

Golf Tournament to Benefit Martha's Mission Cupboard

By Jack Yankey



Martha's Mission Cupboard, Inc.
 P. O. Box 603
 Morehead City, NC 28557
 Telephone 252-726-1717
www.marthasmission.com

Martha's Mission Cupboard is an all-volunteer emergency food bank serving families in Carteret County in need of supplemental food on a temporary basis or while waiting long term assistance from government welfare agencies. Our organization operates entirely by the generosity of cash and food donations from churches, individuals, civic, and business organizations in our county. It is vital that screening and strict control over clients be maintained in order for us to continue taking care of those who are in most serious need.

We have been experiencing an increasing number of referrals each year. In 2017, Martha's Mission Cupboard served 3,923 families and 7,672 individuals. Martha's Mission Cupboard received over 50,000 food items in 2017 from donations and food recoveries. With the rising cost of food and the increased demand for services, we will need more help in 2018.

The following are examples of clients that meet our criteria for assistance with food and other health items.

- Families having serious health and medical problems.
- A family wage earner disability and can't work.
- A family wage earner lay-off or hours cut.
- Domestic violence including abandonment.
- Elderly living below government poverty level.
- Families living at extremely low-income level.
- Catastrophic losses such as fire, hurricane, flooding, etc.

Martha's Mission Cupboard Golf Tournament

The first annual Martha's Mission Cupboard Golf Tournament will be held at the Brandywine Bay Golf Club on Thursday, September 6th, with a rain date set for Thursday, September 20th. The proceeds of this event will benefit Martha's Mission Cupboard, which is a local foodbank that serves Carteret County.



Sponsorships and donations will be appreciated and used to help make this event a success.

The golf tournament will be a superball format with a shotgun start at 1 PM. Registration fee is \$60 per player, which includes greens fee, cart, box lunch, and goodie bags. Also, there will be chances to purchase raffle tickets for prizes, 1 tee-buster per team, 1 mulligan per player. Awards will be determined by the number of teams entered.

For more information about the tournament, go to the Events section of the Martha's Mission Cupboard Facebook page. Entry forms are available at the Brandywine Bay clubhouse or on the Martha's Mission Cupboard Facebook page. Make checks payable to Martha's Mission Cupboard, memo: Golf Tournament and return entry forms with payment to Jack Yankey, 213 B Reserve Green Drive, Morehead City, NC 28557. If you have further questions, please call 703-609-7966 or 252-726-1717 or email jyankey@verizon.net. The tournament will be limited to the first 20 teams. Deadline for entry will be August 31st.



**The Annual Brandywine
 Yard Sale**
Saturday, October 13th, 2018
Get your items ready!
More info in the next edition...

UPCOMING MEETINGS:
Quarterly BOA Meeting
 Monday, Aug. 13 • 7 p.m. at the K Club
Water Rates
 Tuesday, Aug. 28 • 7 p.m.
 Craven County Courthouse, Courthouse Annex
 Courtroom #4, 302 Broad Street • New Bern

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North Carolina:

2017 selection

"Anybody Shining" by Frances O'Roark Dowell

2016 selection

"The Wrath and the Dawn" by Renee Ahdieh

2015 selection

"Talkin' Guitar: A Story of Young Doc Watson" by Robbin Gourley

2014 selection

"The Ghosts of Tupelo Landing" by Sheila Turnage

2013 selection

"Hope's Gift" by Kelly Starling Lyons

2012 selection

"The Watch That Ends the Night: Voices from the Titanic" by Allan Wolf



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ALL ABOARD!

By Noreen Barrett

Happy Summer, Neighbors!

Well, our drainage system is certainly being put to the test at the moment! I'm sure, like me, you are anxiously awaiting some dry weather. Speaking of drainage, as our new fiscal year has begun, priority projects are on-going and we thank Scott Carpenter for overseeing such time-consuming tasks. Our first project saw us working on re-enforcing culverts and stabilizing retaining walls. Ditches all along Brandywine Blvd. have been cleaned and sprayed.

There was some debris and a few fallen trees after our micro storm in July. Thankfully, no one was hurt and I haven't heard reports of property damage. I would just like to reiterate the rules regarding clean up of fallen trees and debris. Homeowners are responsible for cleaning up their yards, including ditches and disposing of said trees and debris. In the event of a named hurricane, which may cause extensive damage to trees within the neighborhood, the Board MAY determine at that time that the damage warrants assistance and will organize a contractor to remove debris. Notification will be sent out via the Nextdoor App and email via neighborhood reps if this is the case. I would also like to mention that yard debris and yard waste may not be disposed of in any vacant lots or common areas.

I saw several Brandywine homeowners at the recent DOT public meeting at the Civic Center. In case you missed it, the meeting concerned the Bridges Street Extension project. At this stage, the DOT representatives are doing their due diligence regarding route proposal and are looking at several different options. They have, at every meeting, assured the Board that while their map shows a study area that encroaches unto Brandywine property, it is, indeed, just a study area and no direct impact will be made to Brandywine. The Board is not taking a stance on any of the routes at this time, as I'm sure there are nearly 640 opinions from Brandywine residents that the DOT will take into consideration. They are looking for feedback and we would encourage you to let them know your thoughts. Clearly, the Board's position may alter if plans change and there is a direct impact on Brandywine.

We very much appreciate the remittance of HOA dues for this fiscal year. Thanks so much to Bob White and Andy Haines for heading up that task. There are only a few outstanding dues awaiting payment.

We look forward to seeing you all at the next quarterly board meeting on Monday, August 13, 7.00 PM at the K Club.

All the best!

Noreen.

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Chuckles – A Word Game!

Submitted by Adele Deluca

Can you decode these complicated sentences into more familiar sayings? See page 15 for the answers!



1. Scintillate, scintillate, asteroid minific.
2. Members of an avian species of identical plumage congregate.
3. Surveillance should pceed saltation.
4. Pulchritude possesses solely cutaneous profundity.
5. It is a fruitless to become lachrymose over precipitately departed lacteal fluid.
6. Freedom from incrustations of grime is contiguous to rectitude.
7. The stylus is more potent that the claymore.
8. It is fruitless to attempt to indoctrinate a superannuated canine with innovative maneuvers.
9. Eschew the implement of correction and vitiate the scion.
10. The temperature of the aqueous content of an unremittingly ogled saucepan does not reach 212 degrees farenheit.
11. All articles that coruscate with resplendence are not truly auriferous.
12. Where there are visible vapors having their prevenience in ignited carbonaceous materials, there is conflagration.
13. Sorting on the part of mendicants must be interdicted.
14. A plethora of individuals with expertise in culinary techniques vitiate the potable concoction produced by steeping certain comestibles.
15. Eleemosynary deeds have their incipience intramurally.
16. Male cadavers are incapable of yielding any testimony.
17. Individuals who make their abode in vitreous edifives would be advised to refrain from caatapulting petrous projectiles.
18. Neophyte's serendipity.
19. Exclusive dedication to necessitous chores without interludes of hedonistic diversion renders John a hebetudinous fellow.
20. A revolving lithic conglomerate accumulates no congeries of a small green bryophitic plant.
21. The person presenting the ultimate cachinnation possesses thereby the optional cachinnation.
22. Abstention from any eleatory undertakings precludes a potential escalation of a lucrative nature.
23. Missiles of ligneous or oterous consistency have the potential of fracturing my osseous structure, but appellations will eternally remain innocuous.

“Ancient” Brandywine Newsletters Discovered

By Marilyn Zmoda

Have you ever wondered what Brandywine was like 30-31 years ago? Recently discovered Brandywine newsletters from 1987 and onward, through 1993, should give a small inkling of those years.

It's interesting to see common topics of interest between then and now: drainage concerns and the need for residents to keep drainage ditches clear of debris; roadway maintenance; lots sold and new houses built; new families welcomed to the neighborhood!

SEPTEMBER 1987

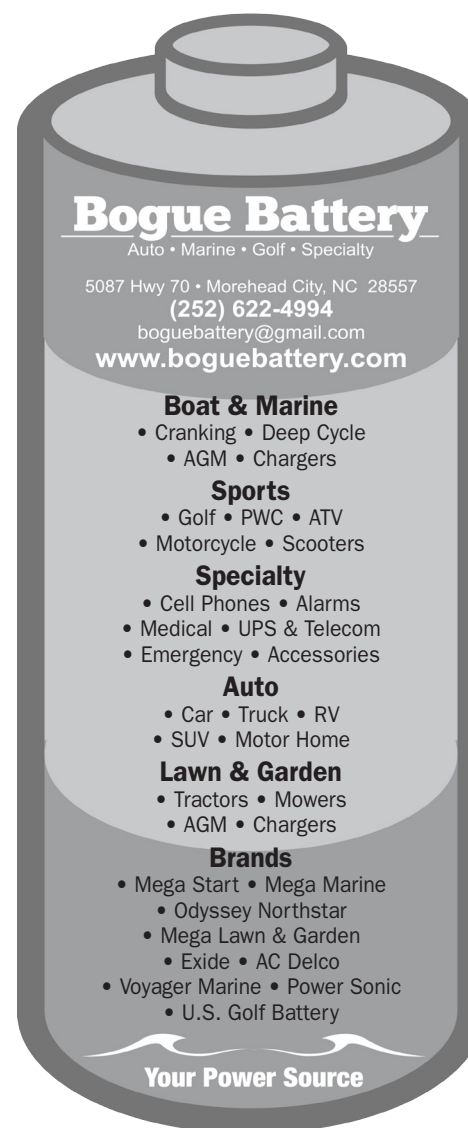
- Board meeting held, with discussion of contractors' responsibility regarding drainage and possibility of raising the deposit from \$500 to \$1000. Two potential sales reported-140 lots to Mr. Stovall, and the sale of the golf course -- both are being negotiated.
- Brandywine Bay Inc. (developer) wants BOA to take over the roads and drainage. They will pay for this work and the Board has engineers checking the necessary repairs to bring the roads and drainage to a satisfactory condition, prior to takeover.
- The ACC now includes a discussion of proper drainage with contractors when plans are submitted for approval.
- The road between Hwy 70 and Hwy 24 has been completed (Brandywine Blvd).
- Vandalism at the golf cart storage building amounting to \$4,000. Three break-ins have occurred during the past three years.
- The Wildwood Fire Department is now able (during daylight hours) to come directly to Brandywine Bay via our new road. If you need either fire or rescue equipment, please (after calling them) send a guide to the Browns' house (three cupola house on Lord Granville) to lead them directly to your residence.
- Three new families welcomed, including Vent and Jean Carlston on Oak Drive.

OCTOBER 1987

- The monthly Board meeting was held at the Wildwood Fire Department. Vent Carlston, President, presiding. Three residents having drainage problems. Everyone needs a ditch to carry off water from road and front lawn, and residents were reminded of the importance of keeping these ditches cleaned of leaves, pine straw, etc.
- It was noted that Mr. McClung (developer) had contracted to provide a swimming pool and tennis courts by September 1988.
- NorthShore real estate agents sold 9 lots last month.
- Seven new families were welcomed, including Bruce and Adele DeLuca at Cedarwood; Bucky and Lynn Cox on Lord Granville Rd.; and Bob and Dot Michaelis, along with Bob's Dad, Walter.

NOVEMBER 1987

- Two large sales by Brandywine Bay Inc. -- the golf course and 146 lots are still in negotiation. Our roads have been checked by experts and necessary repairs noted. They will be in good shape prior to takeover by our Association. The Pro Shop is half complete and looks very good. Highway 24 entrance road has been cleared of brush and dead trees.
- Wanted: Double Sign on Lord Granville Drive to assist visitors coming in from Hwy 70. Four new families welcomed.



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Golf Course Safety Notice

By Steve Sewell

The Brandywine Bay Golf Course is private property. If you have not paid to play a round of golf, you are not permitted to enter the property.

We have been experiencing a good deal of unwanted and unsafe traffic on the golf course: walkers, adults pushing babies in strollers, dog walkers, bicyclists, joggers and more seem to be crowding the cart paths. It is illegal to be sure since it is private property.

Beyond that, they actually slow play considerably. We have been receiving complaints from players, including tourists, local public and members.

Of course it is more than unsafe and illegal; it is also deleterious to course conditions since they do not always stay on the paths.

During times when the course is closed due to weather issues, golfers who are playing, and have not paid, are damaging the course since it is in a bad condition during such inclement weather.

Obviously, not unlike homeowners' property concerns, our insurance is at risk and of course legal issues sometimes arise if injuries are sustained.

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editor.soundwaves@gmail.com!**



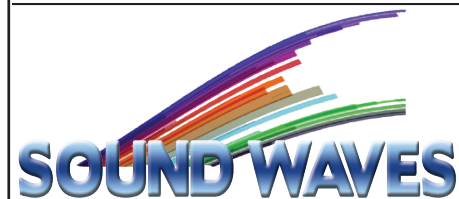
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www.brandywineowners.org

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Drainage – Scott Carpenter	252-247-3152
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COMMUNITY EMERGENCY NUMBERS

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Sheriff's Business Office	252-728-8400
Progress Energy	800-452-2777
Street Light Outage	800-419-6356
Carolina Water	800-525-7990
Animal Control	252-728-8585
NC Highway Patrol	800-411-6127
Mosquito Control	252-648-7878



Changes to the 2018 Brandywine Directory

New to the neighborhood? Contact Lin Chidsey for your welcome packet and gate cards.

Moving away? Please return your gate cards to Lin Chidsey.

Linda Chidsey | 252-622-9421 | ncmslin@gmail.com

The printed 2018 Brandywine Bay Directory was distributed in January.

Contact Lin Chidsey if you need another copy.

CHANGES

Shea, Pamela & Taylor Byrd..304 Cedarwood Village 252-342-4789

JoAnn Elkins 404 Cedarwood Village 252-916-1722

BOA Board Minutes:

Board Meeting, July 16, 2018

at Cedarwood Village Clubhouse

The meeting was called to order at 7:00 pm. Board members present were, Nancy Beszterczei, Noreen Barrett, Bob White, Rachel Love-Adrick and Andy Haines. Bob White had to leave at 7:15pm.

Noreen asked for a motion to accept the minutes as written from the May meeting. Andy Haines made a motion to approve the minutes, Nancy Beszterczei seconded. Minutes were unanimously approved.

Treasurer's Report: BOA dues were due on May 15, 2018, after this date a late fee is assessed per month. As of today 9 BOA dues are still unpaid, notices will be sent out this week.

Secretary's report: None

OLD BUSINESS:

- 1. Bylaws Update:** The board has reached out to a lawyer, Allen Trask, and is waiting to hear back from him.
- 2. HOA Dues:** As of today 9 unpaid dues. Notices will be sent out again this week.
- 3. Gate Card & Database/Phone Directory:** Currently the board is updating the database to a free Google Sheets Document. To update the database the board created an audit form and this was sent out with the dues. As of today about 400 out of 600 forms have been returned. Please help us complete this project and return your audit form to ensure your gate cards and clickers are not disconnected.
- 4. Bridges Street Extension:** This DOT project is currently accepting public comments to help narrow down the location of this extension. For more information about the project or to share your opinion visit <https://publicinput.com/BridgeSt> or contact the project manager Liz Workman at (919)854-6221 or lsworkman@ncdot.gov.

NEW BUSINESS:

- 1. Road Maintenance:** The board is currently taking quotes from multiple companies. The goal is to repair potholes and cracks throughout the neighborhood.
- 2. Waste Dumping/Storm Cleanup Protocols**
 - Yard debris will not be picked up, unless explicit notice is given from the board.
 - If a tree is on your property it is your responsibility to clean up the debris, whether the tree falls on your property or a common area.
 - Please do not dump yard waste of any kind into vacant lots or common areas.
- 3.** Nancy has contacted Duke Power to discuss improving the lighting in particular areas of our neighborhood.

COMMITTEE REPORTS:

Drainage – We have completed ditch cleaning work on the following streets: Eastchester, Brandywine Blvd towards 24 gate, Reserve Green, 70 Gate, and English Turn. Ditches requiring weed killing spraying has been

completed. Working on main ditch #2 in replacing 3 broken culverts and preventing erosion/protecting property. Future work will be in English Turn, Fairway Court, main ditch #1 by 70 gate. Spraying more weed killer as needed

Beautification – Spring flowers have been planted. Unfortunately the day after our meeting we experienced another car accident at the Hwy 24 entrance, and the flowers were run over and we lost 2 holly trees. We will be working with the Police to get compensated to repair the area.

Gates - in working order. Nothing to report.

Cameras – in working order. The pedestal at the 70-gate was hit. The car owner was notified and will pay for the damages.

Boat Storage – storage is full, with waiting list. Nothing to report.

Recreational Area - Nothing to report.

JUNE ACC APPROVALS

104 Wisteria Circle	Replace drain pipe under driveway.....	6/1/2018
207 Brandywine Bl.	New shutters on front windows.....	6/4/2018
101 Fairway Dr. W.	Replace AC Unit	6/6/2018
107 Pine Circle.....	Replace Garage Door	6/6/2018
107 Pine Circle.....	Remove Tree.....	6/6/2014
403 Oakmont Dr.....	Remove / Replace Dead Tree	6/6/2018
302 Emerywood Dr.....	Install Fence.....	6/6/2018
320 Oakmont Dr.....	Repaint Front Door (Different Color)	6/14/2018
208 Tree Fern	Remove Tree (roots under driveway).....	6/17/2018
304 Emerywood Dr.	Replace Fence.....	6/19/2018

The next quarterly meeting is August 13, 2018 at 7 p.m. in the K Club.

The meeting adjourned at 8:10 pm.

Respectfully submitted by Rachel Love-Adrick, July 17, 2018



Free Summer Concerts at Jaycee Park

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August 4 – Expressions

August 11 – Searce

August 18 – Calico Creek Bluegrass Band

August 25 – NiteOwl

September 1 – Carolina Beach Club

moreheadcitync.org/home-parks-recreation

Observation and Perspective

By Mat Madsen

In the July issue, the topic was Forms and Shapes, and these will lead you into the art topic for this month, "Observation and Perspective."

It is through observation that you gain the visual experience that makes possible any picture you create.

Everything you can see has a shape, which reflects both light and dark light. This degree of light or shade, regardless of color, is known as value. I have a value chart, 9 3/4" long by 1" wide with 9 squares showing the values from white to black, with a middle value of gray, as number 5.



Contrast in values, more than any other factor, enables us to see shapes. To create a realistic shape, we use these values to create dimension and depth to all of the four shapes. I always tell my students that values create volume.

Throughout my life of many travels to different countries around the globe, I could be driving or walking about a city or in the country,

and a scene would catch my eye, and I would stop and I would think, this is a painting. I've always carried a sketch pad and a camera. I would pull off the road and take photos, and sometimes even take the time for a sketch. This was "observation."

The art of representing objects on a flat surface, so that they appear to recede and create the illusion of depth or distance, is "perspective." Perspective is a fact of observing, and your picture will only look normal if you have drawn it in perspective.

View www.artbymat.com; see the Gallery page for my paintings, "St. Mary's Church in Almondsbury, England" and "Nobska Light House on Cape Cod."

These paintings have a cylinder, shapes, cubes, cones, and above all, perspective. The walls, doors, windows, walkway, and roof, even the tall firs on the right, in the St. Mary's church painting, are all receding to "vanishing points," which creates perspective. These paintings have two-point perspectives. Note the roof lines on both paintings, going to two vanishing points.

Note the "Line of Design."

There is also a three-point perspective, going to three vanishing points, with perspective on both sides of the composition, with perspective going up or down on your surface of choice.

To achieve the vanishing point, align a long straight edge ruler, or even a yard stick, along the top and bottom of the side of a building, to a point where they connect. In most cases you will exceed the drawing pad or canvas surface. I simply add to the edge of a canvas or drawing, a blank canvas, pad or I use the table, to know where the vanishing point is. Then my art work is in perspective with no doubts.

The Art topic for September will be "Light, shade and blending."

Art Home Tour Planned for Saturday, September 15, 2018

This year's Art Tour is drawing near. We need to have the names and addresses of our artists who plan to participate for the September issue of Sound Waves.

For the artists that cannot display their art in their homes, I will have space in my home for you.

I have 48 of my paintings in my home. I also have 2 very large framed Broadway prints. I'll move all of these that are not for sale to my second floor, and I'll make wall space on the first floor walls for your art.

I will make available wall hangers for anyone else that cares to join me. We can host this art tour together, as well as helping each other. It could be that the art tour visitors won't have to tour all of Brandywine Bay for this year's tour.

There are also these following important types of art to consider. There is Weaving, Wood block printing, Mosaics, Clay, and Sculpture.

Anything that anyone does with their creative imagination, desire and spirit is known as art, and very well respected.

Be pleased to show your talent, and you don't have to sell your art during this tour. This is not a yard sale. You will meet your neighbors, and have new friends with similar interests.

Remember that this tour is for our Brandywine Bay residents, and if you have friends outside of our community, they are welcome to join you for this year's Art Tour.

I've included one of my paintings to possibly inspire you. Please view "The Number 18 Train."

This painting has all of the elements I've been covering; see if you can now identify them all.

You may contact me at 252-414-2545, visit my www.artbymat.com or visit my home, art gallery and art studio, at 204 Lord Granville Drive, before and after our scheduled tour.



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R. Mat Madsen



Understanding IRAs

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

It's a fact: People today are living longer. Although that's good news, the odds of requiring some sort of long-term care increase as you get older. And as the costs of home care, nursing homes, and assisted living escalate, you probably wonder how you're ever going to be able to afford long-term care. One solution that is gaining in popularity is long-term care insurance (LTCI).

What is long-term care?

Most people associate long-term care with the elderly. But it applies to the ongoing care of individuals of all ages who can no longer independently perform basic activities of daily living (ADLs)--such as bathing, dressing, or eating--due to an illness, injury, or cognitive disorder. This care can be provided in a number of settings, including private homes, assisted-living facilities, adult day-care centers, hospices, and nursing homes.

Why you need long-term care insurance (LTCI)

Even though you may never need long-term care, you'll want to be prepared in case you ever do, because long-term care is often very expensive. Although Medicaid does cover some of the costs of long-term care, it has strict financial eligibility requirements--you would have to exhaust a large portion of your life savings to become eligible for it. And since HMOs, Medicare, and Medigap don't pay for most long-term care expenses, you're going to need to find alternative ways to pay for long-term care.

One option you have is to purchase an LTCI policy.

However, LTCI is not for everyone. Whether or not you should buy it depends on a number of factors, such as your age and financial circumstances. Consider purchasing an LTCI policy if some or all of the following apply:

- You are between the ages of 40 and 84
- You have significant assets that you would like to protect
- You can afford to pay the premiums now and in the future,
- You are in good health and are insurable

How does LTCI work?

Typically, an LTCI policy works like this: You pay a premium, and when benefits are triggered, the policy pays a selected dollar amount per day (for a set period of time) for the type of long-term care outlined in the policy.

Most policies provide that certain physical and/or mental impairments trigger benefits. The most common method for determining when benefits are payable is based on your inability to perform certain activities of daily living (ADLs), such as eating, bathing, dressing, continence, toileting (moving on and off the toilet), and transferring (moving in and out of bed). Typically, benefits are payable when you're unable to perform a certain number of ADLs (e.g., two or three).

Some policies, however, will begin paying benefits only if your doctor certifies that the care is medically necessary. Others will also offer benefits for cognitive or mental incapacity, demonstrated by your inability to pass certain tests.

Comparing LTCI policies

Before you buy LTCI, it's important to shop around and compare several policies. Read the Outline of Coverage portion of each policy carefully, and make sure you understand all of the benefits, exclusions, and provisions. Once you find a policy you like, be sure to check insurance company ratings

from services such as A. M. Best, Moody's, and Standard & Poor's to make sure that the company is financially stable.

When comparing policies, you'll want to pay close attention to these common features and provisions:

- **Elimination period:** The period of time before the insurance policy will begin paying benefits (typical options range from 20 to 100 days). Also known as the waiting period.
- **Duration of benefits:** The limitations placed on the benefits you can receive (e.g., a dollar amount such as \$150,000 or a time limit such as two years).
- **Daily benefit:** The amount of coverage you select as your daily benefit (typical options range from \$50 to \$350).
- **Optional inflation rider:** Protection against inflation.
- **Range of care:** Coverage for different levels of care (skilled, intermediate, and/or custodial) in care settings specified in policy (e.g., nursing home, assisted living facility, at home).
- **Pre-existing conditions:** The waiting period (e.g., six months) imposed before coverage will go into effect regarding treatment for pre-existing conditions.
- **Other exclusions:** Whether or not certain conditions are covered (e.g., Alzheimer's or Parkinson's disease).
- **Premium increases:** Whether or not your premiums will increase during the policy period.
- **Guaranteed renewability:** The opportunity for you to renew the policy and maintain your coverage despite any changes in your health.
- **Grace period for late payment:** The period during which the policy will remain in effect if you are late paying the premium.
- **Return of premium:** Return of premium or nonforfeiture benefits if you cancel your policy after paying premiums for a number of years.
- **Prior hospitalization:** Whether or not a hospital stay is required before you can qualify for LTCI benefits.

When comparing LTCI policies, it is best to seek assistance. Consult a financial professional, attorney, or accountant for more information.

What's it going to cost?

There's no doubt about it: LTCI is often expensive. Still, the cost of LTCI depends on many factors, including the type of policy that you purchase (e.g., size of benefit, length of benefit period, care options, optional riders). Premium cost is also based in large part on your age at the time you purchase the policy. The younger you are when you purchase a policy, the lower your premiums will be.

###

Greg Patterson is a financial advisor located at Atlantic Wealth Management, 712 Bridges Street, Morehead City, NC 28557. He can be reached at 252-515-7800 or greg@myatlanticwealth.com. Mr. Patterson offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser.

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LGA News

By Susie Garland

June 21: CHAIRMAN'S CUP DAY #1: Today was day #1 of our second major tournament of the year, the Chairman's Cup, with nine players competing. Results: There was a tie for low net (64): Ann O'Connor and Susie Garland. Second low net: Brenda Leinthall (69). Third low net: Angela Zieleck (70).

June 28: CHAIRMAN'S CUP DAY #2: Seven players competing today with the following results: In third place for this round with a net 74: Susie Garland. Second low net (71): Brenda Leinthall. First low net (65): Ann O'Connor. For the combined two days, here are the overall results: Third place (140): Brenda Leinthall. Second place (138): Susie Garland. First place (129) and congratulations to Ann O'Connor, our 2018 Chairman's Cup Winner. Identical outfits for the Bobbsey twins were a good luck charm, both on the winning side in this tournament (Brenda and Ann). After lunch, we all said a fond farewell to long-time member, Ginny (and Steve) Reinhardt, who will soon be traveling on to a new adventure. Susie made a special card for them, depicting: Life is a journey that needs to be traveled; And we're certain that they'll make it through; So please just remember, from December through November, we'll always be thinking of you.



July 5: No scheduled tournament due to July 4th holiday.

July 12: Ace of the Month with nine players competing for July Ace. Here are the results: In the Low Putts competition, Bernie Moreno won with only 28 putts. For low net, Bernie came in third with a net 67. Angela Zieleck took second place with a net 64. Kudos to the winner with a low net of 60, and also for winning the 50-50 draw: Margie Bailey.



July 19: Home & Home: Minnesott Golf Club scheduled their Home & Home tournament on our regularly scheduled play day. Eight of our players chose to participate in this event. The others took the day off. This is a blitz point tournament where points are earned towards your quota by making bogey or better on par 3's and 4's, and double bogey on par 5's. Of course, birdies count, too. A special thanks to Mickey Friend, Home & Home Chairman, for putting it all together. Great job, as always. We are very appreciative of your fine effort in coordinating this fun event. Here are the results for ranking of participating golf clubs. Sixth place: Star Hill; 5th: Country Club of the Crystal Coast; Fourth: Morehead City Country Club; Third: Carolina Pines; Second: Brandywine (yeah, us!); First: Minnesott. Some notable praise from our players: Nancy Bullett won Closest to the Pin on Hole #14 and was awarded \$20.00 for her fine effort. Others who done good, each receiving one golf ball: Susie Garland and Nelda Kessler. Mickey Friend and Brenda Leinthall received a sleeve of balls. They really done good.

Kathy Calling Awarded Top Coldwell Banker Award

By Susie Garland

It is always special to cite an LGA member for her exceptional talents, and Kathy Calling fits this recognition to a "tee." Now we know why Kathy has been unable to play golf with us during the week. In a special ceremony held at Coldwell Banker Spectrum Properties, Kathy was awarded both top listing and top producer as the highest grossing agent overall. She also ranked in the top 25% of all Coldwell Banker agents in the USA. We are very proud of your efforts, Kathy, and offer congratulations for this esteemed honor.



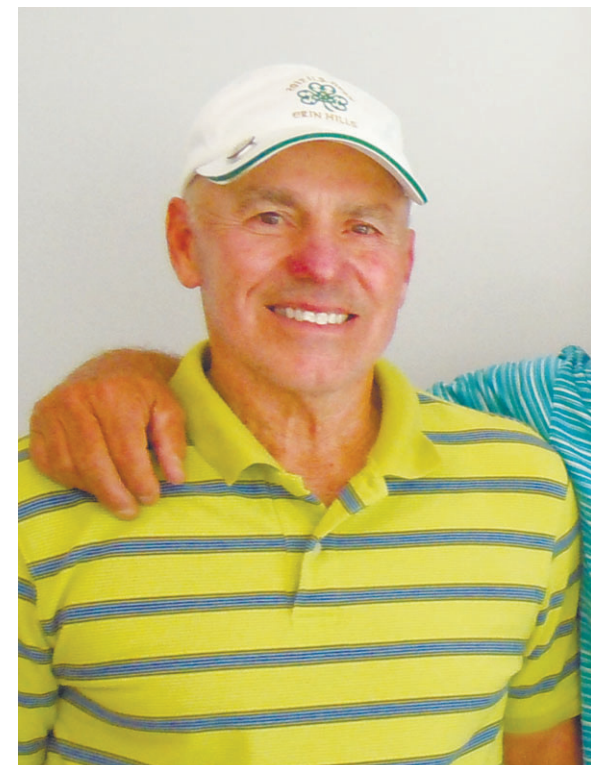
Traffic Caution - Stay Alert

New Home Construction =
More Truck Traffic

MGA Happenings

By Vince Moreno

The MGA tournament was skipped in July. The MGA did, however, meet at the K-Club. This photo is the MGA with the very popular waitress, Muffin, on her last day at the K-Club. We are all going to miss her; she was the best waitress, with a great personality.



Hole in One

Bob Mantho had an ace on hole number 5 at BBGC on July 13th. It is a 105-yard hole. He hit an eight iron into the cup without a bounce, straight in! He was playing with Charlie Sabathe, Vinny Moreno and Bill Springsteen. Congratulations, Bob!

Golf Tips: Simplifying Wedges

By Steve Sewell, Director of Golf at Brandywine Bay Golf Club

Lately, around the golf shop and course, there has been more discussion about wedges by golfers, around the golf shop and course, than I've ever heard! Allow me to simplify what some folks seem to make complicated. Wedges are easy to use. They are our friends! Sand wedges especially, make golf easier. A sand wedge is used more often out of the sand than in. It is a utility club. Top players will tell you they are part of the big 3; sand wedges, putters and drivers. Because of their flanged soles, they afford bounce. We rarely contact the ball with the face of a sand wedge; rather, we hit it correctly when the sole of the club hits turf behind the ball and it slides leading edge first into the ball. Incidentally, this was stated by Phil Mickelson in an interview regarding short game and Martin Hall on the Golf Channel.

In terms of technique, the pitch shots we seek from wedges (not Pitching Wedges, but Sand, 60 Degree, Lob and Gap Wedges) are successful when we bounce the club on the turf as we turn toward the target. Pitching Wedges do not have bounce built into them, therefore cannot give us the wide margin of error, or insurance, offered by the other wedges. For right handed golfers, it is imperative that they lean on the left, remain on the left and turn left to the target, as the club descends to the bottom of the swing. One more important element is the fold. Watch golfers on tv and you will note their finish with club going from down on turf to up and in, with arms folding in as the club goes "into the holster." Commonly you hear instructors use the term, "into the holster" because the arms fold and club handle seems to move into a holster at the hip.

As usual, I must take advantage of the space afforded to relate a golf story from the long history of events I have had the benefit of experiencing. Too many years ago, I was playing golf in Bermuda. It was a 10 day Pro-Am. Since I was living in Italy, I brought a team of Italians: my partners and their significant others. Of course we all spoke Italian amongst ourselves. I only spoke English during interviews or when addressing American players. At the end of 9 days, the tournament is professional only and I was fortunate enough to win. Of course it meant accepting and making some ad lib comments. That evening, during the formal dinner and with Her Highness' Governor, Lord Leather and his wife Lady Leather in attendance, I was presented the trophy as His Honor went on about the Italian team, our presence in the event, how pleased he was with my play and excellent command of the English language!!! What was I to do; tell him I am an American and make him look foolish!? Or should I accept, then comment about how gracious he is to address me as an Italian when he knows in truth I am not? I did in fact state the second option, telling him how much I wanted, as an American, to bring my Italian friends to his beautiful island, have them experience the residents' cordiality and enjoy the wonderful golf courses so unlike what we have in Italy. It worked well. So much for international relations. Even as golf pros we must be quality representatives of the USA and promote good will.



CYAN MAGENTA YELLOW BLACK

SPORTS NEWS BRAG COLUMN

By Susie Garland

**SOUTHERN LEAGUE HALL OF FAME
CLASS OF 2018**




Curt Bloom - Huntsville Stars (1991), Birmingham Barons (1992-Present)
Terry Francona - Memphis Chicks (1980-81), Birmingham Barons (1992-95)
Andrés Galarraga - Jacksonville Suns (1984)
Willie Mays - Birmingham Black Barons (1948)

The Southern League of Professional Baseball Clubs honors players, managers, and executives for their accomplishments and contributions to the league and is proud to announce the induction of four new members to the Southern League Hall of Fame.

Comprising the 2018 inductees: current Birmingham Barons radio broadcaster, Curt Bloom (my son). Bloom is entering his 31st season broadcasting baseball and his 27th consecutive season behind the mic for Barons' broadcasts. Prior to joining the Barons in 1992, Bloom was the Director of Broadcasting for the Huntsville Stars during their 1991 season. He becomes the second broadcaster among the Southern League Hall of Fame's 36 members. Alongside Bloom: player and manager, Terry Francona, and 1984 Southern League Most Valuable Player, Andrés Galarraga. Additionally, the iconic Willie Mays closes the Southern League's 2018 Hall of Fame class. Willie was honored in 2016 with a bronze statue outside of Regions Field and inducted into the Hall of Fame for his personal and professional contributions to the game of baseball.



Congratulations to Birmingham Barons broadcaster Curt Bloom & Westfield native Willie Mays on becoming the newest members of The Southern League Hall of Fame



Willie Mays, Barons broadcaster Curt Bloom joining Southern League Hall of Fame

Curt Bloom, Terry Francona, Andres Galarraga and Willie Mays are members of the Southern League Hall of Fame's Class of 2018.

Donate School Supplies to Stuff the Bus

By Misty Royal, Ministry Assistant, Parkview Baptist Church

We are hosting Stuff the Bus this year and are excited for community involvement.

2018 STUFF THE BUS COLLECTION DATES & LOCATIONS

We would like to thank Walmart & Staples of Morehead City for allowing us to use their stores as collection sites this year.

Friday, August 10th – 9 a.m. to 6 p.m.

Saturday, August 11th – 9 a.m. to 6 p.m.

Sunday, August 12th – 1 p.m. to 6 p.m.

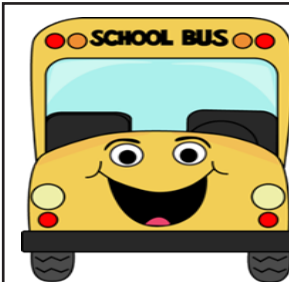
The lists of items needed are below. Thank you for your help!

Elementary

- Pencils
- Markers
- Crayons
- Wide ruled loose leaf paper
- Colored pencils
- Notebooks
- Scissors
- Glue sticks
- Pencil bag or box
- Erasers (pink standard)

Middle School & High School

- College ruled loose leaf paper
- Notebooks
- Pencils
- Markers
- Colored Pencils
- Note cards
- Pens
- Glue sticks
- Highlighters



“Stuff the Bus” with school supplies for local children!

Drop off donations at Wal-Mart or Staples

Friday, August 10 through Sunday, August 12

<https://www.parkviewnow.com/stuffthebus/>



Susie Garland and Curt Bloom

BE PREPARED FOR A HURRICANE

Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes, and landslides.



Hurricanes are massive storm systems that form over warm ocean waters and move toward land. The Atlantic hurricane season runs June 1 to November 30. The Pacific hurricane season runs May 15 to November 30.



Can happen along any U.S. coast or territory in the Atlantic or Pacific



Can affect areas more than 100 miles inland



Most active in September

IF YOU ARE UNDER A HURRICANE WARNING, FIND SAFE SHELTER RIGHT AWAY



Determine your best protection for high winds and flooding.



Evacuate if told to do so.



Take shelter in a designated storm shelter or an interior room for high winds.



Listen for emergency information and alerts.



Only use generators outdoors and away from windows.



Do not walk, swim, or drive through flood waters.

HOW TO STAY SAFE WHEN A HURRICANE THREATENS



Know your area's risk of hurricanes.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

If you are at risk for flash flooding, watch for signs such as heavy rain.

Practice going to a safe shelter for high winds, such as a FEMA safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.

Based on your location and community plans, make your own plans for evacuation or sheltering in place.

Become familiar with your evacuation zone, the evacuation route, and shelter locations.

Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.

Keep important documents in a safe place or create password-protected digital copies.

Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters. Review insurance policies.



If told to evacuate, do so immediately. Do not drive around barricades.

If sheltering during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior, windowless room or hallway on the lowest floor.

If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.

Listen for current emergency information and instructions.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off bridges over fast-moving water.



Listen to authorities for information and special instructions.

Be careful during clean-up. Wear protective clothing and work with someone else.

Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.

Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.

Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

Document any property damage with photographs. Contact your insurance company for assistance.

Take an Active Role in Your Safety

Go to ready.gov and search for **hurricane**. Download the **FEMA app** to get more information about preparing for a **hurricane**.



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To Brandywine Kids and Teens: Sound Waves wants to hear from you!

Tell us about your school, sports, and community activities. Share a story, poem, report, or picture.



Send to editor.soundwaves@gmail.com

Pet Corner



PetDocks Why Do Dogs Howl?

By Dr. Todd Worrell

Regardless of breed, age, or temperament, all dogs howl. The particulars vary, but they all howl. The forerunners of domestic dogs howled. Since dogs are part of our human families, we should attempt to understand what they are trying to communicate when they howl so we can respond appropriately.

There are a few basic messages conveyed by howling:

“I am alert and responsive to my environment.”

Many dogs howl when stimulated by certain sounds like sirens and music, or in response to another dog’s vocalizations. Howling acknowledges that they heard the sound and expresses their readiness to respond or desire to join in the action.

“I’m over here! Come this way.”

Howling is a form of communication that helps members of the pack find each other. Dogs that remain behind vocalize to signal the location of home base and guide scouting members back to safety. When home alone, our devoted dogs may howl when they hear us drive up or when they spot us approaching the house in an attempt to guide us safely back home.

“Stay away from here.”

Some dogs howl to keep intruders away from their territory, signaling that a particular area is already claimed and visitors aren’t welcome. This is a good defense mechanism that wards off potential predators. As our dogs protect our homes, they may howl when a visitor approaches their territory.

“Here I am.”

On the flip side, an approaching dog may howl to let residing dogs know they are coming. This announcement prevents the approaching dog from startling current inhabitants of an area and alerts surrounding dogs that their environment is about to change.

“I want some attention!”

Some dogs howl to communicate the need for attention. And nothing quite gets the attention of a dog owner like a piercing howl. This can become bothersome, so humans must learn not to reward vocal demands. Try to avoid eye contact and resist the urge to approach a howling dog. Don’t pet him or talk to him while he is baying, but don’t admonish him either. Reprimanding your dog may make the situation worse. When he quiets down, give him the attention he craves. This is difficult to do, especially if you are concerned about disturbing the neighbors, but persistence pays off.

“I’m really nervous!”

We are the world to our dogs. They are sometimes so centered on us that they become very anxious when we are not with them. If your dog suffers from separation anxiety, he may howl when left alone. Often dogs with separation anxiety respond well to distractions such as chew toys, music or television, but other dogs need behavior medications and counseling sessions that teach both dog and owner how to handle the situation.

“I’m hurt.”

If your normally quiet dog begins howling, he may be injured. Dogs will howl to vocalize pain, so bring your canine companion to your veterinarian to rule out illness or injury. Perhaps he has arthritis or abdominal pain or any number of uncomfortable medical problems.

“Look what I found!”

Howling can actually be a cheer. Dogs in the wild howl when they corner prey, and domestic hunting dogs are often trained to mimic their ancestors. Your dog may not be a hunter, but he may get excited when he finds a new treasure in his backyard. Whatever the prize, howling lets you know your dog is proud of a new discovery.

Water Rates Update

Source: Clean Water for North Carolina, <https://cwfnc.org/>

Let the Utilities Commission Know What You Think of the Water Rate Hike!

Source: Clean Water for North Carolina, <https://cwfnc.org/>

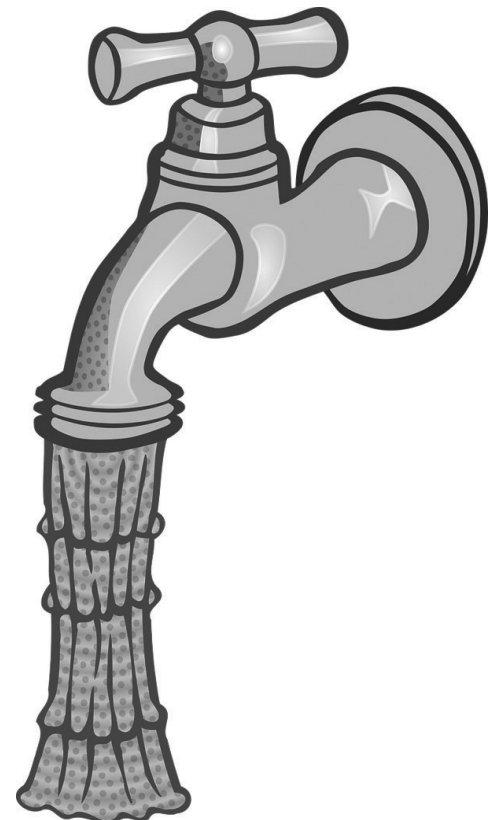
Carolina Water Service’s (CWS) request to have the new rates go into effect on May 23 has been suspended, pending public comments from consumers!

Increased water conservation by consumers was named by CWS as one of the reasons for filing the rate increase - punishing customers for decreasing their company’s profits!

Attend a public hearing to tell the Utilities Commission what you think of CWS’ continued rate hikes! Be sure to bring up any water quality or service issues you are experiencing, as CWS will file a complaints report with the Commission after the hearings.

The closest hearing to Brandywine Bay: Aug. 28, New Bern, 7:00 PM: Craven County Courthouse, Courthouse Annex, Courtroom #4, 302 Broad St.

Written comments can be sent to Mr. David Drooz, Chief Counsel, Public Staff, 4326 Mail Service Center, Raleigh, North Carolina 27699-4300. Include the name of your subdivision, contact information, and any water quality or service issues that you are experiencing. Statements may also be e-mailed to gina.casselberry@psncuc.nc.gov. If you attend a public hearing and get sworn in by the Commission, your testimony can have a great impact!



New Bern Historical Society

NEW BERN, NC, Audiences filled the auditorium quickly for Curator, Jim Hodges' "New Bern Then and Now" presentation. So much so that the New Bern Historical Society decided to do another encore. August 8 will bring another opportunity to see and hear this popular lecture filled with photos and images from New Bern's history. Hodges explains many of the "Used to Be's" in New Bern. Captain Ratty's used to be Duffy's Drug Store, Morgan's used to be True Tread Tires, First Citizens Bank sits where used to be the Hotel Queen Anne. This popular speaker will reveal the past and current status of more than 30 New Bern landmarks in an encore presentation on August 8th at 6:30 pm at the Cullman Performance Hall at the North Carolina History Center at NO charge. Doors open at 5:30 pm. Once again, early arrival is recommended!

Jim Hodges has scoured the New Bern Historical Society collection to share with you these wonderful images from our past. In some cases, the buildings have been carefully renovated and saved in their original condition. In others they have been saved and re-purposed, while sometimes they are simply lost. In any case, you will be fascinated by these historic images.

Curator Jim Hodges was reared in New Bern, matriculated to University of North Carolina at Chapel Hill, earning an undergraduate degree in Chemistry and a post graduate dental degree. After satisfying a military commitment and enjoying several years of international travel, Jim returned to New Bern and practiced dentistry until his retirement in 2012. His current life chapter involves his passion for New Bern and its rich history as a member of the Historical Society and the Tryon Palace Foundation Board of Directors. As the volunteer Curator of the New Bern Historical Society he spends his days maintaining, conserving and finding ways to share the collection.

Board President Joe Hunt reminds, "Whether you are a New Bern native or a transplant from elsewhere, you will be fascinated by these images. We are grateful to our friends at Tryon Palace for facilitating this presentation at the Cullman."

are recommended and can be made with a donation of \$10, with all proceeds going to support the New Bern Battlefield Park. There will be a reception in Mattocks Hall following the presentation.

Ed Bearss is a United States Marine Corps veteran of World War II, a military historian, an author known for his work on the American Civil War and World War II eras, and a popular tour guide of historic battlefields. He served as Chief Historian of the National Park Service from 1981 to 1994 and is now Chief Historian Emeritus.

He continues to share his vast knowledge. Civil War students clamor to hear him speak. At 90+, Bearss still leads numerous tours around the United States, the Pacific, and Europe. Don't miss the opportunity to hear this amazing man.

To reserve a seat or for additional information, please call the New Bern Historical Society at 252-638-8558 or at newbernhistorical.org. This lecture is presented by the New Bern Civil War Round Table and the New Bern Historical Society in partnership with Tryon Palace.

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are located in the historic Attmore-Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go www.NewBernHistorical.org or www.facebook.com/NewBernHistoricalSociety

Chuckles - Word Game Answers

1. Twinkle, twinkle little star.
2. Birds of a feather flock together.
3. Think before you speak.
4. Beauty is only skin deep.
5. Don't cry over spilled milk.
6. Cleanliness is next to godliness.
7. The pen is mightier than the sword.
8. You can't teach an old dog new tricks.
9. Spare the rod, spoil the child.
10. A watched pot never boils.
11. All that glitters is not gold.
12. Where there's smoke, there's fire.
13. Beggars can't be choosers.
14. Too many cooks spoil the broth.
15. Charity begins at home.
16. Dead men and tell no tales.
17. People in glass houses shouldn't throw stones.
18. Beginners luck.
19. All work and no play makes John a dull boy.
20. A rolling stone gathers no moss.
21. He who laughs last laughs best.
22. Nothing ventured, nothing gained.
23. Sticks and stones may break my bones, but words will never hurt me

Last Month's Solutions

G	R	A	D	S		D	U	M	B		C	O	S	T	
R	A	D	I	O		U	N	I	O		O	N	T	O	
U	N	D	E	R	W	O	R	L	D		M	I	E	N	
B	I	S	T	R	O		E	K	E		P	O	R	N	
			Y	E	S	E	S		B	E	N	N	E		
B	A	R	B			S	L	O	V	E	N				
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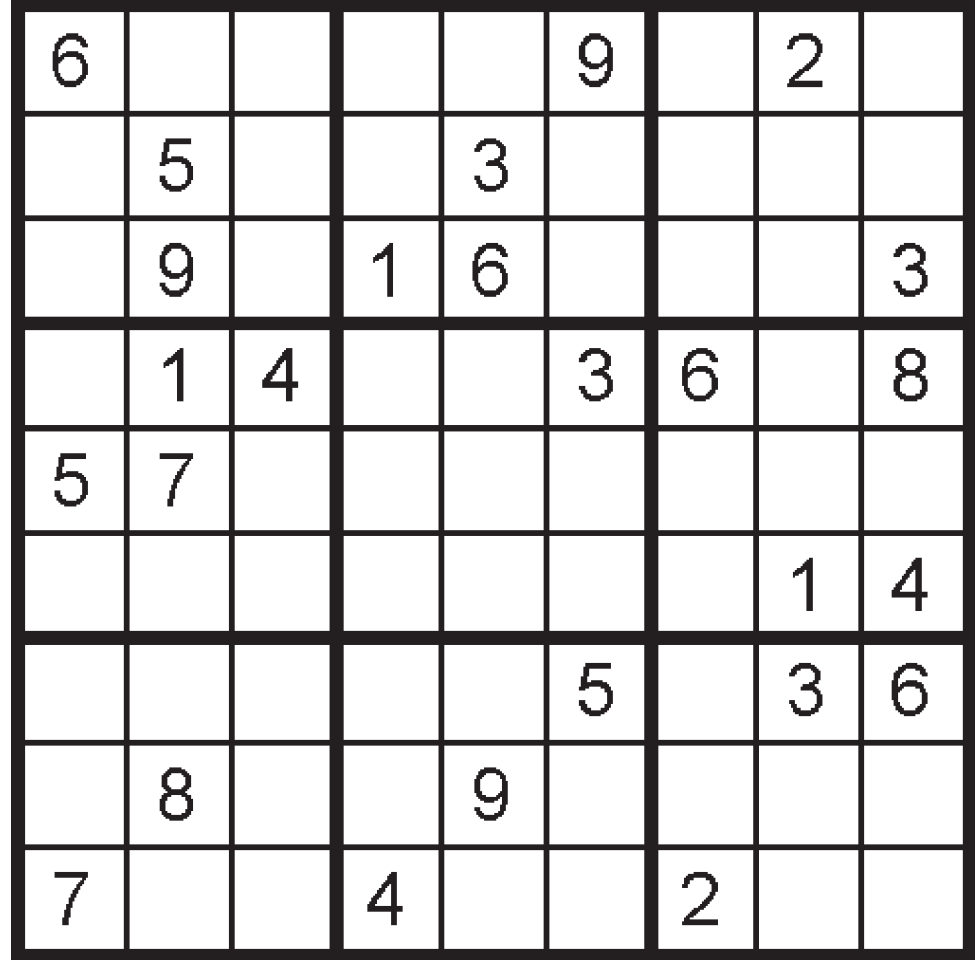
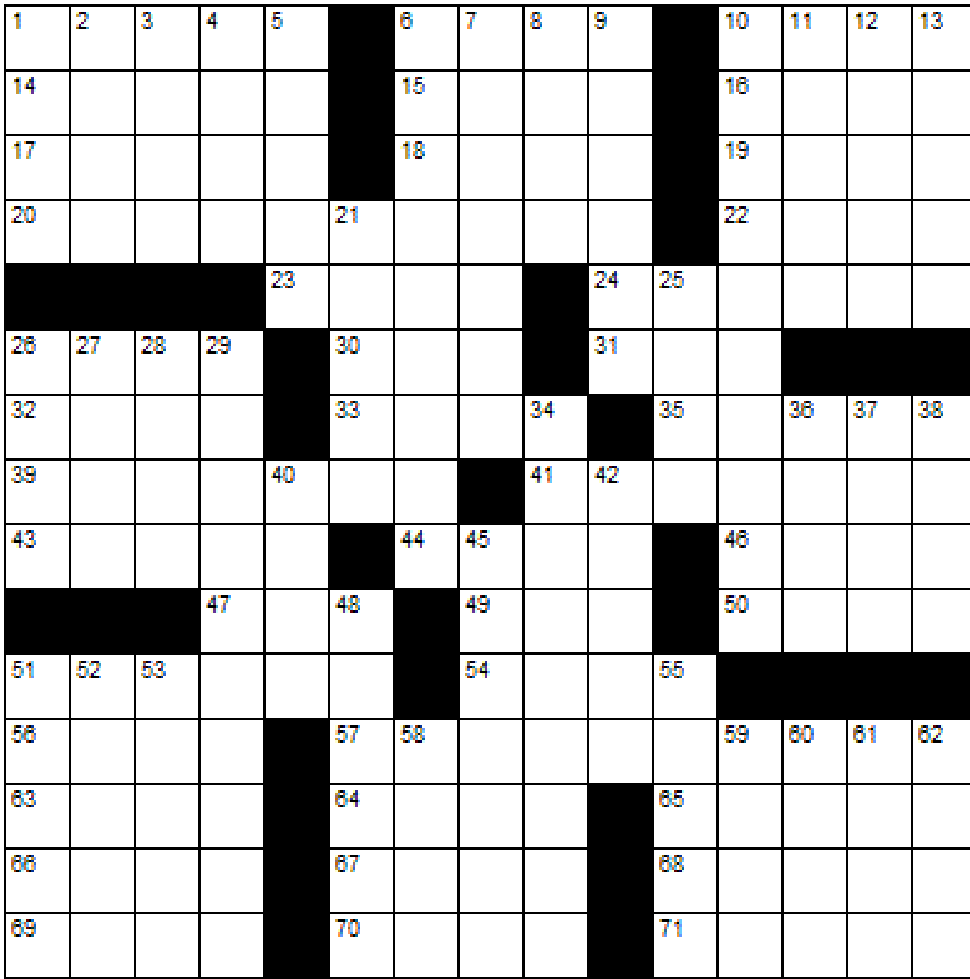
3	5	9	1	6	7	8	4	2
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9	8	3	4	7	6	2	1	5
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1	9	2	7	8	4	5	6	3
8	3	4	6	5	9	7	2	1
7	6	5	3	2	1	4	8	9



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ACROSS

- 1. Makes less distinct
- 6. Formally surrender
- 10. Forearm bone
- 14. A red fluorescent dye
- 15. Mimics
- 16. Newbie (slang)
- 17. Betel palm
- 18. Lean
- 19. Opera star
- 20. Submerged
- 22. Historical periods
- 23. Former Italian currency
- 24. Anew
- 26. Glance over
- 30. Vaporize
- 31. Ouch!
- 32. Corporate image
- 33. Reflected sound
- 35. Seize
- 39. Firm
- 41. Bring to a destination
- 43. Excellence
- 44. Not barefoot
- 46. French for "Head"
- 47. French for "Name"
- 49. French for "Friend"

50. Being

- 51. Highly seasoned fatty sausage
 - 54. Cry of pain
 - 56. Gait faster than a walk
 - 57. Genius
 - 63. Hindu princess
 - 64. Curved molding
 - 65. Eagle's nest
 - 66. Chocolate cookie
 - 67. Clairvoyant
 - 68. Not just once
 - 69. Alert
 - 70. Contributes
 - 71. S S S S
- DOWN
- 1. Boyfriend
 - 2. Forsaken
 - 3. Utilized
 - 4. Type of cereal grass
 - 5. Entangle
 - 6. Waterfalls
 - 7. Commemoration
 - 8. Expunge
 - 9. Waif
 - 10. Protect by insurance
 - 11. France's longest river

12. Exploded stars

- 13. Disconcert
- 21. Shrunken
- 25. Poultry
- 26. Close violently
- 27. Cypher
- 28. Food thickener
- 29. Designation
- 34. Mileage meters
- 36. Nights before
- 37. Collections
- 38. Tall woody plant
- 40. "Smallest" particle
- 42. Ancient Roman magistrate
- 45. Bumpkin
- 48. Silver wattle
- 51. To scatter about
- 52. A kind of macaw
- 53. Hermit
- 55. Chatter
- 58. Matured
- 59. Kittens' cries
- 60. Colored part of an eye
- 61. Agreeable
- 62. D D D D

Brandywine
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LIMIT
20

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CYAN MAGENTA YELLOW BLACK



Here are just a few of the many special events planned in our area this month. Go to www.crystalcoastnc.org for details about these events and others!

2018 Free Summer Kids Movies | Atlantic Station Cinemas

10:30 am-12:00 pm

August 7 - The Lego Ninjago Movie

August 8 - The Lego Ninjago Movie

August 14 - Ferdinand

August 15 - Ferdinand

Movies start at 10:30 am. Snack bar will be open for refreshments.

2018 Free Summer Kids Shows | Emerald Plantation Cinemas

10:30 am-12:00 pm

August 9 - The Star

August 16 - The Emoji Movie

Movies start at 10:30 am. Snack bar will be open for refreshments.

Movie Night at Atlantic Beach

August 8, 2018 | 8:30 pm-10:30 pm

Come out for FREE Wednesday movie nights at the Circle along the Boardwalk in Atlantic Beach. Bring chairs or blankets. Movies start at 8:30. Rain date: Thursday nights

August 8 - Despicable Me 3

August 15 - A Wrinkle In Time (2018)

Outdoor Movie Night @ The Barnyard

844 Roberts Road, Newport, NC

August 10, 2018 | 8:00 pm-10:00 pm

Free Movie Night

August 10 - Ferdinand

Gate opens at 8 pm! Movie starts as soon as it's dark! Bring your own snacks/drinks! Bring your own chairs/blankets! Please no pets or alcohol!

This is not a chance to see the animals, but to enjoy an outdoor family movie!

Justice League Movie in the Park

August 18, 2018 | 6:30 pm-9:30 pm

Join us in the Newport Community Park as part of Newport Public Library's summer reading program. This is a free event!! There will be activities for the kids beginning at 6:30 pm, and will also include information for the summer reading program. The movie will begin at 7:30pm. Bring a blanket or a lawn chair and enjoy the kick off to all the town's summer events!!

Atlantic Beach National Night Out 2018

August 7, 2018 | 6:00 pm-8:00 pm

The Atlantic Beach Police Department would once again like invite all residents and visitors to join them, the Mayor, the Town Council, and the Town Manager to Atlantic Beach's annual National Night Out celebration. This year's event will be held at the Town Park, located at 915 W. Ft. Macon Rd., from 6pm to 8pm on Tuesday, August 7th. This fun and exciting event is completely free of charge thanks to our generous community partners and will feature bouncy-houses, music, free food, and prize giveaways. See you there!

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For Further Information Contact Finley Woolston
finley@ec.rr.com 910-358-2997

Kitchen Gadget: Breakfast Sandwich Maker

By Monica Sellars

We found another kitchen gadget that we can't live without! It's the Hamilton Beach Breakfast Sandwich Maker. In five minutes, we can prepare a delicious breakfast sandwich at home, including a perfectly cooked egg. We have the two-sandwich model, and a single model is also available.



This marvelous machine toasts the top and bottom of the sandwich, while warming the Canadian bacon, melting the cheese, and cooking the egg. It includes heated top and bottom plates and a ring form where you stack your sandwich fillings. The top half of the ring holds your egg and the top of the sand-

wich. Amazingly, the egg does not leak out and it never sticks – you don't even need to use cooking oil or spray! When the sandwich is finished cooking, slide the middle plate out to drop the cooked egg onto the bottom of the sandwich, remove it from the bottom ring, and slide it onto your plate.

You can be creative with your ingredients when you make your own breakfast sandwich at home. Instead of an English muffin, you can use bread, a small pancake or waffle, a biscuit, or a hash brown. You can also use any cooked meat or vegetables in your sandwich, like bacon, sausage, pepperoni, or leftovers from last night's dinner. You can add a smear of your favorite sauce or spread, like pesto, pizza sauce, or butter. You can prepare the egg as a whole egg, or scramble it before you add it to the machine. You can add seasonings to the egg too, like shredded cheese, green onion, or herbs and spices.

I've learned a few things from my sandwich experiments, so here are my tips.

First, I found that using a slice of fresh tomato makes the sandwich a little soggy. I ate it anyway, but next time I want to use sliced tomato, I'll add it after the sandwich cooks.

Second, if your bread of choice does not fit in the ring, use the ring as a guide to trim it to the right size.

Third, don't overfill the bottom section; the top needs to sit flat in order to keep the egg in place. If you do happen to have some egg leak out, don't try to fix it. It will still cook and then you can just fold it back into your sandwich when it is finished.

Finally, experiment with the cooking time. We started with the recommended five minutes, but found that 4.5 minutes actually results in the perfect egg for our preferences. The sandwich is very hot, so it is best to wait a few minutes before you dig in.

The name of the gadget is Breakfast Sandwich Maker, but I don't think there's any reason to limit these sandwiches to just breakfast time. Enjoy homemade egg-topped sandwiches all day!

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Ian Orozco, M.D.

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Residency & Fellowship Trained: UNC-Chapel Hill

Specialties: Endocrinology, thyroid disease, parathyroid disease, thyroid cancer, and endocrine tumors.



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He is Board Certified in Endocrinology, Diabetes, and Metabolism.

Dr. Orozco is a Fellow of the American Association of Clinical Endocrinologists as well as a member of the American Thyroid Association. Dr. Orozco is one of the select physicians in the nation who holds ECNU (Endocrine Certification in Neck Ultrasound).

Together with Dr. Mary Katherine Lawrence and Sabrina Boyte, PA-C they provide expert endocrinology care as well as participating in clinical trials and research in fields of Type 1: Type 2 diabetes, low testosterone, and diabetic kidney disease. For your convenience, he is offering thyroid ultrasounds on-site, and is accepting new patients and self-referrals!

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