilyn Ryder who each had 19.

On June 26th, the Nine-Hole Ladies did not golf. We joined with other members from the LGA to attend the Memorial Service for Karen Rice. Karen was a vibrant, beautiful person and good golfer who was taken from us too soon. She lost her life to Ocular Melanoma after three years of valiantly fighting. She will be missed.

Due to the heavy play during the July 4th week, we took a break and let some of the tourists take our tee times. Glad to let visitors see that Brandywine Bay is a great place to play golf!

We finally completed the Freedom Tournament on July 12th with four members competing on the front nine. Lee Hayes had a great round with a gross 50/net 34 (she had 4 pars today!). Anne Gilbert came in second with a gross 56/net 36. When we combined those net scores with the back-nine net scores from June 21, Anne Gilbert, with a net 69, emerged victorious as the 2016 Winner of the Freedom Tournament Bowl trophy. The four of us celebrated with lunch together at the K-Club, joined by Barbara Lancaster who just returned from a trip up North.



The heat continued as we played the Nine-Hole version of Blitz Points. Par earns 3 points, bogie a 2 and double bogie gets one point. The front nine was no problem for Lee Hayes who shot a gross 45 and scored 19 blitz points. Lenna Easter came in a distant second with 6 points. Good play, Lee!!

Our games are fun and the fellowship is even more so. Handicaps are applied to even the field. We welcome more ladies to come out and join us on Tuesday mornings. Please sign up to play by Monday afternoon. Tee off is at 9:00 AM (gather at 8:30 at the clubhouse). We welcome beginners and experienced players. The golf is fun and anyone can win some of the "crazy" games we play. Come join us!!!

We want your talent. If you like to write and would like to be a Sound Waves reporter contact us at editor.soundwaves@gmail.com

18-hole LGA news

By Susie Garland

June 23: Today was day #1 of our second major tournament, the Chairman's Cup, with 11 players competing. Here are the results. Third net (74) was achieved by Myra Roche. In second place, Margie Bailey, with a net 72. Rosie Angel came in first with a net 70. Congrats, ladies. You done good!

June 30: Day #2 of the Chairman's Cup had 10 players participating. There was a tie for second low net in today's round with Margie Bailey and Myra Roche, each having a 69. First low net was also a tie with a net score of 68: Sue King and Ann O'Connor. Here are the results for the two-day competition with combined net scores, in a very close race to the finish. In fourth place: Ann O'Connor with a net 145. Myra Roche took third place with a net 143. A net 142 put Rosie Angel in second place. Ra-ta-ta-ra-ta-ta to the winner, with a net score of 141: Margie Bailey. After game play, a delicious luncheon was served with chicken salad wraps, ham and cheese wraps, watermelon, chips, and chocolate chip cookies for dessert. Yum-Yum.



July 7: The game was Low Net. On a scorching hot day in the high 90s, nine brave players came out to play. Here are the results. In third place, with a net 70: Chairman's Cup winner, Margie Bailey. Rosie Angel captured second place with a net 68. The winner, with a net 67: Sue King. Close net scores, but the "king" prevailed.

July 14: Ace of the Month tournament with 13 players in attendance on another hot

day in the 90s. We all took a cart! Here are the results. In the low putts category, Pat Barber had 29 for third place; Angela Zieleck came in second with 28; and Brenda Leinthall and Ann O'Connor tied for first place, each having 27 putts. For low net, Brenda came in third with a net 66, and also pocketed \$7 when her name was drawn in the 50-50. Hmm. I just typed Brenda's name three times. Yes, a good



day for her. Way to go! Second place, with a net 64: Mickey Friend. "I'm king of the world" shouted Sue King who shot an outstanding 81 and captured first place honors with a net 63 to become July Ace of the Month. Congrats, Sue; you done good—really good.

July 19: Home & Home tournament at Minnesott Golf and Country Club. Five girls ferried over to Minnesott to play in the blitz point format. I'm delighted to report that Brenda (her name now typed four times) came in second place on the plus side for Brandywine with a +4. With a

+6, I'm happy to type out my name (Newsy-Susie) for earning first place honors.

MGA Happenings

By Vince Moreno

Our tournament today was RED / WHITE / & BLUE commemorating Independence Day. Chuck Muller got all 28 of us up and running on time.

First place won with a total of 276 was, Nick Viglianese, Bob Connolly, John Rennwald and Tom Neal. Second place won with a total of 285, the team was Chris Calling, Bill Springsteen, Richie Lienthal and Guy Rouse. Third place won with a total of 288 and that was John Miller, Bob Warren, James Whitfield and Bob Michaelis.

On this format everyone started at the front tees then the middle tees for the next hole and then back tees. WE do this same tournament every year. The winners were announced after lunch at the "K" club. Our tournament chairman did another fine job. It was another good day for the MGA.



Closest to the Pin were Lyle Vogel and Buzzy Hayes

Do you have the cutest, craziest, most interesting or unique pet in Brandywine? Submit a photo of you with your pet for the chance to be featured as Pet of the Month. Include your contact info, pet name and age and a little about yourself. editor. soundwaves@gmail.com



First Place Team Tom Neal, John Rennwald and Nick Viglianese



Second Place Richie Lienthal, Guy Rouse, Bill Springsteen and Chris Calling



Third Place Bob Michaelis, John Miller and James Whitfield



By Susie Garland

On 7/15/16, there were 16 couples participating in a two-person team in a blitz point format with stroked handicap. Let's see if I can get this straight. All players started out with 100 points. The goal was to reduce this number of points by earning 2 points for a net par; 3 points for a net birdie, 4 points for a net eagle, and 5 points for a net ace. At the completion of the round, points for each player were added together for a team total and then subtracted from 100 points, the lowest point total as the winner. (Did



I get all that right?) One thing my partner, Charlie Sabathe, and I did get right, was to come up with the lowest score of 125 for the win. Yeah, us. In a close race, with a score of 126, two teams tied for second place: Brenda and Richie Leinthall and Eugene Gurganus with partner, Angela Zieleck. Way to go! In the 50-50 draw, Ginny Reinhardt raised her hand as the winning number was called. After

the round, there was a delicious buffet of various hors d'oeuvres and veggies with finger sandwiches, tortilla chips, and other delicacies. Yum! Yum! Thanks to all the Brandywine staff who put it all together for a fun day out on the links.



New baby, upcoming event, fun hobby, great activity for others in Brandywine? We want to get the word out. Tell us at editor. soundwaves@gmail.com

Team-It-Up Tuesday

By Susie Garland

June 21: A good pick with Dick; no cryin' for Ryan; not too shabby, Gabby; no coach for Roche. Congrats to the winning team: Dick Groben, Ryan Maurer, Gabby Smith, and Mark Roche for scoring a 32, the magic number, with 32 players competing on the back 9.

June 28: The Calling team, for having the distinction of er, um, the highest score, cost them \$1.00 for drinks for the team who could beat them. Good thing there were only 18 other competitors as compared to the usual 30 plus players.

Woo! Woo! "Show me the money"—the winning team pocketed \$12.00 each for scoring an outstanding low score of 29 on the back 9. Kudos to Tanner Beszterczei, Susie Garland, and Eugene Gurganus. And I get to show my picture for

a change. It rained almost the entire time so hair is a mess as you can see. DUH! (Nails look good, though). Haha.

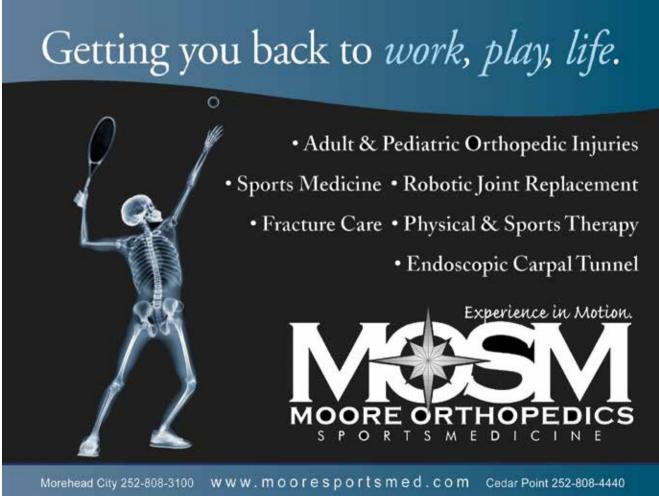
July 5: We had a field of 24 players (too hot for some). The winning team was Leon Clay, Joe Kirk, Ryan Maurer, and Angela Zieleck, with a score of 32. Way to go!

July 12: On another hot and scorching day, we still had a good crowd of 34 players (7-foursomes and 2-threesomes) who played the front 9. The "buzz" word is out: Congrats to the winning team of Mickey



Friend, Buzz Hayes, and Barry Norman with an outstanding score of 31.

July 19: Sorry, folks, but staff unavailable at time of deadline for me to report results. I was not present this evening but I can tell you that here in Newport, thunder began to roar, the sky darkened, and then came the rains.



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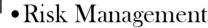
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July 18, 2016

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Darnell, Mr. & Mrs,	113 Cane Ćircle	N/A
Farrugia. Lana	507B Village Green Dr.	723-1993
Grregoloff, Janine & Gary	520A Village Green Dr.	704-778-6254
Jones, Ivan & Billie	110 Fairway Dr. West	648-8545
LeFaivre, Ed & Marsha	537B Village Dr. West	336-852-5353
Ketchum, Allison & Ken	107A Reserve Lane	732-672-2808
Neal, Thomas S.	15 Brandywine Blvd.	336-516-0833
Neal, Annemarie	115 Brandywine Blvd.	336-516-1344
Sykes, Jackie	528A Village Green Dr.	336-880-7568

DELETIONS:

Ciaccio, Pete	110 Fairway Dr. West	808-0453
Fitzsimmons, Cameron	113 Fairway Dr. West	N/A
Weidman, F,	520A Village Green Dr.	516-378-6087
Wells, Travis & Heather	113 Cane Circle	N/A

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Anderson, Joel	507A Village Green D.	843-209-3579
Grayson, John & Emma	206 Oak Dr,	247-3186
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CARTERET COUNTY ANTIQUES AND COLLECTABLES CLUB

By Marion Walker

It was March 26, 1986 when 12 students enrolled in a course on antiques sponsored by the Community College met to start the Carteret County Antiques and Collectibles Club. Instructor Jean Bruyere Kell was very helpful in getting them organized. She was a well-known antiquarian, local dealer, historical researcher, preservationist, author, editor and mother. Quite appropriately her class met in the historic circa 1732 Rustell House. This house was saved from destruction by the Beaufort Historical Association (BHA) and relocated to their grounds on Turner Street in 1975. You may recognize the building today as the location of the Mattie King Davis Art Gallery.

Club members wanted a means to continue expanding their knowledge of antiques and share new information. The monthly lunch-time meetings provided an opportunity to interact socially in a relaxed environment while learning more about numerous related subjects. Field trips to museums, historic sites, antique shops and to see extensive collections were also scheduled. The club has given books and monetary donations in memory of past members to various community organizations.



Photo Caption - Barbara Z. Phillips and Ashley Sullivan, charter members of CCAC at the 30th anniversary celebration.

It is no surprise that Antique Club members have become involved in other historic projects in the community. Three persons readily come to mind:

Ashley Sullivan from Beaufort, a long-time member of the Beaufort Historical Association, was active in raising the needed funds to rescue and for restoration of the aforementioned Rustell House. Her extensive knowledge of late 18th and 19th century furnishings and design contributed much to create the authentic environments found in the old homes and other buildings on tour. Ashley is also a Charter member of the Antique Club.

When Jack Spencer Goodwin retired from his distinguished career as librarian and scholar at the Smithsonian Institute and Library of Congress, he returned to Sea Level. He was enthusiastically welcomed to the Antique Club and to Carteret County. Well remembered as one of the founders of The History Place, he developed a wonderful library well-known for genealogy and Carteret County history.

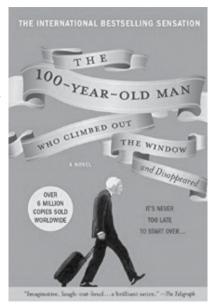
Thanks go to Barbara Z. Phillips from "Down East" (Williston). As a charter member and mainstay of the Club, she is a great antiquarian and experienced dealer with a special interest in rare and old books, and art. Her memories of the Club over the years have contributed much in keeping track of its history.

The Antiques and Collectables Club meets monthly on the 3rd Wednesday (except June - August) at 11:30 and usually at Clawson's 1905 Restaurant in Beaufort. Meeting information can be found in the Carteret News-Times Community section listed under Meetings or you may call Shirley at 252.247.0114. New members and visitors are always welcome.

Brandywine Book Club Notes

By Melinda Brown

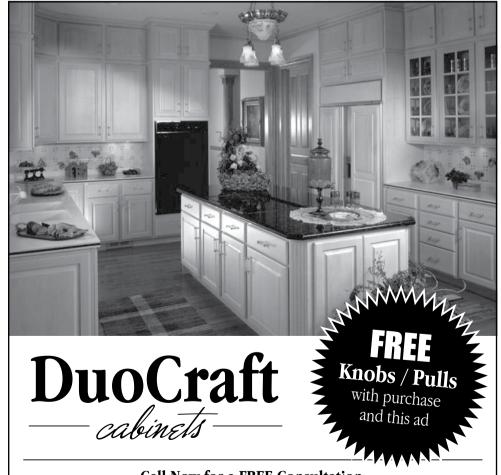
The Brandywine Book Club will resume its monthly meeting in August when we will discuss the book, The 100-Year-Old Man Who Climbed Out the Window and Disappeared, by Jonas Jonasson. We meet on the second Tuesday of each month. Visitors are welcome! For information about the location contact Melinda Brown at 247-1055.



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Morehead City Marlins Baseball

By Monica Sellars

The Morehead City Marlins Baseball team wants Brandywine residents to come

and cheer on the team! They have just a few games left to play in August, so don't miss your chance to see the 2016 team in action!

- Tuesday, August 2 vs. Wilmington Sharks at 7:05pm
- Saturday, August 6 vs. Wilson Tobs at 7:05pm
- Monday, August 8 vs. Wilmington Sharks at 7:05pm

According to the Marlins

website, www.mhcmarlins.com, the Marlins team is a member of the Coastal Plain League, which is a summer collegiate baseball league. The league includes 15 teams that play in NC, SC, and VA. The league provides college baseball players the opportunity to refine their skills with the use of wooden bats.

Visit Big Rock Stadium to experience the excitement of watching baseball in person! Look for the team mascot, Finn the Marlin, and help root for the home team. Get some refreshments from the concession stand. The stadium is located inside Rotary Park, on Mayberry Loop Road. The gates open at 6pm; the ticket window opens at 5:30.

Photo contributed by Morehead City Marlins.



By Monica Sellars



Literally Changing Lives 4907 Bridges Street Ext., Suite D-F, Morehead City, NC 2855 252-808-2020

EVALUATION

The Carteret Literacy Council's (CLC) mission is to reduce illiteracy in Carteret County by improving the reading, writing and arithmetic skills of young people and adults through the efforts of CLC trained tutors and other volunteers. The CLC is a non-profit (501) C (3) organization, founded in 1984.

Did you know that nationally, statistics show that 1 in 5 adults have a low level of reading skills? People who struggle with reading are challenged to do things that many people take for granted, like reading a newspaper, menu, or prescription bottle.

Prospective students who are interested in improving their reading skills complete an interview and general evaluation with CLC staff members. Then they are matched with a tutor based on where they are located and when they are available to meet for tutoring sessions.

(Continued on page 18)

Literacy Council

Tutors work with adult students at the CLC office or in other public locations all over county, such as libraries. Tutors work with each student until the student feels they have reached their goals. Students have a variety of goals, for example, some want to improve their reading in order to complete their GED. Others may speak English as a second language and wish to improve their skills to help in applying for US citizenship.

If you would like to volunteer as a tutor for the CLC, patience and an interest in helping someone reach their reading goals is all you need. A one-year volunteer commitment is requested of tutors. To prepare you to be a tutor, you will complete 12 hours of training with the CLC. The training class takes place 2 days a week for 2 weeks at the CLC office on Bridges Street Extension. You will learn about adult learning, phonics and teaching methods. Learning materials are free to both tutors and students.

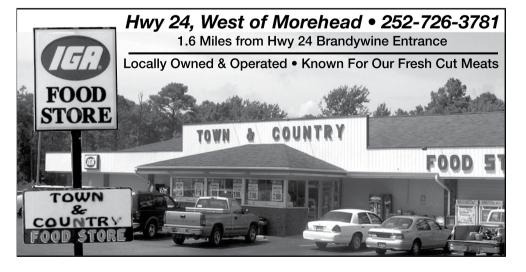
The CLC must raise funds each year to continue their programs; the CLC does not receive any government funding. Their primary fundraiser is the annual Adult Literacy Spelling Bee for adults, in which seven teams of three adults compete for the traveling trophy, while their fans compete for the "most enthusiastic" award.

Brandywine resident, Mariana Goldstein, has been a Spelling Bee participant for several years. She says that every year, the Spelling Bee is a fantastic evening of good food and drinks, friendly competition, and energetic fans cheering on the spellers. She became involved to show her support of the mission of the CLC and the volunteers who work hard to provide this much-needed assistance to our county's residents. Mariana reports that her team has always placed well in the contest, usually winning second place and even taking home the first place prize a few years ago.

This year's Spelling Bee will be on Friday, October 21 at The History Museum of Carteret County in Morehead City. Local celebrities participate in running the bee: a local Latin teacher, a retired judge, and a TV news personality. Here are a few ways for Brandywine residents to get involved in the Adult Literacy Spelling Bee this year:

- If you are a business owner, you can sponsor a team of spellers. You don't have to provide the team just the sponsorship donation.
- If you have a penchant for spelling, you can contact the CLC to join a team.
- If you would like to cheer for Mariana and the other spellers, purchase a ticket to attend the Adult Literacy Spelling Bee. Tickets are \$25 per person. The dinner will be catered by The Beaufort Grocery Company restaurant.

You can contact the Carteret Literacy Council for more information about the Adult Literacy Spelling Bee or becoming a volunteer! See the website for more information: www.Carteretliteracy.org. You can also call 252-808-2020 or email carteretliteracy@carteretliteracy.org.



BOA Board Minutes: July 18, 2016 Cedarwood Village Clubhouse

The meeting was called to order at 7.00 PM by Jerry Levesque. Members in attendance were Bob White, Noreen Barrett, Ed Myers, Nancy Besterczei.

Jerry proposed we accept the minutes as written by Noreen Barrett from the June meeting held on June 14, 2016. All Board members agreed.

Treasurer's Report: Bob reported that all bills are paid and up to date. Bob met with accountant Ken Hillman who reported that 6 homes have not paid their BOA annual dues despite many attempts to remind them. They are: 113 Cane Circle, 1204 Cedarwood Village, 211 Lord Granville, 116 Oak Dr. (check promised) 507 Pine Valley (check promised) 100 Tree Fern Dr. (check promised).

Secretary report: None

Old Business:

Gate Card Audit: Overall, there seem to have been delays in getting the forms to residents and the return is poor overall. Another reminder is being sent to neighborhood reps with strong emphasis for residents to respond ASAP to ensure correct data is received.

Carolina Water Road Access: Time frame for completion of access road appears to be September.

Postage Machine results: Noreen reported several methods of bulk postage using both the Post Office and other rental companies and the Board felt that none of these methods would be of any cost saving to the BOA.

New seal: Ed is having the seals repaired at Staples.

Reserve Road Sign: Bob is still following up on that and gathering quotes.

New Sign for Broadmoor: The sign was fixed by a resident. Thank you!

Road Repair for Reserve Ln and Reserve Grn. Jerry is still getting quotes for those repairs. Ed mentioned some potential bad spots near Pine Valley/Lord Granville which Jerry will add to the repair list.

New Business:

Jerry reported that the tree trimming contractor was working out very well. They had to drop more branches and trees on Brandywine Blvd. It took longer than anticipated due to being caught in vines. Jerry recommended using C. Gull Tree Service to do the trimming also as they were already on site. Discussion was had on the dangerous driving of some residents by moving safety cones and DO NOT ENTER signs during the tree trimming phase and entering Brandywine Blvd. in the opposite direction. The Board decided that in order to avoid further road damage and potential car accidents, BOTH roads on the Hwy 24 side would be closed in the future when tree trimming or road works were involved. Notification of this type of closure would be sent to residents using several methods of communication.

October 2016 yard sale and art walk committee formation: Nancy needs someone to head up the yard sale and art walk. Saturday, October 15th was the chosen date. Advertising in the News Times and social media outlets would be involved as organizer. Brandywine Sound side would also like to do their yard sale on the same day in their main parking area.

Community Wide Communications: Jerry brought to the Board an online service called Phone Tree as a way to enhance current communications to residents in the event of an emergency or important information. The Board approved this unanimously.

Committee Reports:

Drainage: As reported by Scott Carpenter: Per our discussion last night with coordination with Gordon, the following ditch work has been completed:* Project at Lord Grandville Dr and Fairway Intersection - Ditch cleaning and culvert repairs* Project on Tree Fern Dr - Ditch cleaning and culvert repairs* Carefree Lane / north - ditch cleaning* Brandywine BLVD and Lord Granville Intersection

(Continued on page 19)



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Bill Johnson Owner



Will Johnson Service Coordinator

BOA Board Minutes

- ditch cleaning* Wyeth Ct - ditch cleaning* Pine Valley Dr - ditch cleaning* Eastchester Ct - ditch cleaning* Brandywine BLVD (by tennis court) - ditch cleaning with rock* 70 Gate Entrance - ditch cleaning with rock.

ACC: As received from Charlie Sabathe:

JUNE APPROVED ALTERATIONS

107 Fairway Ct. Install 2 Mini-Split Heat - A/C Systems 4-Jun

" 1 - Above Garage Window

1 - Above Sliding Glass Doors of Sun Room

420 Oakmont Dr. Remove Cypress Tree Diseased and Leaning

6-Jun

102 Oak Drive Replace Roof & Gutters 10-Jun

115 Oak Drive Replace Roof 11-Jun

118 Brandywine Blvd. Add Screened in Room & Deck 13-Jun

819 Lord Grandville Dr. Replace Front Steps 15-Jun 102 Fairway Dr. East Replace Roof 17-Jun

111 Tree Fern Dr. Remove Dead Tree & Clean Out Underbrush

17-Jun

203 Lord Grandville Dr. Remove Dead, Diseased, & Leaning Trees

28-Jun

102 Beechwood Dr. New Fence 30-Jun

The Board discussed some parking infringements. They will be addressed. **Gates:** Hwy 70 was broken by a recent storm but has already been repaired.

Cameras: some of the cameras were hit by lightning. They are still working on a reduced capacity and quotes are being sought for total repair.

Boat Storage: Nothing to report.

Recreational Area: Tom Snivley is excited to be looking for a new, long lasting swing for the playground with some designated playground funds.

Other: Discussion was had regarding the possibility of putting additional speed signs on Brandywine Blvd. near Reserve Road. It will be discussed in more detail at the next meeting. Suggestion was also made to repaint the speed bumps with the yellow paint to help them stand out. Jerry to follow up with Scott Carpenter on this.

The meeting was adjourned at 8.40.

Next executive board meeting will be held at the Cedarwood Clubhouse, August 22, 2016 at 7.00PM. Next BOA General meeting will be held August 25, 2016 at the K Club.

Respectfully submitted by Noreen Barrett, July 21, 2016.



Patio Party: June 25

By Susie Garland

The outdoor summer concert series continued to rock and roll with the band, "Allison," consisting of five local musicians who played under the stars to the smooth sounds and rhythms featuring two lead vocalists, with rhythm and blues, standards, beach music, current pop, soul, and a little country. Bass, drums, keyboards, and guitars completed the lineup for this very talented ensemble. I had the pleasure of spending a few minutes with the band leader who said they just formed their musical group six months ago and their very first "gig" was to perform at the K-Club. A large crowd gathered on the patio and danced the night away together with scene- stealing toddlers showing their stuff—future contestants on "Dancing with the Stars" to be sure. Check out the "dancing shoes." Can you guess who they belong to? Hint: Rhymes with "newsy" and "candy."









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ACROSS

- 1. One who is excessively proper
- 6. Hats
- 10. Not barefoot
- 14. Abatement
- 15. Salt Lake state
- 16. Decant
- 17. Colonic
- 18. Blend
- 19. Graphic symbol
- 20. Air
- 22. Ancient Peruvian
- 23. Disable
- 24. Admiration
- 26. Laugh
- 30. Not bottom
- 31. East Indian tree
- 32. How old we are
- 33. Within
- 35. Somersaults
- 39. Detective (slang)
- 41. Melodious
- 43. Old photo color
- 44. Lairs
- 46. No
- 47. Central
- 49. Compete
- 50. Chew
- 51. A statistical interval
- 54. River of Spain
- 56. By mouth
- 57. Handwritten document
- 63. Murres
- 64. Goddess of discord
- 65. Forbidden
- 66. Classify
- 67. 3 times 3
- 68. Negatively charged particle
- 69. Sea eagle
- 70. Labels
- 71. Fine thread

DOWN

- 1. Urgent request
- 2. Lease
- 3. Bit of gossip

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- 4. Japanese wrestling
- 5. Muscle contraction
- 6. Padded
- 7. Try
- 8. Twosome
- 9. Astute
- 10. A light shower
- 11. Hunting dog
- 12. 1/16th of a pound
- 13. Gloomy, in poetry
- 21. Terrace
- 25. Clods
- 26. Crones
- 27. Chills and fever
- 28. Rope fiber
- 29. Acculturate
- 34. Motorcoaches

- 36. Computer symbol
- 37. Dad
- 38. Killed
- 40. Salute
- 42. Utilizers
- 45. Latter part of the day
- 48. To deprive of reason
- 51. Drench
- 52. Mistake
- 53. A marker of stones
- 55. In base 8
- 58. Diva's solo
- 59. Hindu princess
- 60. Nile bird
- 61. Swimming hole
- 62. Anagram of "Note"



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Do-It-Yourself Mustard

By Monica Sellars

The first Saturday in August, the 6th this year, is National Mustard Day. This day has been sponsored by the National Mustard Museum, in Middleton, Wisconsin, since 1991.

Truthfully, mustard is a condiment that I had not thought much about until recently. I became more attuned to mustard's potential after my friend Gay told me that she had taken a cooking class in Raleigh, where she learned to make her own mustard. She said that although it takes a bit of effort, the outstanding flavor of the made-from-scratch mustard is worth it. The best part, she says, is that you can customize the mustard based on your own preferences by adjusting the ingredients.

About.com explains, "When mustard seeds are broken (lightly crushed or ground to a fine powder) and exposed to liquid, a reaction takes place that results in the spicy hot taste of the condiment. Keep in mind that black mustard seeds are the hottest variety and that starting out with cold liquid results in a hotter taste than if you use warm liquid. So if you like your mustard hot, use black mustard seeds and cold liquid. For a milder flavor, stick to yellow (sometimes called white) mustard seeds and use warm liquid."

For my first attempt, I thought I'd try something that seemed simple – this Whole Grain Mustard recipe. As luck would have it, our spice drawer already contained a small jar of yellow mustard seeds and a big container of black mustard seeds. (We purchased the black mustard seeds from Amazon for another recipe a while back, and after that, we were not sure what to do with them!) So I used the mustard seeds from our existing supply, and I used room-temperature liquid.

Will it be spicy? Will it be the most delicious mustard I've ever had? I will have to update you next month, since I have to submit this article before the end of my mustard's 2-week waiting period. Meanwhile, check your spice drawer for forgotten mustard seeds and make a batch for yourself!

Whole Grain Mustard

Ingredients

- 1/2 cup dry white wine, such as Sauvignon Blanc
- 1/2 cup white wine vinegar
- 1/4 cup brown mustard seeds (about 1 ½ ounces)
- 1/4 cup yellow mustard seeds (about 1 ½ ounces)
- 1/2 teaspoon kosher salt

Directions

- 1. Place all of the ingredients in a nonreactive bowl and combine well.
- 2. Cover tightly with plastic wrap and leave at room temperature for 2 days.
- 3. Have ready 2 hot, sterilized half-pint jars and their lids (run them through the dishwasher).
- 4. Remove the plastic wrap and transfer to a blender and blend for about 30 seconds for a course texture.
- 5. Store the jars in the refrigerator for up to 1 year. For the best flavor, wait at least two weeks before using.



August Sudoku

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Historical Society Seeks a Few Good Ghosts Ghostwalk Auditions, August 11

New Bern, NC The New Bern Historical Society is looking for a few good ghosts. They are seeking both veteran and new ghost actors to portray the historic characters in this year's Ghostwalk, Whispers From the Past. Mickey Miller, Executive Director, is looking for volunteers, both men and women, ages 18 and up to play the phantom roles, "We'd like actors who are interested in this fun and exciting event, and who can give the time for the event's three days". Auditions will be held August 11, 2016 at 7:00pm at the Attmore-Oliver House at 511 Broad St. No preparation is necessary. Actors will be asked to read from scripts. Those selected will perform at one of 16 ghost sites including Cedar Grove Cemetery. Ghostwalk will take place the evenings of October 27-29.

If you are interested in participating in one of New Bern's premier events as



one of the ghostly specters from the past, call or email the New Bern Historical Society office at 252-638-8558, adminoffice@newbernhistorical.org.

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