



Meet Your Neighbor

Tom O'Keefe - Volunteer Extraordinaire

By BJ Ellyson

Residents of Brandywine, both the sound side and the golf side, are regularly asked, cajoled and sometimes dragged kicking, to volunteer in some capacity to ensure the maintenance and continuation of our communities. If one feels overwhelmed by this obligation or responsibility it takes only a few minutes with Tom O'Keefe to realize that anything we are asked to do pales in comparison to his service.

Born on Christmas Day, 1929, in New York City, Tom was raised there until his father's work took the family to Washington, D.C. in the early 1940s. Tom attended high school in D.C. and subsequently graduated from Georgetown University and attained his Master's degree from Catholic University there. He began his teaching career in 1952 in Biological Studies at Georgetown, at both the college and its nursing school. Subsequently he married and became the father of four. All this time he was studying for his PhD, completed all of the necessary course work, but his thesis was never to be written. A far more urgent responsibility fell upon him as his wife, Pamela, died in 1972 leaving him to raise Allison, Ann, Tom and Jim on his own. And, such a job he did! Tom is a proud father and grandfather to a successful brood with a grandson's graduation from the U.S. Naval Academy this spring eagerly anticipated.

After an entire career at Georgetown University, Tom retired in 1998. He had visited the Crystal Coast the prior two summers and found his condominium at the Bay Club Condominiums just what he wanted. Then the pleas for leadership began ...! Tom Became the BCCA Treasurer in 2000 and held that post until 2015 when he became its President and continues in that role today. In 2000 he also was elected to the Brandywine Bay Association's Board of Directors with the responsibilities of over-seeing the pool, tennis courts and playground which he continued to do until 2015. With visual and hearing challenges, Tom remains an active member of our community, especially at St. Egbert's Church where he ushers and serves as a Eucharistic minister.

Our thanks to Tom for all his contributions and the hope that his example will encourage others - no matter how busy and committed - to get involved to maintain Brandywine as we love it.



Tom O'Keefe

Adding to Your Family To Foster or Adopt

By Barbara Johnson

Meet the Canady's ... a family of 5 with a huge heart for children who need homes. Mom, Elizabeth and Dad, James Allen (J.A.) had wanted to adopt since they married. They became licensed foster parents in July 2015 after hearing at their church that there is a national need for foster parents across the United States. In preparation for licensing they attended a 30 hour training course offered by the Department of Social Services and completed a free home study conducted by a social worker to ensure that their home would meet the standards for foster care and/or adoption.

At the time JA and Elizabeth had two little ones; big brother Reese and baby sister Sadie. Their criteria for a placement in their home was no more



Canady Family

(Continued on page 2)

New Sound Waves Editor Needed

Life changes quickly. After 3 1/2 very happy years in Brandywine Bay my husband and I have found our lifetime dream house and are unexpectedly moving down Hwy 24 to Newport.

Sound Waves needs and deserves an editor that lives in the community and is tapped into the life and people who live here. It has been my joy and honor to serve as the editor of Sound Waves but my move necessitates a call for a new head of staff.

I will continue as editor through the April edition and the rest of our terrific staff will stay onboard to bring you the quality stories and information that you have known and trusted through the years.

Serving as the editor of Sound Waves is the best volunteer position possible and I know the right person is just waiting for this opportunity. I will give the new editor all the help necessary to ensure a smooth turnover.

If your gifts and talents tend toward writing and editing this is your call to service. Please contact me by email at editor.soundwaves@gmail.com or at 252-241-1152.

Coast Guard Christmas Brunch

By Bob White

For the past eight years, Coast Guard Auxiliary members of Flotilla 20-02 have prepared and taken Christmas Brunch with all the trimmings, to the watch standers at the Station and crew members of the cutters assigned to duty during the Christmas three day holiday break. Bob White and wife Sharon were in attendance and Brandywine Bay residents chipping in with food donations were Chris and Kathy Calling of the K Club, Ruth and Wilkie Kine, Bob and Dixie Leibert and Scott Carpenter.

This Christmas morning of 2016 the on duty Coast Guard Personnel and Flotilla members were totally caught "off guard" as they were joined at the brunch by the Commandant of the U.S. Coast Guard, Admiral Paul Zukunft.

Admiral Zukunft and his wife, Fran Deninno-Zukunft, were visiting his mother, a resident of Morehead City, and then would be traveling back to Washington, DC. The Zukunft's toured Station Fort Macon and expressed their personal and sincere appreciation to the Coast Guard personnel who had remained on duty to provide continuous service to those individuals who traverse our local waters and the high seas and who may need emergency assistance.

Much is owed to these dedicated men and women and, as the Coast Guard's motto states, "Semper Paratus" for any mariner who has ever needed their assistance. The Coast Guard can, and often does, make the difference between life and death in critical situations.



1st Row - Fran Deninno - Zukunft, Admiral Paul Zukunft, FN Rebecca Ortiz, MK Madison Magness, SA Nathanyal Johnson, FC Vern Scott, SO-PE Ben Crabtree 2nd Row - FSO-DV Bob White from Brandywine Bay, BM1 Michael Bradshaw, SN Zachary Brooks (Auxiliary 'chefs' not available for photo: Libbie Crabtree, Denise and Larry Horton, Ken Link, Jeff Perkins, Bill Mauney, Heinz Rister, and our own Brandywine chef Sharon White)

To Foster or Adopt

(Continued from page 1)

than 2 children and that the child or children be younger than Reese. They got a call about a sibling group of 3 children the following Friday and mentally and physically prepared to receive the new additions and go from a family of 4 to a family of 7 on Monday. The state of North Carolina allows foster or adoptive families to have a maximum of 5 children in a home so this placement met that criteria. But things change quickly when it comes to the placement of children and in this case the emergency care family who took the 3 children on Friday decided to be the primary foster family and the Canady's prepared to wait for the next call.

Very quickly, through private church arrangements, a young mother, father and two children came to live with them. For three months the family shared their home until they could get on their feet financially and attend to their family relationship. JA remembers that there were challenges as they worked with the parents on job hunting, financial skills and family life. The oldest child in the family was older than Reese and they found that Reese was disappointed in relinquishing the role of big brother. It was a learning and growing experience in many ways and the Canady's are now heavily committed to ensuring that any future children placed in their home are younger than Reese so his position in the family is maintained.

Elizabeth has made strong friendships with other families in the community who foster and who have adopted. Nate and Sue Ellen Leonard from First Baptist Church are close friends and together Sue Ellen and Elizabeth formed a support group called Family Matters-Crystal Coast. This group provides information and support to families in the area as they go through the fostering or adoption process and beyond. During monthly meetings they share resources, have guest speakers, build connections and promote interactions through fun activities and events. "Our hand is to be a support for adoptive/foster families," explained Elizabeth.

The group is open to anyone interested in fostering or adoption, current foster and adoptive families, foster children and adoptees, or anyone in the community who would like to be involved in the program. They always need help during activities or in childcare during informational or resource meetings. You can make a difference.

JA and Elizabeth's family has grown, but not by adoption or fostering. A year ago Elizabeth got pregnant and by Social Services rules a family cannot adopt or foster during or for a time after a pregnancy and birth. Beautiful Eliza joined the family November 30th and they are going through the joy and adjustment of adding a new member. They remain active with Family Matters and are great spokespersons promoting foster care and adoption for local families.

The need remains great. JA and Elizabeth were motivated when they heard that if every church had just 2 families who could foster or adopt, every child in America would have a home. Their church started a fund for adoptive parents and one family has adopted a child and is seeking another thanks to the financial support provided by the church funding. Currently there are Carteret County children who are being fostered outside of the county because of a lack of homes here. The need is especially great for sibling groups and older children and teens.

Interested? Elizabeth encourages you to "Go in with an open mind, be flexible. Your initial ideas about adoption and fostering will change as you become involved. This is for the children. The goal is to provide a loving home until they can be reunited with their families or they are placed in their forever home. You may be the only example of love this child knows in their life."

For more information on how you can become a foster or adoptive family for a child in need, you may contact the Carteret County Department of Social Services at 252-728-3181.



ALL ABOARD!

By Ed Myers

What a tough time for our gates!

First, thanks to our gate and camera committees. Recently, our front entrance gate on Highway 70 was damaged. A car forced its way through the two incoming gates in the early morning. Thanks to our camera committee-the perpetrators were caught in the act. The person causing the damage has been charged. Then less than week later-our 24 exit wall was damaged by a local landscaping/sod company. Though the company did not contact us about the damage-our camera committee was able to catch the incidence when it happened. This company has been contacted and they are also paying for the repairs to the wall. Our front gate will be repaired within the week with our spare gates. Our gate committee is having a company come in to assess the damage to the 70 entrance gates to see if there is any further damage to the opening mechanism. The truck that damaged our wall on the 24 exit was followed by four vehicles behind this truck. Unfortunately, our board was not contacted by any of those drivers that were behind the truck. All of these common areas are the property of Brandywine homeowners, and that being said -are the responsibility, as well as the duty, to the community owners to notify a board member if you see someone damaging our common property. If it wasn't for the cameras at the Hwy 70 gate and Hwy 24 gate, plus a tip from a resident- the perpetrators driving these vehicles would have gotten away with the very expensive damages of our property. I must say that the money was well spent for the cameras.

Looking forward to this new year we are continuing our maintenance and repairs to our drainage throughout our community. Scott Carpenter has numerous projects ongoing currently. Some of these are repairing sinkholes, collapsed pipes, clearing of underbrush and cleaning of main ditches. Other projects of interest are researching additional speed bumps on Brandywine Boulevard. Unfortunately, we still have some residents that do you not realize our speed limit is 20 mph. As I have said in the past-I am not a fan of additional speed bumps. However, I do remember a vehicle rolling on to its side a few years ago on Brandywine Boulevard due to speed.

New elections to the board are coming up fast! If anyone in the community is interesting in serving on the BOA board- please contact one of our board members or the search committee. It seems that with over 600 homes and over 2000 residents we would have more applicants to serve on our BOA board. If it gets to the point that we cannot find property owners to serve-we will have to have to pay an outside company come in to operate our day-to-day business for the BOA. This is a large expense, which of course, would be passed on to each property owner in the way of annual dues. I know some may think this would be threatening, but unfortunately, this is the reality if we don't have property owners involved with our community. A handful of concerned property owners have operated our committees and been part of the board for many, many years. These are such special families and I thank each and everyone of them. I will tell you that I have found much satisfaction in serving and being part of this group of people. Without them my job would be impossible. Again, many thanks and please consider serving.

Ed Myers
BOA President

BOA BOARD OF DIRECTORS

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COMMUNITY EMERGENCY NUMBERS

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Progress Energy 800-452-2777
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Carolina Water 800-348-2383
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NC Highway Patrol 800-411-6127
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CYAN MAGENTA YELLOW BLACK



Capturing a Lifetime of Memories: Priceless

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

Getting started

Money is important, but it is the people in our lives and our experiences that are often priceless. It doesn't take much to start capturing valuable memories—just a notepad, an audio recorder, a video camera, or your smart phone. While you could write down all the answers, it might be easier and more fun to record them for future generations to hear or, better yet, see! Other than that, the best advice is to be open and honest about your thoughts and experiences. This can be an invaluable gift to your loved ones, so try to include them in the process if possible.

Wisdom questions

What values are most important for you to exhibit and to pass on to your kids?

- How have these values helped you in your life?
- How did you learn these values?
- What's a good way to teach them to kids?
- Who are your heroes? Why?
- What do you admire about your kids?

What do you look for in a good friend?

What has helped you most throughout your life?

- Books
- Family, friends, mentors
- Skills, knowledge, behaviors
- Organizations
- Other

What are some of the best financial decisions you've ever made?

- How about your best financial habits or practices?
- Where did you learn about money? What are some of the lessons that you picked up?

Questions about your life

What are you most proud of in your life?

What might you change if you could do it over again?

What would you like people to think when they think about you?

What do you know about your family history?

What special things or memories do you have from your mom or dad?

What was your favorite job?

What are some of your most memorable stories? Think about when you were . . .

- Falling in love
- Raising your children
- Visiting or living in interesting places
- Growing up
- Going through moments of joy/sadness/struggle/success
- Taught a valuable lesson
- Proudest of each child

Questions about the future

What do you hope you'll be able to do or see that you haven't yet done or seen?

What would you like to do or see again?

What are you most proud of about your family?

- What steps can you take as a family to do more of that?

If you woke up at 2:00 A.M., what might keep you awake these days?

What is most important to you about where you live?

- If you wanted or had to move from your house, what should others consider when looking at options?

What plans do you have in place for your medical care if something were to

happen?

- Do you have a durable power of attorney in place?
- Does it clearly state what your wishes are?

Are you happy with your will?

- Is it up to date, signed, and in a safe place?
- Do you have any advice for family members who may be creating a will?

Is there anything others can do to help you? Or is there anything others should start helping with so they can learn more about it?

Final thoughts

This record never has to be "closed"; you can always share more about the life you have led, the lessons you've learned, and your plans for the future. The key is that you record what's most important to you. It is well worth the effort to create something priceless for your loved ones.

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.

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 Adviser Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. He can be reached at 252-515-7800 or at greg@myatlanticwealth.com.

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CAROLINA CHOCOLATE FESTIVAL

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Schedule of Events

Chocolate Festival

Saturday Feb 4, 2017 9:00am-6:00pm

Chocolate Vendors galore! Wall to wall chocolate cakes and tortes to chocolate bars and ice cream, the event offers more than a sampling of everything chocolate. Join in the fun of the hourly pudding eating contest! Chocolate door prizes given away. Buy your festival chocolate bar... did you win the GOLDEN TICKET? Golden Ticket GRAND PRIZE TRIP TO HERSHEY PARK for 4!! Tickets are \$9.00 for Adults, \$2.00 for kids 5-12 (kids under 5 are free)

Tickets available at carolinachocolatefestival.com and at the door.

Pro/Am Chocolate Fantasy Challenge

Friday Feb 3, 2017

Do you think you make the best chocolate dessert in North Carolina? The categories this year are cakes and cupcakes.

Professionals and amateur divisions will be judged separately. Entry form is available now. Winners will be announced Saturday at festival.

Cocoa 5k/Fun Run

Saturday Feb 4, 2017

8:00am (7:00 am check in) Crystal Coast Civic Center

\$25 per person/\$45 per family of 4

Chocolate Spa

Saturday Feb 4, 2017

Enjoy 90 minutes of relaxation and chocolate. Includes a Table Massage, Reflexology (feet/leg), and Aroma Therapy. Grab your friends and book your appointments together now. Limited space available! \$79 per person with proceeds benefiting the charities of the Chocolate Festival. February 4, 2017 from 8:45am - 2:45pm by appointment only, on the waterfront at Carteret Community College

Live Auction of Pro/Am Competition Cakes/Cupcakes

Saturday Feb 4, 2017 10:30 am/12:30 pm/2:30 pm

All the entries from the Bake Off will be auctioned off for the benefit of the local charities! Be sure to bid on your favorite luscious chocolate dessert!

Cakewalk

Saturday Feb 4, 2017 10:30 am/12:30 pm/2:30 pm

Be sure to see the parade of scrumptious desserts made for the Pro/Am Bake Off

Another great day of CHOCOLATE, CHOCOLATE, CHOCOLATE!

Sunday, Feb 5, 2017 10:00am - 3:00pm

Pudding eating contest and more! Tickets are \$9.00 for adults, \$2.00 for kids 5-12 (kids under 5 are free). Active duty Military personnel will be given free admission on Sunday with military ID.



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*Have an interesting friend
or neighbor in Brandywine
that we can profile in Meet
Your Neighbors? Drop us a
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CYAN MAGENTA YELLOW BLACK

Pet Corner



By Todd Worrell, DVM, Pet Docks Animal Hospital

Dental Care & Our Pets

The most common dental problem that we find in pets is far worse than cavities! It is periodontal disease. This disease affects the gums and other tissues around the teeth, instead of the teeth themselves.

About 75% of all dental problems serious enough to be seen by a veterinarian are the result of periodontal disease. It is also estimated that 75-80% of dogs and cats 3 years old or older have some degree of periodontal disease. It is the cause of 95% of all cases of "bad breath" and can result in infected, loose teeth, and often there is a loss of appetite due to painful gums.

Plaque builds up on the tooth surface and then becomes colonized with bacteria, eventually forming a hard, chalk-like tartar buildup that causes erosion of the gums and inflammation and infection of the tooth socket. The teeth then become loose and the gums become reddened, swollen, and bleed easily. This condition becomes very painful for your pet.

These bacteria may even enter the bloodstream through the inflamed gums; and cause such problems as heart valve infections and kidney infections. Even signs such as diarrhea, vomiting and irritability may be the result of diseased teeth and gums.

Follow these tips for good oral hygiene for your pet:

- Most experts recommend at least once yearly professional cleanings. Some dogs and cats may require even more frequent cleanings.
- Feed at least some hard food to provide an abrasive cleaning action.
- Have your pet's teeth examined every 6 months for tartar buildup! Pets vary considerably in the amount of tartar that accumulates.
- Rub teeth and gums with a prescribed pet toothpaste or cleaning product once daily. A prescribed product especially formulated for pets is a necessity. Human toothpaste should not be used since it can be toxic if swallowed by the pet. A large selection of veterinary toothpastes, oral rinses, and gels are available.
- Pick nylon or rubber chew toys that will help keep the teeth clean. Avoid natural bones and antlers, which are hard enough to fracture teeth.
- When purchasing dental care products from a source other than your veterinarian, always look for the Veterinary Oral Health Council (VOHC) Seal of Approval

These recommendations will probably do more to prolong your pet's life and make it more enjoyable than anything else you can do. Proper dental care can add two years or more to the life of your pet!

21 Winter Energy and Money Saving Hints

1. Set thermostat to 68 degrees. Use blankets or throws to stay warmer when you sit or lie down.
2. Run ceiling fans on low blowing up in winter.
3. Change HVAC filters monthly.
4. When installing air filters ensure that they are facing in the right direction indicated by arrows on the side of the filter.
5. When heating keep windows and doors closed.
6. Insulate electric wall plugs and wall switches with foam pads.
7. Caulk along baseboards with clear sealant.
8. Caulk around plumbing penetrations that come through walls and kitchen sink areas.
9. Caulk any electrical wire penetrations at the top or bottom of interior walls.
10. Caulk outside wall penetrations for pipes and electrical.
11. Close shades and drapes at night to keep heat in.
12. Open shades and drapes during the day to capture free solar heat.
13. Insulate your attic access door or stairway.
14. Make sure that none of your registers or air return grills are blocked by furniture, drapes or carpets.
15. Weather strip all doors and windows.
16. Have your HVAC unit serviced annually.
17. Ensure that any window air conditioning units are covered and weather-stripped.
18. Minimize use of electric space heaters.
19. Ensure that all outside doors and storm doors close properly and seal tight.
20. Keep your garage door down to trap warm air.
21. Insulate your water heater.



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4 Reasons People Give Up on Hearing Aids (And Why You Shouldn't)

By Dr. Jackie Jaloszynski

As a hearing care professional, there's one specific type of hearing aid that I get worried about. It's detrimental for the patient, and it can prevent other people from even attempting to give hearing aids a try.

They are known as "in-the-drawer" hearing aids. In contrast to behind-the-ear or in-the-canal hearing aids, in-the-drawer hearing aids never see the light of day, demoralizing the patient and anyone the patient informs about their inadequate experience.

For the countless numbers of individuals that have obtained hearing aids, a good number will call it quits on the possibility of better hearing for one reason or another. But with modern day technology, we know that this shouldn't be the case.

There are several things that can go wrong, generating a bad experience and causing people to call it quits. But there are ways to protect against this, actions that can be taken to make certain that, with a touch of patience, you get the optimal results.

If you've had a negative experience in the past, know someone who has, or are considering giving hearing aids a chance, you'll want to continue reading. By understanding the reasons some people give up on hearing aids, you can avoid the same mistakes.

Here are 4 of the primary reasons people give up on hearing aids.

1.) Choosing the wrong hearing aid or device

Let's begin with the fact that everyone's hearing is unique. Your hearing loss, just like your fingerprint is unique to you. You need a hearing aid that is programmed

to amplify the targeted sounds and frequencies you have difficulty with, while suppressing background noise simultaneously.

Only programmable digital hearing aids have this ability.

2.) Inaccurate hearing aid programming or fitting

Given that hearing loss is unique, the hearing aid must be custom-programmed for you exclusively. If the configurations are inappropriate, or your hearing has changed through the years, your audiologist may have to modify the settings.

Far too frequently, people give up too soon, when all they needed was an adjustment to the amplification settings. And, if your hearing changes, you may need the settings updated.

Also, nearly all hearing aids are custom-shaped to the curves of the ear. If you find the fit uncomfortable, it may either just take some time to get used to or you may need a new mold. In either case, this shouldn't prevent you from acquiring better hearing.

3.) Not giving hearing aids a chance to work

There are 2 problems here; 1) managing expectations, and 2) giving up too early

If you think that hearing aids will immediately return your hearing to normal, you're setting yourself up for disappointment. Hearing aids will enhance your hearing considerably, but they require some time to get used to.

In the beginning, your hearing aids may be uncomfortable and loud. This is typical; you'll be hearing sounds you haven't heard in many years. Your brain will adjust, but not immediately. Plan on giving your hearing aids about 6-8 weeks before your brain fully adapts to the sound. Your patience will be worthwhile.

4.) Not being able to hear in noisy environments

Individuals with brand new hearing aids can come to be easily overwhelmed in crowded, noisy situations.

This can occur for a few reasons.

First, if you immediately begin using your new hearing aids in noisy setting, prior to giving yourself a chance to adjust to them at home, the sound can be overpowering. Try to adjust in calmer environments before testing at a loud restaurant.

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Jackie M. Jaloszynski, AuD
Doctor of Audiology

Fake News

By Hannah Nielsen

There has been a lot of growing concern lately that an abundance of fake news is being circulated across the internet and other news media. People have even begun to question whether journalists and even entire news sources have become driven by the desire to be first rather than a commitment to tell the truth. This is undoubtedly a serious concern. But I would like to bring a little levity to the situation by presenting some fake news of my own.

Breaking news from the Brandywine Sound Waves, your official news headquarters!



President Trump allegedly sent a personal request to Patti LaBelle, inviting her to perform at his inauguration ceremony last month. She respectfully declined at the last minute, because she was unable to find her “most presidential earrings.” It has since been reported that Donald no longer enjoys Patti LaBelle’s music.

Oil was recently discovered under the Danish city of Haderslev. When asked if the country would soon be

welcoming giants of the oil industry, Prime Minister Lars Lokke Rasmussen replied, “No thanks. We’re quite hygge without them.”

Hillary Clinton was unable to login to her private email server on Monday morning. The former Secretary of State promptly posted a tweet informing those who may be trying to contact her by email of the situation and apologizing for any delayed responses. Minutes later Vladimir Putin re-tweeted her post, adding “Sorry, Hillary. Changed the password last night. Will send you the new one.”

And finally, a scientist in India recently made an alarming discovery that a meteor will collide with earth next Thursday at approximately 2:34pm, causing life as we know it to come to a screeching halt. Considering that this will lead to the imminent demise of all earthly inhabitants, the scientist’s report strongly encouraged all humans to finally start working on that thing that they’ve been putting off for forever, and to finally stop fretting about that other thing which, as it turns out, doesn’t really matter much at all when the world is about to end.



**FAKE
NEWS
ALERT!**

Craft Idea: Gift Boxes

By Monica Sellars

Wait! Do not throw away those old greeting cards and calendars! You can use them (or any heavy-stock paper) to make cute little gift boxes for your sweetheart’s Valentine’s Day treat.

I suggest watching the How To video here: <https://www.youtube.com/watch?v=1JszU-PIHD4>

1. First cut two squares, one of them $\frac{1}{4}$ inch smaller on all sides. The smaller square will be the bottom of the box; the larger one will be the top. Try to cut the squares so that there is a pretty picture in the center of the square so it will be visible on your finished box.
2. To make the top, find the center by placing a ruler from corner to corner and marking. This will form an X in the middle of the square.
3. Fold in the corners to the center.
4. Then open the card back up.
5. Fold one point into the center and then fold the flat edge into the center as well. Open each fold before moving on to fold the next side.
6. Open the card again. Make four cuts along the folds that end at the corners of the center square. You will have two cuts on one side; turn the card around and make two more cuts along the other end of the same folds.
7. Turn the card so you have a wide edge facing you. Fold up along the creases and bend the flaps inward.
8. Then bring the short ends over the flaps and tuck in. If the ends are loose, you can use a little glue to hold it down.
9. Repeat the steps for the smaller square to make the bottom of the box.
10. Seriously, watch the video. It’s not as difficult as it sounds!

Fill your gift box with candies, jewelry, or other trinkets. Decorate it with stickers or ribbons. Attach a little note or a poem. You will make someone feel special when you give them this little handmade gift box.



Sure is Sweet to DIY

by Hannah Nielsen

Last weekend I transformed an old, oversized jar into a charming sugar container for my kitchen. It was an easy project, and I would definitely recommend that you try it at home. Depending on how you choose to decorate your own jar, you could use it to store cookies, dog treats, cotton balls, tea bags, buttons...almost anything small.

If you'd like to make a similar craft, here's what you'll need:

- 1 glass jar with lid (size of your choice)
- 1 small to medium-sized paint brush
- 1 small bottle of paint (color of your choice)
- 1 small bottle of Mod Podge, or clear acrylic sealant
- Stencil template or wooden and rubber stamps (design and size of your choice)

My first step was to paint the lid of my jar. I chose a delightful shade of navy blue, which coated the metal in about four to six layers of paint. The lid is in two parts; I'll call them the plate and the rim. I painted them individually and had to paint the plate a few more layers than the rim before it looked solid blue. Once the paint was dry, I put both parts of the lid back on the jar and coated them with a layer of Mod Podge. This gives a nice finish to the paint, but it also seals the plate and the rim



together so they will now come off in one piece instead of two.

Next I would label my jar, but I didn't want to just label it "sugar." I wanted to get a little more creative. Now here's the part where I embarrass myself a little bit. But as I told you last month, I've resolved to worry less about what people think, so I don't mind sharing this faux pas.

I first thought that I could paint "Su" on my jar because I thought it sounded like it could be the name of a periodic element for sucrose, also known as table sugar. If you are already laughing at my mistake, then I congratulate you on your knowledge of chemistry. Anyway, I thought it seemed perfectly logical. And "Su" is only two letters; that's pretty small and would definitely fit on my jar! So I happily picked up some large Martha Stewart stencil letters from a local craft shop. Admittedly it had been a while since my high school chemistry class, so I decided to double check that "Su" was the right name for the element for sugar before I started my little project. As it turns out, sugar is not even an element at all. It's a chemical composition of elements, and its full name is C₁₂ H₂₂ O₁₁. Oh brother!

If I wanted to stick with the plan of an educational label and use the stencil set I had just bought, my jar was definitely not big enough to fit all of those letters and numbers. Thankfully I remembered that while I was scoping out the craft store (for an hour or two...) earlier that afternoon I had seen some smaller wooden stamps that came in sets of letters and numbers. I made my exchange and hurried home to continue my project.

For the record, you are sure to find an interesting variety of stamps in our local craft stores. There are some with pretty words and phrases. And there are some with

pictures of animals, coffee cups, cameras, pretty designs, and of course letters and numbers like the ones I purchased.

My tip for using these rubber stamps with paint, rather than ink, is to not get too much paint on the rubber. I tried dabbing the block into the thick puddle of blue on my paint plate. I did a few test stamps onto a paper towel, which all looked more like blobs, rather than letters. Next I tried brushing some paint directly onto the stamp. I got a similarly sloppy result on my paper towel. But the third try was the charm. I brushed a little paint away from my puddle, so that I had a thin layer of blue paint on my plate. I lightly pressed my stamp into that thin layer, and my test stamps looked like actual letters! Huzzah!

Before I started applying the stamps, I placed 2 pieces of regular scotch tape on my jar to serve as borders and to keep my letters and numbers straight. I folded up the edges of the tape, so that I could easily peel it off of the glass once I was finished painting. After my carefully applied letters had dried, I coated them with a layer of Mod Podge. You could either use a clear sealant on top of the Mod Podge, or instead of it.

As I mentioned before, this is a very versatile project. I myself feel inspired to decorate a smaller jar with one of those cool picture stamps I saw at the store. But in the meantime, I'm very excited about my sugar jar. It really can be sweet to DIY.



Hearing Aids

(Continued from page 7)

Second, you'll need to adjust to the loud environments as well, just like you did at home. It's common to have one negative experience and give up, but keep in mind, your brain will adapt in time.

And last, you might just need to upgrade your hearing aids. The latest technologies are becoming increasingly better at eliminating background noise and enhancing speech. You'll want to take advantage of the new technology.

It's true that hearing aids are not for everyone, but the next time you hear a story about how hearing aids don't work, you should begin questioning if any of the above is applicable.

The fact that hearing aids didn't work for somebody else doesn't necessarily mean they won't work for you, particularly if you work together with your audiologist. And if you've had a substandard experience in the past yourself, perhaps a clean start, better technology and professional care will make all the difference.

Simple Kitchen Updates on a Small Budget, That Will Help Sell Your House

By Amy M. Hahn, Pine Knoll Shores Realty

When you decide to sell your house, you may not always be in the financial situation to Update the Kitchen. Often times, there are simple and budget friendly ways to make your kitchen show better and hopefully bring in an offer.

- Clean Everything! Remove everything from cabinets and countertops and wipe down completely. When placing things back, go ahead and PURGE. Make the cabinets neat & organized. Try to keep the countertops clear except for a few brightly colored decorative items. Wipe down all cabinet doors, drawers & appliances.
- Remove any "clutter". Magnets on the refrigerator, food items on top of the fridge, mail collecting on the counter, etc. can make the kitchen appear unkempt and smaller than it actually is.
- Take down any curtains or blinds and clean the windows, inside & out. Let the natural light in. A small valance or café curtain may be perfect. It will be attractive, but still allow the natural light in.
- Even if your appliances are old and outdated, cleaning them inside and out can make a big difference. Try to cut down on the amount of things in the refrigerator and make sure it's organized.
- Organize the pantry. Spend a few bucks on baskets or bins (or use the ones you have sitting around the house), and store your pantry items in them. It can really "Jazz Up" the pantry and will help it seem larger than it actually is.
- Lighting Fixtures can be replaced for a reasonable price. Head to your local hardware store and see what they have available. If replacing old light fixtures isn't in your budget right now, clean the ones you have and replace any dead or low light bulbs.
- Paint the cabinets if they are worn out. Paint the walls & baseboards a new color or just to freshen them up. Pinterest is a great place to look for kitchen paint ideas.
- Replace all the Knobs and drawer pulls for a really quick and easy update.
- Clean and organize all the drawers and again... purge while you go. How many spatulas and serving spoons do you really need?
- Clean under the Kitchen sink and make it a habit to store dish soap and other products out of sight. Do not keep sponges & towels/rags in or around the sink. While cleaning, check for any possible leaks and take care of them. One tiny drop of water can frighten potential buyers.

Once your kitchen sparkles, try to keep it that way for all potential showings.

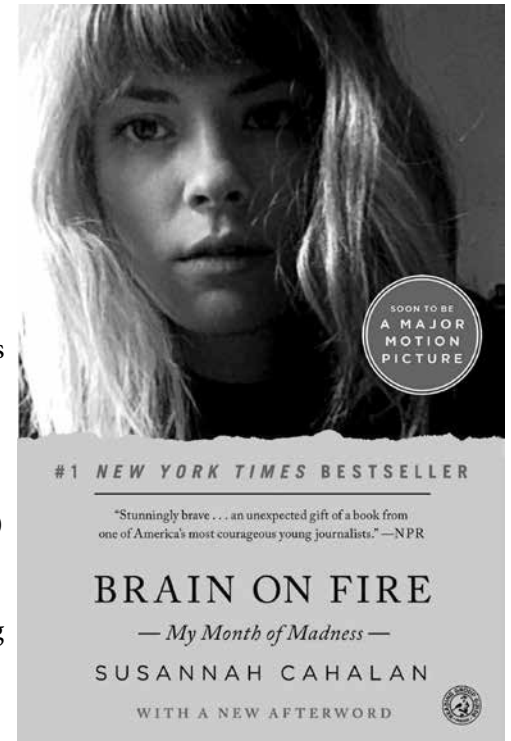
Brandywine Book Club Notes

By Melinda Brown

The Brandywine Book Club December meeting was our annual Christmas luncheon at Floyd's Restaurant. After lunch we returned to Marie Rudder's home for homemade Christmas treats and fun. This year instead of our usual book exchange we decided to donate books to Toys for Tots. The assortment of books we chose was quite interesting. We hope the books provide the children with some fun reading during the coming months.

At our meeting in January, our book for discussion was *I Let You Go* by Clare Mackintosh. It was rated as one of the 10 best crime novels of 2016 by The New York Times book reviewers. It is a very well written book with several surprising twists.

In February we will be discussing *Brain on Fire* by Susannah Cahalan, about a girl's struggles to regain her memory. Our meeting will be February 14 at 1:30 pm. We always look forward to meeting new members. If you would like to join us, call Melinda Brown at 247-1055 for further information.



2017 Empty Bowls



14th Annual Event Hope Mission of Carteret County, Inc.

SAVE THE DATE: "Join Us for a Meal and Help Fight Hunger In Our Community" – the 14th annual 'Empty Bowls' luncheon fundraiser will be held on: Wednesday, February 22nd, 2017 from 11am – 1pm at the Crystal Coast Civic Center 3505 Arendell St., in Morehead City.

Empty Bowls is an International project to fight hunger. Events can be found around the country raising money for local organizations to help their communities. Proceeds from this event will go to Hope Mission and Martha's Cupboard, both of Morehead City.

Your donation will get you the opportunity to pick out a beautiful handmade bowl, as well as a simple but wonderful meal of soup, bread, dessert and drink; all donated by local potters, restaurants, civic groups and businesses.

Tickets are available through Hope Mission (Bridges Street), Webb Library in Morehead (9th & Evans), Cape Carteret Aquatic and Fitness Center (Taylor Notion Rd.), and Handscapes Gallery (Front St., Beaufort).

For more information, call Hope Mission at (252) 240-2359 and visit our web site at www.hmcm.org to learn more about us.

I AM MY MOTHER!

By Susie Garland

Friends and family are always asking me, “Besides your column, have you written any more stories of late?” The following recent misfortune gave me the inspiration to put it all down in writing, reminding me of the years spent with my mother—one disaster after another while spending a whole day with her—after which I began writing all my award-winning stories depicting the time we spent together—my way to relieve the frustration. I always focused on the humor that came out of the grief I endured, just as I do now when I am the focus of attention. You had to live it to believe it. No makeup or pretend. Always remember, there is a fine line between comedy and tragedy. The following comedy of errors is meant to be funny, so feel free to laugh. Here goes:

I had planned to go shopping. When pressing “open” on my keychain to gain entry to my car, I saw that all the windows were completely darkened, even in the bright sunlight. It looked like my red vehicle had turned black. As I got closer, I then noticed a million ants crawling all over the outside. I peeked inside and saw them on the seats, on the dashboard, the steering wheel, and hiding in crevices inside the car. I then opened the trunk and saw hundreds more swarming all over the interior. What the hell! Inside one of the storage “pockets” on the side, I noticed a soda can that had burst to smithereens. AHA! The ants were gorged with the sweet stuff and I watched in horror as they devoured half of my car. I had saved that can of Coke, God forbid I go to someone’s house and they offer me “diet” soda. Yeck! I hate diet soda. And now, with ants crawling all over my body no less, I had to at least get rid of the ones that were crawling around on the driver’s seat so I could take it to the car wash to remedy the catastrophe. After spraying the car, and me, with ant and roach spray, and wiping up dead bodies for about an hour, I was able to clear the seat and frantically drove to AutoBrite where they told me I had to leave the car for most of the day as they’d have to fumigate and bomb the auto. It was now over 100 degrees outside and I wasn’t about to sit in the AutoBrite office all day, so I decided to walk home—maybe 15 miles from my house. I called Nelson (my husband) from my cell but there was no answer. That man never answers the phone! The only way to get him to pick up the receiver is to let the message go to the answer machine and then you have to shout: “Pick up the phone, Nelson. PICK UP THE PHONE. PICK UP THE DAMN PHONE, NELSON!” Sometimes you might luck out; most times not. I didn’t want to bother any of my friends because I was too exhausted and ashamed to explain why they would have to get me. They’d probably inspect me for creepy-crawlers if I told them that I needed a ride home because—well, you know. I’m a walker and thought I could handle the hike home. I took a deep breath and began my journey. The sweat soon poured down my face and entire body from the excruciating heat. I stopped in a few stores to cool off but as soon as I got outside, the hot sun drained the life out of me. After walking about 45 minutes, I called Nelson again. “Pick up the phone, Nelson. PICK UP THE PHONE. PICK UP THE DAMN PHONE, NELSON!” I screamed. Onlookers began looking at each other and pointing towards me as if I had just escaped from the looney bin. Thankfully, Nelson answered this time after hearing my frantic message. “What happened this time?” he inquired. I told him the sorry-ass story and 15 minutes later, I was sitting in his air-conditioned truck and on the way home. AutoBrite called about four hours later and told me they found the “nest” where the ants were creating more cute little buggers and that it would take about two more hours as they now would begin the process of bombing and fumigating after sterilizing, decontaminating, and disinfecting the car. Upon my return to the car wash, the auto was sparkly clean, washed and dried, and appeared to be bug-free. (I was still scratching!). Seventy-five dollars later, I was on the way home again. My body, and brain, however, was fried! And, yeah, I check the inside and outside of the car every time I drive now to make sure there is no “procreation” going on. Speaking of bugs, be careful when inspecting or picking up a golf ball in the rough. There could be consequences! I’m off the Benadryl now and the swelling has gone down on my hand! But that’s another story. Yeck!

Reflecting: I’m still snubbed and not asked to volunteer to drive to away golf tournaments. Hmm. They must have read this story. I should have driven my car next to the burning stove in my house! Then I’d have to buy a new one, just like my new oven just purchased. What burning oven? Stay tuned for yet another comedy of errors in the next edition.

Anyhow, it’s not easy being me. That’s my excuse and I’m sticking to it! Remember that fine line between comedy and tragedy? Keep in mind. Omigod, I am becoming my mother ... I AM MY MOTHER!

THE LIVING END.

P.S. Didja laugh? Well, didja?



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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.
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It's Only a Game

By Susie Garland

On a bright and sunny morning
The LGA came out to play
With great anticipation and hopeful elation
That low scores would soon come their way

The first on the tee took careful aim
But regrettably swung much too hard
Two seconds later, the ball now a traitor
Had landed in Mickey Friend's yard

Not a good start that caused more distress
Now I'm three off the tee she whined
As the ball soared far left, she was totally bereft
The word brain fart at once came to mind

Later she came to the 17th tee
Her favorite hole - yeah, right
The ball plopped in the trap and she shouted, "Oh, crap!"
Watching it sink in the sand out of sight

She continued to grumble, undergoing great stress
Then planned out her next strategy
She slowed down her swing and tee'd up with her Ping
And proceeded to drive towards the tree

Bonk went the ball as it hit the big trunk
She was feeling so miserably farklempt
The ball disappeared which is something she feared
So back to the tee she again went

She carefully took her stance and aimed toward the green
Alas, the ball went kersplash in the water
Yet another mistake while the ball in the lake
Was now swimming with Neptune's Daughter

Her friends consoled her with words of advice
As she listened with utter dismay
Blah, blah, blah, chin up, while she wailed like a pup
Yeah, isn't that what they all say?

Is it worth it you ask? Do I need all this stress?
She walked to the clubhouse in shame
Muttering after all, it was the fault of the ball
It's no wonder I hate this game!



"You always tell me it's only a game."

A Salute to Barbara Lancaster

By Susie Garland

Below is a poem I wrote for my dear friend, Barbara, that was published in my column in the Sound Waves just a year ago. The words are still fitting and presented as a remembrance and a tribute to her.

I haven't got the strength
And I don't have the length
Barbara retorted to me
I'll give the 9-holers a run, it'll be just as fun
I told her I wholeheartedly agree

This is one charming lady
Her couples partner, Tom Grady
With stamina beyond their years
We salute you, dear Barb, with the highest regard
Together with all of your peers

At Barbara's memorial service on January 13th, a prayer card was given to the congregation that depicts warm sentiments and words of faith and encouragement:

In Loving Memory of Barbara Louise Rowland Lancaster
January 12, 1932 to January 9, 2017:

God saw she was getting tired
And a cure was not to be
So He put his arms around her
And whispered, "Come to Me"
With tearful eyes, we watched her suffer
And saw her fade away
Although we loved her dearly
We could not make her stay
A golden heart stopped beating
Hard working hands at rest
God broke our hearts to prove to us
He only takes the best

Rest in peace, dearest Barbara
For those we love don't go away
Unseen, unheard, but always near
They walk beside us every day



**Sound Waves needs a teen reporter
Contact editor.soundwaves@gmail.com.
It looks so good on a college application!**

Surprising Ways Physical Therapy Can Help You

By Monica Sellars

It's pretty common knowledge that a Physical Therapist can help you with rehabilitation after knee surgery, for example, but you may not know that there are many other ways that physical therapy can help you! According to the American Physical Therapy Association (APTA), "Physical therapists (PTs) are health care professionals who diagnose and treat individuals of all ages, from newborns to the very oldest, who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives.

Physical Therapists (PTs) and Physical Therapist Assistants (PTAs) work with patients in hospitals, private practices, outpatient clinics, home health agencies, schools, sports and fitness facilities, work settings, and nursing homes." A PT may specialize in a certain area of physical therapy, like neurology, pediatrics or sports. In addition, a PT may earn certifications in advanced techniques or specialized therapies.

Dr. Katie Knight is a Physical Therapist at Break Through Physical Therapy in Morehead City. She specializes in Pelvic Health and is certified in Trigger Point Dry Needling. She says that many people needlessly suffer with health complaints that can be improved through physical therapy. Do not "put up with it" anymore! Improving even one annoying problem can make a big difference in your daily quality of life.

Dr. Knight offers this list of examples of surprising ways physical therapy can help you:

1. Constipation
2. Urine leakage with coughing, laughing, sneezing, and exercise
3. Urine leakage while walking to the restroom or after voiding
4. Urinary urgency, frequency, incomplete emptying, and urination at night
5. Pelvic pain or pain with intercourse
6. Trigger Point Dry Needling for acute or chronic pain

Yes, Dr. Knight can help you improve these annoying problems by teaching you about strengthening, stretching, relaxation, massage, and other techniques! She will answer all of your questions and provide detailed instructions to help you succeed. Learn more at <https://www.breakthroughptclinics.com/services/pelvic-health/>.

Consider meeting with a PT about your most annoying complaint! Check with your insurance provider about whether a referral from your doctor is needed; often it is not. There are several Physical Therapy practices in Morehead City, so inquire about which practitioners offer the types of services that treat your specific condition.



Katie Knight, PT, DPT

MGA Happenings

By Vince Moreno

Tournament in January was a "scramble". Teams were made up by our tournament chairman Chuck Muller.

First Place Winners with a score of 61 were Coasty Cornwall, Bill Springsteen and John Rennwald. Second Place Winners with a score of 67 were Bob Warren, Chuck Muller and John Miller. Closest to the pin was won by Bob Colbourne.

The best part of the day was our lunch at the "K" club. The food was great as usual, making it another good day for the MGA.



First place winners John Rennwald, Coasty Cornwall, Bill Springsteen



Second Place Winners John Miller, Chuck Muller



February Sudoku

6		3				4	9	
4					2			3
		8						
			3	2			6	
							7	2
				1	9			
	4							
5	7	2			3			6
3					4	2		1

Women's History Month Reception

The League of Women Voters of Carteret County is proud to host a reception on Friday, March 3rd from 5:00-7:00 pm at the Promise Land Market located at 909 Arendell St. in Morehead City. The purpose of this reception is to celebrate Women's History Month and look back over the past 20 years to honor all of the past recipients of our 'Woman of the Year' program since its inception in 2000. All of our past recipients and nominees will be invited to attend and will be recognized. Wine and beer will be served at cost and appetizers provided by the League. There will also be a silent auction.

The League is launching a new program in 2017 called 'Influential Woman of the Year' created to spotlight and recognize the role that women play in our community across many diverse fields including arts, education, healthcare, government, law enforcement, business, not-for-profit and others. The overall 'Woman of the Year' winner will be selected from these nominees and presented to the winner with the most votes from the community at our annual 'Woman of the Year' award luncheon in August.

Submission forms will be available at the event on March 3rd and also online after March 3rd at <http://www.lwvcarteretcounty.org/home>. Submission forms may be sent to: c/o Woman of the Year 2017, PO Box 2181, Beaufort, NC 28516 or online to carolgeer@gmail.com.

"The League of Women Voters of Carteret County is proud to observe Women's History Month as an opportunity to honor the great work and positive impact that women have had in our community. We are also actively looking for sponsors for this event to help offset our costs for the reception and silent auction. Anyone interested in being a sponsor or contribute an item to the silent auction, please send an e-mail to carolgeer@gmail.com."





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Captain Jerry's Fishing Report

By Capt. Jerry Dilsaver

The water temps continue to slowly climb back to and maybe slightly above normal for this time of year. Last week the inshore CORMP Weather stations were only reporting water temps in the low to mid 40s and that has risen to low 50s across much of the state this week. This is pretty close to usual and maybe even a few degrees warm for January water temps and that's a good thing.

There is some disagreement with the mid depths reporting stations in Onslow Bay. The ILM 3 Buoy about 25 miles off Wrightsville Beach was reporting 68.3 degrees Thursday, while the LEJ3 Buoy about 25 miles off New River Inlet was cooler at 61.7 degrees. Both the NDBC 41025 Buoy, south of Cape Hatteras and the NDBC 41013 Buoy, near Frying Pan Tower off Cape Fear were reporting water temps in the 70s. Check these reporting stations for wind, swell and temperature conditions at www.cormp.org.

While the bluefin tuna action has slowed around Cape Lookout, it has picked up around Cape Fear. Just outside Carolina Beach Inlet and along the East Beach of Bald Head Island has been a hotspot for about a week.

One of the most impressive catches was a 106 inch fish that cored at 677 pounds. This fish had an 86 inch girth and using the formula of girth squared, multiplied by the length and divided by 800, it should have weighed 979.9 pounds. That's a big fish!

One group of fishermen landed an 80 some inch bluefin in a bay boat. That's a little extreme, don't you think? I hope no one gets hurt while chasing these big tunas. Some of them have been known to have nasty dispositions and one dragged a big center console about 10 miles one afternoon.

Both the commercial and recreational bluefin seasons are currently open. A federal permit is required and there are size and number regulations that are subject to changing quickly. For more information on the permits and regulations visit www.hmspermits.noaa.gov. Fishermen should be aware that in addition to the federal and state permits required to land bluefins there are reporting requirements and equipment requirements.

The Coast Guard has expressed concerns that some fishermen don't have the required equipment, most of which is safety equipment. The Commercial Fishing Vessel Safety Program has posted information online at www.fishsafe.info and the regulations are available at your local library, government bookstore or online at www.access.gpo.gov/nara/cfr/cfr-table-search.html. There is a "NO Fault - NO Penalty" courtesy dockside boat examination and there is an examiner in Atlantic Beach available by calling 252-247-4526.

There were just a few reports from offshore during the past week and they were really good for January. Wahoo and blackfin tuna were in pretty good numbers at the Gulf Stream and there is a report of a sailfish that I can't pin down.

A little closer in, fishermen caught an assortment of bottom fish and king mackerel. There was a really hot king bite around Frying Pan Tower several days. Otherwise the kings and bottom fish are in roughly the same depths (90-125 feet) and some bottom fishermen added a king to their catch by drifting light lines behind the boat. Structure is the key for bottom fish and it could be rocks, ledges, or wrecks. The kings prefer the same type areas but look for suspended baitfish.

Speckled trout fishing isn't what I would call hot, but it's January, not October. However, the action continues to improve a little as the water warms back up after the early January freeze. There don't seem to be big schools of specks, but there are some smaller schools moving through the creeks and marsh systems and they are feeding. The reports are of catching a couple, then a while later catching another couple and so on. Many of these specks are shorts to barely legal, but there are some big boys and girls in the mix too.


The hot baits for the specks right now are MirrOlures in the MR 17, MR 18 and MR 14 styles. All these baits resemble small menhaden with the MR 17 and 18 being small and the MR 14 even smaller. The MR 14 and 17 are suspending lures, while the MR 18 is a sinker. The best results have come by letting these lures drift

with the current and twitching them occasionally.

Some folks are also catching specks on soft plastics. The keys with soft plastic have been to use scented lures or add scent and to fish them very slow, even occasionally pausing them and letting them sit on the bottom. Many times the strike comes during the pause or immediately when they move again.

There are red and black drum in many of the marshes and creeks too. Red drum will hit the same lures as specks, plus pieces of shrimp and cut bait. Black drum will occasionally, but rarely, hit hard baits, but sometimes hit soft baits and really like pieces of shrimp and cut baits.

Stripers are biting pretty well in most of the coastal rivers and sounds. They have been hitting a variety of soft baits, and diving hard baits. More are being caught on MirrOlures and such as they are becoming preferred extra catches while trout fishing, but the long time preferred lure for stripers is Rat-L-Traps.



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3. System has two softening tanks.	Yes.....	No
4. Conditioned water is used to regenerate the conditioner during all phases of the regeneration process.	Yes.....	No
5. Conditioned water is available for use during regeneration.	Yes.....	No
6. Control valve parts operate in clean, conditioned water.	Yes.....	No
7. System provides an uninterrupted supply of conditioned water.	Yes.....	No
8. No unnecessary reserve capacities are required to handle additional demand for conditioned water.	Yes.....	No
9. No special cycles or by-pass adjustments are required when you have guests or before you leave for vacation.	Yes.....	No
10. System regenerates only when necessary based on water usage and not at a preset interval.	Yes.....	No

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Phantom of the Opera Shrove Tuesday Dinner

By Libba Shelton

Join St. Francis by the Sea Episcopal Church at 920 Salter Path Rd, Salter Path for their February 28th Shrove Tuesday dinner. Featured will be a pancake dinner at 5 pm followed at 6:30pm by the silent movie version of Phantom of the Opera accompanied by renowned organist Dorothy Papadakos arrayed in costume. Join us with your Mardi Gras wear. Tickets are \$15 in advance and \$20 at the door.

For more information visit stfrancisbythesea.org or call 252-723-1898.



CHANGES TO 2017 BRANDYWINE DIRECTORY

January 18, 2016

ADDITIONS:

Hardison, Frederick & Donna	207 Oak Drive	252-241-2659
King, Wilkie & Ruth	103 Carefree Lane	N/A
Osborne, Kristen	401 Cedarwood Village	1-336-687-3142
Rios, Robert & Crystal	209 Holly Lane	1-843-271-2792
Tyson, Patrick	105 Tree Fern Dr.	1-919-413-2138

CHANGES:

Cristofalo, Pat & Roseanne	208B Reserve Green Drive
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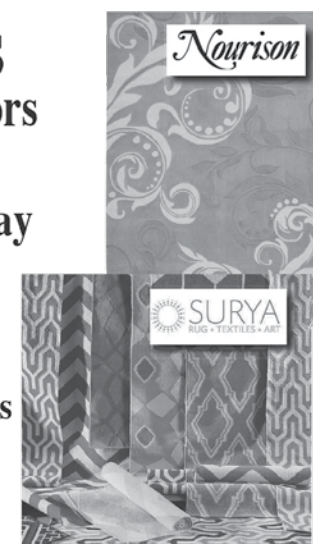
James Allen Canady

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Vacation Planning Made Easy

By Monica Sellars

"Hey, Honey. Let's plan a vacation!"

"Great idea, Dear. Where would you like to go?"

"I've always wanted to travel out West."

"Well, there's a lot to see out there. We might need to narrow that down a little."

"Yes, but I just don't know where to begin! And since I've never been there, I have no idea where to stay or how to get around. You know, planning a vacation sounds like a lot of work."

Does this conversation sound familiar? Vacation planning can be stressful, even with (or because of) all of the information available on the internet. An alternative to DIY vacation planning is to take a pre-planned vacation with a vacation tour package.

No matter what your interest, there is likely a tour package that will provide the adventure you seek. Some packages are independent, meaning you follow the itinerary on your own; others are guided, meaning you travel with a group of vacationers and a tour guide. You can travel across distances by boat, bus or train; or you can choose a tour that lets you explore and experience just one city. Vacation packages are available for trips within the United States and abroad. You will need to do a little research on the tour that you would like to take, of course, but after that – you just sit back and relax! The tour company will take care of the details; although, make sure you understand whether transportation (like airline tickets) is included to the starting point and from the ending point.

"Check out this vacation package, Dear. It's called Legends of the American West. It's a nine-day group tour that includes meals, hotels, and transportation. The itinerary says we'd see several state parks, go river rafting, visit Mount Rushmore, and much more! It starts in South Dakota and ends in Wyoming."

"That sounds perfect, Honey! Let's sign up now!"

Here are some resources for finding vacation tours:

AAA Vacations

<http://ww1.aaa.com/services/travel/aaavacations/vacationsToursPackages.html>

Amtrak Vacations

<http://www.amtrakvacations.com/>

Road Scholar

<https://www.roadscholar.org/find-an-adventure>

Tauck

<http://www.tauck.com/>

Vacations to Go

<http://www.vacationstogo.com/>



Cooking Gadget #2: Stick Blender

By Monica Sellars

This month's kitchen gadget is one that we use a LOT: the stick blender! This super-handy gadget is also known as a hand blender or immersion blender. There are many reasons I like using my stick blender. It is small and lightweight, so it is easy to grab and use. It is also very easy to clean – much easier than the regular blender or food processor. You can use it in the pot or bowl that you are cooking or storing your food in, so there are no extra dishes to wash. And you can blend things to your preferred consistency – a little chunky or perfectly smooth.

I have learned a few lessons over the 12+ years I've been using my stick blender, though. First, make sure the blender is fully submerged in the food. This prevents splashing. Second, make sure you let your cooked food cool prior to blending. You don't want it to accidentally splash and burn your skin. Third, only lick the outside of the blender; the blade is very sharp, so just scrape the inside with a spoon if you simply must not waste a taste. And fourth, wash the blade by hand. When I put it in the dishwasher, water gets inside, and it is tricky and frustrating to remove.

So what can you do with it? You can make salad dressing and marinades quickly by adding the ingredients to a measuring cup or jar and giving them a quick blend. You can also make smoothies and milkshakes quickly and easily. You can blend cooked vegetables to make smooth soups – my current favorites are fresh green pea soup, butternut soup, and carrot soup. You can also make super-smooth mashed sweet potatoes. The list goes on and on...so I'll end with one final suggestion: applesauce!

Applesauce is delicious and surprisingly versatile. It tastes great warm or cold. Every batch of applesauce is exciting because the flavor is slightly different depending on the types of apples you use. Expert chefs would probably say that certain types of apples work best, but I personally don't think it matters. You can also cook another fruit with your apples for a change of pace; try pears, mangoes, or peaches. When you are serving a bowl of your homemade applesauce, you can stir in more flavor as well, like cinnamon, berries, or bananas.

Imprecise Apple-Pear Sauce

Ingredients:

- 3 apples
- 2 pears
- ½ lemon, juiced
- ¼ cup water

Instructions:

Peel and core fruit. Chop into 1-inch chunks. Put the fruit in a large sauce pan. Add the lemon juice and water. Cover and bring to a boil. Reduce heat and simmer for about 20 minutes, or until fruit is soft. Check it to be sure the water has not boiled off; add more water if needed. When it is finished cooking, remove from heat and allow it to cool. Use your stick blender to blend the fruit to the desired consistency.



Here's My Heart Valentine!



Only two hearts in the tree are exactly alike. Find them and color the picture!

BOA Board Minutes

January 10th, 2017

Cedarwood Village Club House

The meeting was called to order at 7.03 PM by Ed. Executive Board Members in attendance were Bob White, Noreen Barrett, and Nancy Beszterczi.

Ed asked for a motion to accept the minutes as written by Noreen Barrett from the November meeting. Nancy made the motion, Bob seconded and all Board members agreed.

Secretary's report: None

Treasurer's Report: Scott Carpenter has asked for money to be moved to the drainage line item as funds have been depleted for the year due to storm issues whose funds had also been depleted. Nancy made a motion the move \$2000 from the maintenance line item and \$4000 from ground improvement/beautification to drainage for necessary repairs and maintenance. Noreen seconded and all approved. Further discussion was had regarding how the proactive drainage maintenance plan has resulted in no flooding issues.

Bob discussed the forthcoming annual dues mailing which is a big undertaking. The board will all get together on March 24th for envelope stuffing. Money was moved from the restrictive road fund from Sound Bank to Select Bank for a better deposit rate. The insurance for the association remains the same this year. It will be up for review next year.

Old Business:

Gate Card: April 1st will be the cut off for all unaccounted cards. If you haven't submitted a gate card audit form as yet, those cards will not work after April 1st.

Phone Tree: Noreen will confirm database with John Miller and then implement the phone tree service with Will Gainey's help.

Carolina Water New Road Access: Attorney Lassiter is cleaning up the contract. Completion supposed to be in the 1st quarter of this year. Only needs 2 weeks for gravel road and the entryway will be paved.

Speed Bumps: Speed bumps are still under review.

New Business:

Speed Bumps: Scott Bell will be repainting the speed bumps.

Street Signs: Gary Stakes did the original specs for the signs. Those were reviewed. There will be 32 street signs in total. Also Stop signs needed. The board is getting another quote and a sample request from both companies.

Committee Reports:

Drainage Report: Scott Carpenter reported: Drainage's account has exhausted its 2016 funds. NOTE: I think some of drainage funds were used to fund our recent hurricane clean, since I took responsibility on several projects. Therefore, no work has been done since the last reporting period. After visiting our Treasurer, Bob, this past weekend, I gave him three quotes listed in order of priorities:

1. Due to collapsed drainage pipe along Lord Granville and cart path to #16 hole, therefore this has caused a major sink hole. This is a safety concern.
2. Since recent weed spraying along ditch by gate 70, the weeds need to be cleaned out of the ditch and debris in front of multiple culverts.
3. Since recent weed spraying along ditch by Hammock Place, the weeds need to be cleaned out.

If funds are available, please fund minimally these three projects so that our rain water will continue to flow out of Brandywine. I am attempting to get ahead of the upcoming spring rains. Presently, I have an action plan to maintain the areas of our responsibilities to our wonderful community.

ACC: December Report: NOVEMBER APPROVED ALTERATIONS: 204 Tree Fern Dr. Replace Roof. 1-Nov 102 Fairway Ct. Remove Small Trees. 6-Nov 102 Fairway Ct. New Fence. 6-Nov. 114 Fairway Ct. Remove 2 Trees. DECEMBER APPROVED ALTERATIONS: 111 Fairway CT. New Fence. 6-Dec. 104 Wistaria Circle. Repaint House. 7-Dec.

Beautification: Great job on the wonderful Christmas lights at both entryways. Special thanks to George and Amy Haskins for their hard work. Some of the lights need

to be replaced before next year. There is an irrigation leak at 70 Entrance. Been waiting on coastal turf grass for repairs. Winter flowers were planted by Carolina home & garden at 70 and 24 entrances.

Gates: All good. Ambulance signal was adjusted. Village Green gate was hit but the camera is not functioning at this time.

Cameras: The cameras on Hyw. 24 side are working and work has continued perfecting the underground wiring system. The playground is also adding a motion sensor camera system at a cost of approx. \$500 which is in the budget. This will be plugged into the swimming area camera.

Boat Storage: Jerry Garner reported that things are calm at the moment. New locks and new keys are being dispersed at this time.

Recreational Area: Tom Snively reported that \$342 was spent for the playground area and Megan and Nancy Beszterczi helped paint the area.

Other: It was noted and discussed the urgency to replenish the board with new Board Members. The President, Vice President and member at large positions need to be filled immediately.

The meeting was adjourned at 9.05 pm.

The next Executive Board meetings will be as follows: February 7th, March 7th and April 11th. The next Quarterly General Meeting is Wednesday, February 15th 7.00 PM at the K Club.

Respectfully submitted by Noreen Barrett, January 23, 2017.

Winter Theatre

The Carteret Community Theatre is filling their winter stage with shows that will light up the coolest day. From comedy to plays to concerts, 1311 Arendell St in Morehead City is the place to be for entertainment on the Crystal Coast. For tickets visit www.carteretcommunitytheatre.com. Save Will-Call and Walk-Up Fees and avoid lines by choosing the E-Ticket/Print at Home option.

You've heard James Gregory on the John Boy and Billy Big Show, now you can see him live. James creates an evening of non-stop laughter with a wry sense of the absurd, a Southern accent and universal story-telling. The ridiculous, the common and sometimes even the simplest events all become hilarious in the hands of this master storyteller and world-class comedian.

James Gregory, hits the stage for one show only at the Carteret Community Theatre. Doors open February 4th at 7pm with show time at 8 o'clock. Bring your family, bring your friends and get your tickets now – only \$25 in advance for general admission, \$35 for VIP seats. This is a Beasley Broadcasting production. The link will take you to WSFL.com where you may purchase tickets. Tickets are also available at Williams Hardware in Morehead City and WSFL studios in New Bern.

Three Jewish widows meet once a month for tea before visiting their husband's graves. Ida is sweet and ready to begin a new chapter in life. Lucille, the feisty embodiment of the girl who wants to have fun and Doris the dull, judgmental, living-in-the-past older lady, work in the name of protecting Ida to quash her budding romance with Sam the butcher. The two are full of regret when Ida's heart is broken. "The Cemetery Club" is full of life, love and laughs! Don't miss it. Shows are February 10, 11, & 17, 18 at 7:30pm and February 12 & 19 at 2:00 pm. Tickets for Adults \$15 and Students \$10.

Delbert McClinton is an American blues rock and electric blues singer-songwriter, guitarist, harmonica player, and pianist. Active as a side-man since 1962 and as a band leader since 1972, he has recorded several major record labels: albums, and charted singles on the Billboard Hot 100, Mainstream Rock Tracks, and Hot Country Songs charts.

McClinton's highest-rated single was "Tell Me About It," a 1992 duet with Tanya Tucker that reached No. 4 on the Country chart. He also has four albums that made it to No.1 on the U.S. Blues chart and another that reached No. 2. He was inducted into the Texas Heritage Songwriters Hall of Fame in March 2011. Catch Delbert in concert on Friday, March 3rd at 8pm. Reserved Seating pricing from \$40-55.

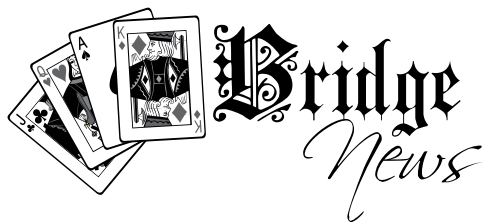


Pet of the Month

Ziggy

By Monica Sellars

Introducing Ziggy! He's the 6 year old Yorkie Poo who lives with Muriel Thatcher. He moved in with Muriel when his first family had to move away, and he could not go with them. Muriel thoroughly enjoys his company, and he wants to be near her all the time. He has a bed or a chair in every room of Muriel's home, so he can stay close and comfortable, no matter what Muriel may be doing. Ziggy also enjoys dog treats, walks around Brandywine, and visits to Canine Kingdom for haircuts and pampering. Ziggy and Muriel also enjoy going to the beach, but Ziggy prefers to stay out of the water. Say hello to Ziggy and Muriel when you see them out and about – they are a very friendly pair!



By Jo Mullis

The Brandywine Bridge Club met on January 11 at the "K" Club. There were 16 members in attendance. Winners were Pat Barber 1st place, 2nd place Katie Kirk, and 3rd place went to Katie Kirk.

A great lunch was served consisting of chicken casserole and rolls. This was topped off with everyone's favorite dessert, bread pudding.

Bridge club meets on the second Wednesday of the month at 10:30 am at the "K" Club. Membership is open to all residents of Brandywine. For more information call Pat Barber at 240-1737 or Dolly DiMarco at 240-3547.

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Series Events: Fill Your Calendar

By Monica Sellars

Concerts, dinners, and movies! Plan now to participate in the exciting series events being held in Morehead City now through April. Check the websites for ticket information and availability. Reserve your spot today – space is limited!

- **Down East Folk Arts Society Concerts**

February 11: Little Windows
April 22: The Honey Dewdrops
May 20: Sultans of String
Joslyn Hall at Carteret Community College
<http://www.downeastfolkarts.org/Concerts.html>

- **American Music Festival of NC Concerts**

February 18: Horszowski Piano Trio
April 22: Jasper Quartet
History Museum of Carteret County
<http://www.americanmusicfestival.org/program.html>

- **Escoffier Chef Dinner Series**

February 28: Chef Park & students
March 28: Chef Garnett & students
April 25: CCC Students
Crystal Coast Civic Center
<http://www.cccfoundation.org/escoffier-dinner-series.html>

- **International Film Series and Dinner**

“The Carer”
February 23: 5:20 pm & 7:30 pm
February 24, 2017 at 2:30 pm

“Nakom”
March 23: 5:20 pm & 7:30 pm
March 24, 2017 at 2:30 pm

“I Wish”
April 6: 5:20 pm & 7:30 pm
April 7, 2017 at 2:30 pm
Dinners (6 pm) reflecting the culture of the evening’s movie are catered by Floyd’s 1921. See the movie after dinner.

Movies: Joslyn Hall at Carteret Community College
Free admission

Dinners: Crystal Coast Civic Center
Advance ticket purchase

<http://cccfoundation.org/international-film-series.html>

Weight Watchers meets Tuesdays at noon and 5:30 at the Civic Center. Sign up at any meeting. Weigh-in begins 30 minutes prior to the meeting.

Last Month's Solutions

8	7	9	4	6	1	2	3	5
2	6	1	8	5	3	7	9	4
3	4	5	7	9	2	6	8	1
7	8	4	6	3	9	1	5	2
5	1	3	2	7	4	8	6	9
9	2	6	5	1	8	4	7	3
4	3	7	1	8	5	9	2	6
1	9	8	3	2	6	5	4	7
6	5	2	9	4	7	3	1	8

A	S	P	S	C	H	A	S	E	O	P	A	L	
T	E	A	K	H	A	U	T	E	B	I	N	E	
O	R	N	A	M	E	N	T	A	L	L	O	A	N
L	V	I	A	R	S	O	N	W	O	U	L	D	
L	E	C	T	U	R	E	D	A	R	N	S		
I	V	Y	M	A	L	I	G	N	E	D			
A	T	O	N	E	T	A	R	O	T	E	R	R	
M	O	V	E	P	R	I	D	E	A	S	I	A	
A	G	E	T	R	A	M	S	S	I	S	S	Y	
H	A	R	P	O	O	N	S	F	T	L			
T	O	F	F	S	W	O	R	S	T	E	D		
A	D	I	E	U	M	A	O	R	I	A	S	A	
P	E	R	T	S	U	R	R	E	A	L	I	S	M
S	E	E	R	I	T	E	M	S	O	G	E	E	
E	D	D	Y	B	E	A	S	T	B	A	S	S	

ACROSS

1. Tablet
6. Plod along
10. Website addresses
14. Log home
15. Bishop of Rome
16. Tidy
17. Blatant
18. Cards with 1 symbol
19. Small amount
20. Seafront
22. Again
23. Dawn goddess
24. Building addition
26. West Indies music
30. Wand
32. Submarine
33. Automatic transmission of data
37. Thunder
38. Vibes
39. Debauchee
40. Debilitates
42. Ringworm cassia
43. Unit of gold purity
44. Pester
45. Chalk
47. Not thin
48. Run away
49. Found on cave ceilings
56. French for "Wolf"
57. Small island
58. Product of bees
59. Being
60. Flower holder
61. Master of ceremonies
62. Doe
63. God of love
64. Inclines

DOWN

1. Flat-bottomed boat
2. Magma
3. Assist in crime
4. Rubber wheel
5. Implore
6. Boxes lightly

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20					21						22				
				23				24	25						
26	27	28	29				30	31							
32						33						34	35	36	
37					38						39				
40				41						42					
			43						44						
	45	46						47							
48						49	50	51				52	53	54	55
56						57					58				
59						60					61				
62						63					64				

7. Mentally irregular (slang)
8. Not closed
9. Carries (pregnancy)
10. Rude
11. French for "Queen"
12. Type of rubber
13. Goulash
21. Enemy
25. French for "Name"
26. Country bumpkin
27. Black, in poetry
28. Blunder
29. Wildlife warden
30. Type of cap
31. "What a shame!"
33. A city in western Russia
34. Chinese mafia
35. Graphic symbol
36. 365 days
38. Harsh
41. Consume
42. Small bag
44. Bleat
45. Near
46. Utilize again
47. Runs away
48. Skedaddled
50. Russian emperor
51. As well
52. Hefty volume
53. Ancient Peruvian
54. Adolescent
55. Visual organs

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Show Some Love Today!

By Hannah Nielsen

Contrary to popular belief, you don't have to wait until you have a significant other to show love on February 14th. In the words of author and preacher Francis Chan, "We are most alive when we are loving and actively giving of ourselves because we were made to do these things." So don't wait. Go take some flowers and chocolates to your neighbors. Treat a friend or a sibling to a nice dinner. Create a romantic evening for your parents to enjoy. Or even spread some love this Valentine's Day to people outside your social circle who could really use some kindness. Consider researching some of these organizations, and choosing one to support- either financially, or by volunteering your time.

- American Cancer Society
- American Red Cross
- Boys and Girls Club (local/national)
- Broad Street Clinic (local)
- CARE
- Catholic Relief Services
- Coastal Pregnancy Center (local)
- Concern Worldwide U.S.
- Crystal Bluffs Rehabilitation & Health Care Center (local)
- Doctors Without Borders
- Embrace Uganda
- Family Promise (local)
- Feeding America
- Habitat for Humanity (local/national/global)
- Handicap International
- Harborview Nursing Home (local)
- Heifer International
- Hope Mission (local)
- International Orthodox Christian Charities
- International Rescue Committee
- Lutheran World Relief
- Mercy Corp
- National Coalition for the Homeless
- ONE Campaign
- Oxfam
- Project HOPE
- (RED)
- The Salvation Army (local/national/global)
- Samaritan's Purse
- Save the Children
- St. Jude Children's Research Hospital
- Syrian American Medical Society
- UNICEF
- World Food Programme
- World Vision



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