



COMMUNITY FOCUS

By Barbara Johnson

Guardian Ad Litem

Each year more than half a million children suffer abuse or neglect, often resulting in the need for court intervention. A Guardian ad Litem volunteer is the eyes and ears for a judge and the person who tells the child's story to the court. A volunteer's advocacy ensures that children have a safe permanent home and the appropriate services to lead a healthy successful life. Training, support, and supervision are offered to assist volunteers as they work to make a difference for children.

Right here in Carteret County, the Guardian Ad Litem (GAL) program currently serves 70 children and that number continues to grow each year. Brandywine resident Peter Hanson is one of the community volunteers who has made a commitment to serve the most vulnerable of our children as they pass through the court system.



Peter Hanson

Like all GALS, Peter was appointed by a judge after 30-35 hours of training. He originally came to the program after working with the Big Brother/Big Sisters and English as a Second Language Literacy program. He has been a GAL for 4 years and is committed to serving as a "way to give back."

The workload of a GAL is based on each volunteer's comfort level. You work on your own schedule with the children and their caregivers and the only fixed requirement is that you be in court when the child or children's case is heard. Each case may have up to 4 children and the average length of a case is 2 years. Since foster homes availability in the county is limited, children may be living outside of the county and some travel may be involved to visit them. Children are referred to the GAL program through County Social Services.

Peter now has 3 family groups with a total of 7 children under his care. "I give the children someone they can communicate with outside of their family, their caregiver and the court. I am another advocate for a child," explains Peter. "The work is rewarding because you can make a difference. As a GAL volunteer you learn so much about families and their culture. Their stories can be heartbreaking, but working with the Department of Social Services, there is a light for these children."

GAL program director Gail Horne says that there are 2 ways for the community to support abused and neglected children in the system. "We can always use volunteers in the GAL program. You choose how much you would like to do after your training. Anyone interested in becoming a GAL should visit the website www.volunteerforgal.org for information and to apply. We also have an independent 501c3 directed by Marshall Roberts where donations can be made to support the local GAL program. Tax-free donations can be sent to 306 Courthouse Square, Beaufort, NC 28516."

Resolving to Worry Less

by Hannah Nielsen

Last month I wrote an article about restoring furniture and how it relates to Christmas. Some of you may have finished the article feeling a little confused or dissatisfied and that is because the last two paragraphs were missing in the print edition. Once I noticed the missing section, I called our wonderful editor-in-chief and very talented writer, Barbara Johnson. We were able to figure out the problem, and she ended up posting the complete article on the Sound Waves Facebook page, for which I was very grateful.

I share this story because the experience caused me to feel something that I think most if not all of us dread: embarrassment. When I saw the incomplete article, I started to worry that I would seem like a bad writer to our readers. I was afraid of what other people might think, and my pride was hurt.

I wish this was the first time I've worried about what other people would think. When I got braces as a young adult, I was excited, but also worried that our customers and colleagues at work wouldn't be able to take me seriously. Insecurities that I'd had about my teeth in middle school, and thought I had since overcome, came swelling back into my mind. And those are only two examples.

I don't think I'm the only one to suffer these social anxiety woes. I've seen some of our customers spend twenty minutes trying to get the perfect selfie to post while they wait for an estimate. They don't want to look bad in front of their friends or their followers. I've seen people try to make their relationship seem

(continued on page 9)



January Means Wedding Planning

By Barbara Johnson

If you are about to embark on the wedding journey with a daughter, son, grandchild or partner anytime in the next year or so, let this be your reality check.

November and December are prime months for committed love that leads to proposals of marriage, and that makes January the month for young women and their families to begin the task of wedding planning. It all sounds so wonderful and the fantasy is made more real by the legions of television ads and internet popups displaying rings and gowns while whole magazines and newspaper inserts are devoted to all things wedding. I should know, I just married off my only daughter right before Thanksgiving.

I thought my husband and I had set the stage beautifully. Upon engagement we would offer our daughter and the man of her dreams a check representing the total of our wedding fund and allow them to use it as they may. We envisioned our astute and financially conservative offspring opting for a simple ceremony somewhere by the water, followed by a pig picking with a small group of friends and family and finally, renovations to their home with the balance of the funds. Dream on mom and dad.

Our daughter and her man chose to have the full blown wedding experience, guaranteed to completely blow through the wedding fund long before they got anywhere near the date of their nuptials. No amount of gentle hints, encouragement or cajoling deterred them from seeking the best of everything for their once-in-a-lifetime walk down the aisle. Home renovations went down the tubes. The goal for me became molding the dream to fit the purse... a silk one of course.

With 7 months to go my daughter was on a mission to complete her wedding checklist in a month and coast through the remaining 6 months with nary a care. Sounded good to me. Here's a rundown of the essentials for a 2017ish wedding.

Reception Venue: Carteret County has become a wedding mecca and we have very few locations suitable for such an event. If you want a place get it fast, in fact, don't hang around admiring the ring, make a call to your favorite venue as soon as the lady has uttered the word "yes." Seven months in advance found every place in the county booked for Saturdays in the month of October when the bride-to-be dreamed of being wed. In fact almost every Saturday for the year was booked. Word to the wise: by choosing any date other than Saturday you are sure to win in 2 areas; availability and low cost. Alas, young adults work Monday through Friday and cannot party at your wedding if it is Sunday and they have to drive home sober for work the next day. So Saturday is the highly desired date and subsequently the price quadruples for any wedding services requested for a Saturday. Saturdays are also booked solid for at least a year in advance.

We got creative. My daughter chose the one day, at the one facility, available with 7 months' notice; the Saturday before Thanksgiving at the Boathouse in Beaufort. Victory!

Reception Food: Save yourself some money and choose to entertain your guests with food stations. Far cheaper than a sit-down dinner and more chic than a buffet, food stations scattered around the reception area entice guests to stand-up, move around and converse while sampling your menu choices. You can opt for appetizer type dishes and cut your costs significantly. Save on your bar bill by setting a beer and wine budget then changing to cash bar when it is gone. Our budget lasted 2 hours but no one complained about the conversion to cash bar.

Entertainment: We have some terrific DJ's in the area who will have your party rocking for 4 hours.

Wedding Attire: The best thing since sliced bread, are the consignment shops for wedding gowns. Worn for just a few hours and usually not trashed, many brides are now recouping some of the price of their gowns by consigning them. My very particular daughter found an expensive designer gown for a price well within our

budget at a local store. The way it fit and the quality far exceeded anything we could get new for the same price. She found beautiful but inexpensive bridesmaids gowns in a bridal shop and the ladies purchased them online for a steal.

The men were a different story. The groom decided on tuxedos with bow ties for his bridal party. Rental, yes RENTAL cost \$300 for each man including the ring bearer who was 8 and the ties were \$80. Each man could have purchased a suit for the same price. It turned out that one groomsman would have had to have a suit custom tailored for his size, but splitting the extra cost would still have been preferable to the high cost for wearing a tux for a few hours. Personally I like the wedding parties where the guys wear nice slacks and a white shirt with a fancy tie and suspenders. Just beware of the high cost of anything rented.

Cakes: Say wedding and the price of a cake skyrockets. Luckily I got a great money-saving tip. Have a small 2 or 3 layer fancy cake on a tall stand for the couple to cut, and get a "kitchen cake" to serve the guests. The kitchen cake is a bargain because it is not decorated and is sliced in the kitchen and brought out to the reception. We had waaaay too much cake. These days after eating and drinking for a few hours most guests forgo the cake. Keep it simple and small when it comes to the cake.

Photographer: The wedding day is a blur of activity for the couple and their family. It's like an octopus on speed. So much happens and it is hard to enjoy even a small part of what happens. A good photographer captures moments to be savored for a lifetime. If you are going to spend money, by all means spend it on this luxury. You will treasure photos forever.

To Video or Not: At the last minute friends told my daughter to be sure to get a wedding video. We are talking about adding \$2,400 to the wedding cost just 2 weeks before the event. Exhausted at this point, I didn't even put up a fight. I'm so glad that I didn't. The video is priceless. Our videographer spent 2 days with us and in 9 minutes of beautifully edited digital film, captured the heart of what was important to the bride and groom on their special day. We have easily played it hundreds of times already and it has been a Facebook hit reaching friends and family who got to share that day despite being far away. If you choose only one special thing for a wedding, choose to have a video done by a talented videographer.

Was it worth it all? I'm still dealing with the bills and we are trying to decide what house to sell to cover the Mastercard charges (just kidding...but... maybe) but I'm cherishing the memories of a wedding where my daughter shone like a china doll, her groom called the day "magical" and all our guests are still talking about the great time they had. It's all on film and captured in artistic photos so we can enjoy those moments again and again in the years to come. I think we nailed it, and perhaps a few of my hints will help you to hit the high notes with yours too.





ALL ABOARD!

By Ed Myers

Season's Greetings to all!

It's surprising that another year has passed. I know most who live here, or visit our area love the warmer months, however- there is something special about the winter months in Brandywine. Hearing geese call as they fly across and the smell of wood burning in a fireplace bring a smile to my face and comfort to me. We are so blessed to live in such a wonderful community.

With that said- I am sending out a call to residents to serve. We need residents to serve on the board and on our committees. In this time of reflection please place some thought to serving our community. It is rewarding and it does give one a deeper feeling of attachment to one's home and neighbors.

My wish to all is for good health, happiness and a very Happy New Year.

Ed Myers
President
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BRANDYWINE SUBDIVISION PRESIDENTS

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Get on Track to Start the New Year

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

Do you ever wonder where your money goes each month? Does it seem like you're never able to get ahead? Do you know how much you spend on a monthly basis? Whether you have had a budget for years or never done one before, the start of a new year is a great time to establish a budget or revise an existing one to help you keep track of how you spend your money and help you reach your financial goals.

Examine your financial goals

Before you establish a budget, you should examine your financial goals. Start by making a list of your short-term goals (e.g., new car, vacation) and your long-term goals (e.g., your child's college education, retirement). Next, ask yourself: How important is it for me to achieve this goal? How much will I need to save? Armed with a clear picture of your goals, you can work toward establishing a budget that can help you reach them.

Identify your current monthly income and expenses

To develop a budget that is appropriate for your lifestyle, you'll need to identify your current monthly income and expenses. You can jot the information down with a pen and paper, or you can use one of the many software programs available that are designed specifically for this purpose.

Start by adding up all of your income. In addition to your regular salary and wages, be sure to include other types of income, such as dividends, interest, and child support. Next, add up all of your expenses. To see where you have a choice in your spending, it helps to divide them into two categories: fixed expenses (e.g., housing, food, clothing, transportation) and discretionary expenses (e.g., entertainment, vacations, hobbies). You'll also want to make sure that you have identified any out-of-pattern expenses, such as holiday gifts, car maintenance, home repair, and so on. To make sure that you're not forgetting anything, it may help to look through canceled checks, credit card bills, and other receipts from the past year. Finally, as you list your expenses, it is important to remember your financial goals. Whenever possible, treat your goals as expenses and contribute toward them regularly.

Evaluate your budget

Once you've added up all of your income and expenses, compare the two totals. To get ahead, you should be spending less than you earn. If this is the case, you're on the right track, and you need to look at how well you use your extra income. If you find yourself spending more than you earn, you'll need to make some adjustments. Look at your expenses closely and cut down on your discretionary spending. And remember, if you do find yourself coming up short, don't worry! All it will take is some determination and a little self-discipline, and you'll eventually get it right.

Monitor your budget

You'll need to monitor your budget periodically and make changes when necessary. But keep in mind that you don't have to keep track of every penny that you spend. In fact, the less record keeping you have to do, the easier it will be to stick to your budget. Above all, be flexible. Any budget that is too rigid is likely to fail. So be prepared for the unexpected (e.g., leaky roof, failed car transmission).

Tips to help you stay on track

- Involve the entire family: Agree on a budget up front and meet regularly to check your progress
- Stay disciplined: Try to make budgeting a part of your daily routine

- Start your new budget at a time when it will be easy to follow and stick with the plan (e.g., the beginning of the year, as opposed to right before the holidays)
- Find a budgeting system that fits your needs (e.g., budgeting software)
- Distinguish between expenses that are "wants" (e.g., designer shoes) and expenses that are "needs" (e.g., groceries)
- Build rewards into your budget (e.g., eat out every other week)
- Avoid using credit cards to pay for everyday expenses: It may seem like you're spending less, but your credit card debt will continue to increase

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

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Missoula Children's Theater Auditions Carteret Community Theater

It's an out of this world original sci-fi musical adventure in Missoula Children's Theatre's adaptation of Gulliver's Travel. With his spaceship wrecked and his trusty computer on the fritz, brave explorer Gulliver finds himself lost in space. While transporting from world to world, Gulliver discovers fighting aliens, foolish Yahoos, robots and more. All whom need just as much help from Gulliver as Gulliver needs from them.

Auditions: January 23, 2017 3:45 – 5:45 p.m. All MCT Tour shows are designed for students Kindergarten through 8th grade. There are roles especially suited for all ages, skill levels and experience levels. Approximately 50-60 children will be cast in the show. Those children will perform in a public performance.

Another special aspect of the experience of MCT residency is that children not chosen for onstage work are given the opportunity to perform important roles as assistant directors and to assist in set construction, props and costumes. There is a place for everyone.

Rehearsal: Participants rehearse one week during after school hours with instruction in role-playing, character development, costume, makeup design and teamwork. Whether cast in a major or minor role, they are afforded the opportunity to enjoy the experience of performing for a live audience.

Performances: Saturday, January 28th, 2017 at 3pm and 7pm.



A Historian Reflects on the Civil War

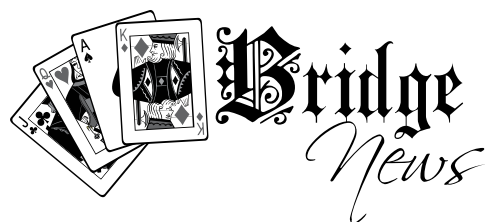
Ed Bearss Returns to New Bern

An American treasure, Civil War historian Ed Bearss will again appear in New Bern on Sunday, January 8, 2017. This is the eleventh in a series of annual visits for Bearss, one of the leading historians and experts on the Civil War. He will present his own reflections after more than three-quarters of a century of study and teachings on the subject. Many times his lectures have been delivered while hiking through the historic battlefields. This presentation will be held at 2 pm at the Coleman Auditorium in the North Carolina History Center. The cost of lecture will be a donation of \$10 with all proceeds going to support the New Bern Battlefield Park.

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 leads numerous tours—traveling as many as 200 days per year—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. Tickets will also be available at the door. This lecture is presented by the New Bern Civil War Round Table and the New Bern Historical Society. 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.



By Jo Mullis

The Brandywine Bridge Club met December 14th at the KClub. There were three tables of ladies playing. The winners were 1st place Pam Horton, 2nd place Lynn Hollowell and 3rd place Carol Council. A delicious lunch of soup choices and sandwiches were served.

The bridge club plays on the 2nd Wednesday of the month. New members are welcome. For more information contact Pat McMahan at 726-7994.

Happy New Year to all our friends.

SOUND WAVES

Our Community Newspaper
EDITOR

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

ASSOCIATE EDITOR
MONICA SELLARS

PRODUCTION LAYOUT/DESIGN
MAGGIE MORRIS

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

ADDRESS & PHONE CHANGES
DORIS ULLMAN
ullmandoris@yahoo.com

CONTRIBUTING REPORTERS

SUSIE GARLAND
BARBARA JOHNSON
MONICA SELLARS
DORIS ULLMAN
LENNA EASTER
HANNAH NIELSEN
VINCE MORENO
MELINDA BROWN
JO MULLIS
JENNI TRUAX



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or neighbor in Brandywine
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line at [editor.soundwaves@
gmail.com](mailto:editor.soundwaves@gmail.com)*



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

Therapeutic LASER in Veterinary Medicine

You may have heard of LASERs being used in a variety of medical applications, from surgery to physical therapy. Use of therapeutic lasers is relatively new to veterinary medicine, with wider acceptance of its benefits developing over the past five years. Conventional Laser therapy has been in use in diverse fields for more than 25 years. Several thousand scientific publications have been written validating its effectiveness. It has been demonstrated to be non-toxic and to have no side effects.

Laser therapy uses specific wavelengths of light to create therapeutic effects. This is called “photobiomodulation”. Laser Therapy does not actually treat any particular condition, instead, it enhances the body’s natural healing and metabolism processes to speed recovery and reduce symptoms. The effects include improved healing time, pain reduction, increased circulation, and decreased swelling

Veterinary LASER therapy can be used to stimulate and improve the healing of open wounds, ulcers and injuries to soft tissues such as ligaments, tendons, muscles and periosteum (the thin layer of tissue around bones).

The most common Laser Therapy indications are:

- Arthritis (Degenerative Joint Disease)
- Back Pain (Intervertebral Disc Disease)
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Ask your veterinarian if treatment with a therapeutic LASER could benefit your pet’s condition

Cooking Gadget #1: Jalapeno Roaster

By Monica Sellars

Our shelves are crammed with kitchen gadgets! My New Year’s Resolution is to use them more often, and to encourage my commitment to this goal, I plan to spotlight a different gadget each month. Maybe you will learn about a gadget that you will want to add to your collection!

Google says a gadget is “a small mechanical device or tool, especially an ingenious or novel one.”

January’s featured cooking gadget is the jalapeno roaster. Although it is not mechanical, I think it qualifies as a tool, and I think it is ingenious! It is pretty easy to find at local stores and online. The roaster can be used on the grill or in the oven. When you use it in the oven, line a baking sheet with foil and place the roaster on top to catch drips. It turns out to be pretty tall once you put the food on, so move your racks to the bottom of the oven before pre-heating.

Since we grow jalapenos in the summer for the express purpose of making poppers, we love that this roaster makes it easy to cook a large batch – there are 17 holes in our roaster. First we stuff the peppers with cheese, and then we wrap them with bacon. We bake our poppers at 275 degrees for 1 hour and 20 minutes. The roaster ensures that they cook evenly, and the fat drips off, making them crispy instead of greasy. We have certainly used it to make a LOT of jalapeno poppers, but this roaster can do more.

You can stuff and roast other types of peppers in this pan as well, like baby bell peppers. We have also made stuffed, bacon-wrapped dates. For food that may be too small for the holes, like the dates, or that shrinks during cooking, just use a toothpick through the center as a brace to hold it up.

The roaster is also good for cooking chicken legs. Prepare the chicken using your favorite marinade or seasonings. Then, instead of placing the chicken legs flat on the pan, you stand them up in the holes of the roaster. I seasoned my chicken legs with the Five Spice Roasted Chicken Legs marinade recipe from www.skinnytaste.com. Using the Convection Roast mode on our oven, I cooked the chicken at 400 degrees for 40 minutes.



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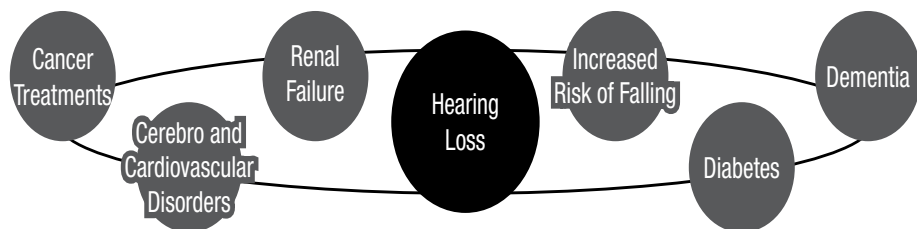
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Jackie M. Jaloszynski, AuD, Doctor of Audiology

How Listening Habits Can Affect Your Mood

By Dr. Jackie Jaloszynski

What's your favorite song?

Without knowing you, it would be hard for me to guess, due to the large number of music genres.

When people describe their favorite music, they often describe it as something which makes them happy, makes them smile, brings them comfort, brings back a memory. And, these experiences are not reliant on any one type of music.

Researchers at the Montreal Neurological Institute had participants bring in their favorite music and looked at the emotional reaction of the participant to their music. The music genres ranged from classical to jazz to punk rock and with so much variety in the music, the question became what was responsible for the emotional response in each individual to their music?

The answer as it turns out, is dopamine. Scientists have found a direct connection between the elation generated by music and the discharge of the neurotransmitter dopamine.

Dopamine is a chemical released in the brain which effects emotional regulation, pleasure and rewards. Richard Depue, professor at Cornell University reports, "When our dopamine system is activated, we are more positive, excited and eager to go after goals or rewards, such as food, sex, money, education or professional achievements."

Let's revisit your favorite song. Has it ever given you "the chills" or produced a powerful emotional response? If so, you've just discovered one of the best ways to release more dopamine into your system which is a brain hack for positivity and motivation.

So what type of music should you listen to, to realize these positive emotional responses? The key insight from the above research, is that it depends entirely on your preferences. The music can be happy, gloomy, upbeat, slow, instrumental, classical rock or hip-hop. The secret is taking stock of the emotional reactions you receive from different songs and genres.

Once you know how you react viscerally to a song, you can make use of this song to elicit the sought after emotional reaction, producing the ideal emotional state for each scenario.

As an example, if heavy metal gets you pumped up and inspired to a gym session, you may want to listen to your favorite Metallica records while heading to the gym. On the other hand, if you are looking to unwind after a hectic day at the office, perhaps the best of Beethoven is the way to go.

And last, if you have hearing loss, consider that the latest hearing aid technology allows you to stream music wirelessly from portable devices directly to your hearing aids. Simply dial in your favorite songs on your phone or portable device, deliver it wirelessly to your hearing aids and let the dopamine start flowing.

This puts you in a unique position to take advantage of this research.

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Nahunta Pork Center

By Monica Sellars

Are you in the mood for a nice drive in the countryside? Are you interested in fresh and delicious pork products? If you answered yes to these questions, then you simply must take a day trip to the Nahunta Pork Center at 200 Bertie Pierce Road in Pikeville, NC.

Most likely, you have seen the signs and thought, “we should really go there sometime.” Well, I’m here to tell you, it is a true experience and an education in the many products the pork industry provides. Yes, it is off the beaten path, but it’s worth the effort.

I tried to play it cool once we stepped inside – not act like a total tourist – but it was hard for me to contain my “ooh, look at that!” as we shopped. I stopped short of taking a picture of the refrigerator case, thankfully. It’s a friendly place, and we felt comfortable taking our time to browse.

According to their website, after over 40 years of business, Nahunta Pork Center is the largest all-pork retail displayer on the east coast. Yes, if it’s a pork product, they have it! Specifically, you can find fresh, smoked, fully-cooked, salted, and cured pork, as well as bacon, sausages, and dog chews. They also offer sauces, rubs, and frozen vegetables to complement your pork selections.

Here are a few things I learned at the Nahunta Pork Center:

1. Bring a cooler with ice for transporting your purchases. They also sell cooler bags and bags of ice onsite.
2. The Nahunta Pork Center folks have read the marketing books about product placement and shock value. You will know what I am talking about when you enter the store. You will recover.
3. Don’t buy too much. Even if you have freezer space, use restraint. We were not so good at this, and we ended up eating pork for two weeks.
4. Try something new! I had seen a recipe recently for baking a fresh ham, but I had never seen a fresh ham at the grocery store. So I got one from Nahunta!

As an added bonus, you get to try out the new Highway 70 Bypass on your way. Just plug the address into your GPS and enjoy your day trip (and your pork chop dinner)!

The store hours are 8am-5pm Monday-Friday; 8am-3pm Saturday; closed Sunday. For more information, the website is www.nahuntapork.com.



Reflections

By Susie Garland

As I reflect on the year just passed
Some of the things made me feel aghast
Medical woes with trials and tribulations
Not to mention my friends' operations

Cataracts removed; hips were replaced
Knees buckled under; much hardship was faced
Rotator cuff and shoulder repair
Causing much grief and a lot of despair

Pains in the body so aspirin we took
A great mishmash of gobbly-gook
On the shelf was an assortment of pills
In expectation to cure all our ills

Like leg cramps in the middle of the night
That woke us up with a terrible fright
Then we couldn't get back to sleep
Even after counting sheep

Dental problems that some had to face
Some procedures were a difficult case
Headaches causing a lot of pain
And some of us needed a walking cane

Braces placed on hands and feet
Ice packs used and sometimes heat
Then came more stress from a different source
By dealing with insect bites out on the course

Arthritis caused anguish with pain in our knees
While we cried out: oh, geez; oh, geez
And worst of all, our memory was shot
Couldn't remember if we did or did not

With trauma and drama and sometimes no fear
Through it all, we did persevere
I suppose many of you can relate to this rhyme
Oops, time for my pill as it's almost bedtime

My wish for the New Year is good health for you all
Now that we've had a complete overhaul
No more aches and pains; we're now pain free
And we have become a brand new me



Volunteering Is Good For You!

For Your Health: Volunteering is likely to make you healthier!

92% of volunteers report that volunteering enriches their sense of purpose in life.

68% of volunteers agree that “volunteering has made me feel physically healthier.”

73% of volunteers agree that “volunteering lowers my stress levels.”

34% of volunteers are considered to have an average BMI, compared to just 27% of nonvolunteers.

29% of volunteers who suffer from a chronic condition agree that “volunteering has helped me manage my illness.”

According to a Duke Medicine study of individuals with post-coronary artery disease, those individuals who volunteered after their heart attack reported reductions in despair and depression, two factors that have been linked to an increased likelihood of mortality in this type of patient. In addition, these individuals reported a greater sense of purpose in their lives.

For Your Work: Volunteering could help you get ahead in your job!

81% agree that “volunteering with work colleagues has strengthened our relationships.”

88% of all volunteers agree that volunteering provides networking and career development opportunities.

Statistics taken from a 2010 survey conducted by United Healthcare and VolunteerMatch (<http://www.unitedhealthgroup.com/news/rel2010/UHC-VolunteerMatch-Survey-Fact-Sheet.pdf>) and from a 2007 survey conducted by the Corporation for National & Community Service (http://www.nationalservice.gov/pdf/07_0506_hbr.pdf)



Worry Less

extra glamorous on social media, or try so hard to find the “right” person to marry that they give up too easily on healthy relationships. And I’ve seen people of all ages choose not to speak up, choose not to try something, or choose not to meet someone new because of fear.

Why are we so afraid to fail or to look foolish? This feeling seems to feel the worst while we are young. We think that everyone on the entire planet must know about our mistakes and is laughing at us behind our back. Once we get a little older, embarrassments and general awkwardness usually become a little bit easier because we realize that other people are too busy, or are just as self-conscious as we are, so that they’re not paying as much attention to our short-comings as we might think. And I’ve heard some hopeful rumors that once people reach a certain age, they don’t care what anybody else thinks because they’ve realized that there are more important things in life. Those more mature folks know their value doesn’t come solely from what other people think about them.

But maybe that’s a choice that they make, rather than an attitude that they grow into. Because you know what I’ve realized? I can’t control how other people perceive me by worrying about it. And if I focus on trying to control people’s perceptions of me, I will still end each day feeling like a tired failure. Having a self-enforced pedestal of perfection will only lead to disappointment, and it’s no way to live. Everyone fails or looks foolish or gets embarrassed sometimes. It’s part of being a human. It builds character because it teaches us how to deal properly with those feelings, and invites us to look deeper into where our true value comes from. And it causes us to learn from the mistakes we’ve made.

We only build barriers when we get stuck on our pride, and we start to live in fear of the opinions of people who are just people like us. I’m tired of feeling that way. So my New Years’ resolution is to make a conscious choice to worry less about what people think, and to enjoy the journey instead.

Empty Bowls

Empty Bowls is a fundraiser held annually by Hope Mission on February 22 from 11 am – 1pm at the Morehead City Civic Center. Proceeds benefit both Hope Mission and Martha’s Mission. A \$20.00 donation gives each attendee a bowl handmade by an area potter and a choice of 2 cups of soup donated by local restaurants. The empty bowl is taken home is a reminder of those worldwide whose bowls are empty.

Tickets must be purchased in advance of the event. For your convenience tickets may be purchased at several locations:

Hope Mission 252-240-2359

Cape Carteret Aquatics and Wellness Center 252-292-1000

Webb Library 252-726-3012



Fitness Goal Setting

By Monica Sellars

If your New Year's resolution is to start a fitness routine, you are in luck – there are plenty of workout options in our area! Of course, it's easy enough to join...but changing your habits to incorporate regular visits to the gym can be tough.

Try using the SMART goals approach to set expectations for yourself about what you need to do and when. SMART stands for setting goals that are Specific, Motivating, Attainable, Relevant, and Trackable. (Some versions say the M stands for Measurable and the T stands for Time-bound or Timely; choose the meaning

that works best for you!) And it's true that writing down your goal will help you stick to it.

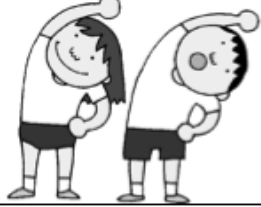
Here's an example SMART goal: I will go to the gym every Monday, Wednesday, and Friday at 10am from January 2 – March 31 to attend the group fitness class so that I am able to lift a suitcase overhead and touch my toes by the time we take our spring vacation.

Now write your SMART goal:

It takes time to change your habits, so you may need to use some "tough love" on yourself to stick to your goal at first. You could keep track of the days that you go to the gym, for example, by putting a star on your calendar. It also helps to find a buddy with a similar goal who will encourage you, and who you can encourage too. Finally, take note of your fitness stats before you begin, like your weight and waist


measurement. Re-check them periodically along the way to remind yourself of how much progress you have made. When you reach your goal, reward yourself with a new pair of sneakers, and then set a new goal to maintain your momentum.

It can be intimidating to start a new fitness program, which is why it is so important for you to feel comfortable with the facility and the trainers. Check out a few options so you can choose the best fit for your needs and interests. Many facilities offer a free trial to help you make your decision. Also, take time to read the fine print of any contracts before you sign to avoid unexpected charges or requirements. No matter which option you choose, our local fitness professionals are happy to help you design your workout to suit your abilities and goals.



All of the following local organizations have a website where you can find more information:

Facility	Location	Offerings
Always Nutrition and Fitness	5370 Hwy. 70 W - Brandywine Crossing	Small group training, Personal trainers
Anytime Fitness	4913 Bridges Street	24 hour access, Personal trainers
Carteret Community College	3505 Arendell Street	Life enrichment classes, like dance, Qi Gong, Yoga, and healthy lifestyle workshops
Downtown Barre	Corner of 8 th and Evans Streets	Core Barre, Core Suspend, Indoor cycling, Pilates, and Private lessons
F3 at Morehead City	Rotary Park, N. 20 th Street	For men only, Outdoors, Boot camp style workouts
Gold's Gym	5301 Hwy. 70 E	Group classes, including Silver Sneakers, Personal trainers
Grandmaster Dong's Martial Arts	5270-A Hwy. 70 W	Classes for kids, teens, adults, and families
Iron Tide CrossFit	1209A N. 20 th Street	Circuit training
Leon Mann Center	3820 Galantis Drive	Fitness center, Free for adults age 55+
Momentum Yoga and Fitness	2900 Arendell Street - Morehead Plaza	Yoga and Indoor cycling
Morehead City Parks & Recreation Center	1600 Fisher Street	Athletic programs, Athletic facilities, and Fitness classes
Rock Star Fitness	2900 Arendell Street - Morehead Plaza, at Crystal Coast All-Stars	Full-body functional training
Snap Fitness	2900 Arendell Street - Morehead Plaza	24 hour access, Personal trainers
Sports Center	701 N. 35 th Street	Group classes, including Silver Sneakers, Pool
Surfia's Boot Camp	1600 Fisher Street – at Morehead City Parks and Recreation Center	Functional training, Outdoors (indoor space used in bad weather)
Tri Point Fitness	206 Sandbar Ct., Newport - off Hibbs Road	Gym/Physical Fitness Center, Personal trainers
Uptown Yoga	4915 Arendell Street – K-mart Plaza	Yoga and Broga



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18-hole LGA news

By Susie Garland

Dec 6: The annual LGA Christmas Party was held at Amos Mosquitos with a good crowd of 45 members and guests in attendance. A special thanks to “Mrs. Claus,” Loretta Beaulieu, and Katie Kirk for putting this gala event together and for the entertainment provided by Mickey Friend and Pat Ludwig. Each group of 12 sang a stanza of the “12 Days of Christmas.” You know how that song goes: On the 12 days of Christmas, my true love gave to me an eagle on a par three, 2 pairs of shoes, 3 best friends, 4 argyle socks, 5 golden tees, 6 greens awaiting, 7 trophies gleaming, 8 carts a’cruising, 9 putters putting, 10 balls a’soaring, 11 divots flying, and 12 drivers driving. During the song, gifts were passed around each time Mrs. Claus said the word “and” until the last verse was read and then opened to the delight of everyone.

Tournament chairman, Angela Zieleck, assisted by Brenda Leinthall, handed out Hanukkah gelt (that means “money”) for achievements accomplished during the golf season along with Ringer Board winners: Low Gross (65): Margie Bailey. Most Birdies (8): A tie with Margie and Pudgy Groben. Low Net (40): Susie Garland (that’s me!). Most Chip-Ins (6): Sue King. And last, but certainly not least, the MOST IMPROVED PLAYER (26.3 index to 22.9): Angela Z. Other noteworthy winners for major tournaments held during the year were previously reported as each event occurred.

The restaurant was nicely decorated with delicious food, and a most wonderful time enjoyed by all in the spirit of friendship, fellowship, and camaraderie.

In the interim during the winter months, and before the 2017 golf season begins, I’ll be composing more humorous golf poems and stories for your enjoyment so be on the lookout. Wishing you all a happy, healthy, and joyous holiday season.



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CYAN MAGENTA YELLOW BLACK

MGA Happenings

By Vince Moreno

Today was our monthly tournament. The game was a "scramble". We had a total of sixteen players.

The First place winners with a score of 69 were Chris Calling and Bob Michaelis. The Second place was taken by Joe Rudder and Guy Rouse with a score of 70. The team of Nick Viglianese and Ed Easter took third place with a score of 70 and they lost second place due the tie breaker hole. Tom Grady won Closest to the Pin on hole number three.

It was a good game and all enjoyed it, thanks to our tournament director Chuck Muller who put it all together. And of course lunch was great, which made it another good day for the MGA.



Brandywine Book Club



The Brandywine Book Club met at Floyd's for a holiday luncheon in December. For more information about the book club contact Melinda Brown.



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First place winners Chris Calling and Bob Michaelis



Second Place Winners Joe Rudder and Guy Rouse



Third Place Winners Nick Viglianese and Ed Easter

Restaurant Review: Dinner at Thai Sticky Rice

By Monica Sellars

Are you in the mood for a warm and comforting meal on a chilly January night? Have you had a busy day and want to take home a hot, fresh meal? Morehead City's Thai restaurant, Thai Sticky Rice, has exactly what you need!

The food at Thai Sticky Rice is fresh and delicious. The menu includes an ample selection of appetizers, soups, salads, noodles, curries, stir fries, and seafood. There are vegetarian options, and the gluten-free items are clearly marked on the menu. There is a kid's menu and a tempting dessert menu. Drink options include Thai teas, soft drinks, beer, wine, and cocktails. They always have mouth-watering specials posted on the board as you enter.

Since the food is freshly prepared, the chef is able to modify your dish to accommodate your tastes, like "no onions, please." Thai food is known for being spicy, but you can ask for one of four levels of spice, from mild to really hot. If you prefer, you can also order your dish without any added spicy heat. I usually get the one-star, mild level, and it is just enough spiciness to be noticeable but not overpowering. My dining companion orders three-star level spiciness, which he says builds throughout the meal and leaves him with a bit of a runny nose and sweaty brow – just the way he likes it!

Although we have not tried all the appetizers, we have settled into some favorites that we just can't pass up: Fresh Rolls and Steamed Dumplings. They are handmade in the restaurant and come with delectable sauces – you want to use every drop and then lick the bowl! For dinner, we ordered Pad Kee Mao and Thai Fried Rice with chicken. On previous visits, we've ordered the Pad Thai and the Green Curry. Our dishes are always warm, flavorful and beautifully presented. The portions are

generous but so tasty that we usually join the Clean Plate Club!

The staff at Thai Sticky Rice is very friendly and responsive, and the dining area is relaxed and inviting. Pleasant music plays in the background, but even on a busy night, it is quiet enough for comfortable conversations. You may see families with children, groups of friends, or couples on a date. Seating options include the bar area, standard tables, and pub tables. If you have a large group, it would be a good idea to call ahead. If you prefer to eat at home, just call in a carry out order.

Thai Sticky Rice is located at 4426 Arendell Street, Suite 9, in the Pelletier Harbor shopping center. They are open Monday through Friday; the lunch menu is served from 11am-3pm and the dinner menu is served from 3pm-9pm. The dinner menu is served all day on Saturday, from 11am-9pm. The restaurant is closed on Sunday. They also offer catering for group events. The website is www.thaistickyricenc.com and you can find them on Facebook. Take advantage of their winter special until January 31: 10% off dine in and carry out orders from 3-5pm.

The bottom line: Thai Sticky Rice is terrific; please give it a try!







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Captain Jerry's Fishing Report

By Capt Jerry Dilsaver

Our roller coaster weather is forecast to warm back up to seasonable temperatures. There should be some good fishing and with the daytime temperatures in the mid 60s and overnight lows only dropping to around 50, it should be pretty easy to get up and get going.

We are officially in winter now. Let's hope the weather is mild and spring starts knocking on the door early. I don't mind one snowstorm and wonder if it will happen during one of the boat shows like it usually does?

There is still warm water at the Gulf Stream, but the cold in mid-December has taken a toll. All the inshore and ocean (out to about 20 miles) Coastal Ocean Research and Monitoring Program (CORMP) stations are reporting water temps have dipped about 5 degrees. You can check these daily by visiting www.cormp.org.

There is a little more sunshine in the forecast and that is good. It will help warm the water and it seems to improve the disposition of fish, much like it does with fishermen. I won't say fish never bite on the first day of sunny weather after a cloudy cold snap, but the bite typically begins to improve a little on the second day, then gets a little better on the third day and may continue to improve marginally after that, especially if the water is warming.

When the water temps fall under 50, it really affects the fish. They have been gradually slowing as it cooled, but their activity and need to feed drops off greatly once the water drops into the 40s. This is when baits that smell good and look good stopped or barely moving shine. They help get cold and lethargic fish interested enough to bite. The bite may be a weak peck and fishermen have to pay close attention, but they get the fish interested.

Several really good fishermen said they have mainly been catching trout and puppy drum on hard lures. A couple of them really sang the praises of suspending lures, especially the MirrOlure MirrOdine in the MR 17 size. They said to let the lure drift with the current and only twitch it every 15 to 30 seconds and then to twitch it very lightly. They said this was effective in water from about 2 to 6 feet deep.

Several fishermen that said they had caught specks and pups on soft plastics said they were either moving them extremely slowly across the bottom or jiggling them a foot or so as vertically as possible and then letting them sit for 10 to 15 seconds when they land. I prefer shrimp shapes when I'm fishing soft plastics this slowly and several, like the Betts Perfect Sinkers, DOA Shrimp, Savage Shrimp, Vudu Shrimp, and Z Man ShrimpZ, look good and natural fished this way. I slather them up with Pro-Cure Scent Gel too.

The cooler water has slowed the action, but there are still specks and pups in the area. There were also a few flounder caught this week, but don't count on seeing them. Look for areas, like the back of creeks, where the water doesn't completely change during a tide cycle. This allows it to retain heat and sometimes as little as a half a degree is the difference between fish biting and not. In cold water, fish will also gather in places they don't have to deal with current.

The weather and sea conditions weren't favorable at the end of December, so this info is a bit old, but there were still a few large red drum along the beach east of Cape Lookout and around the artificial reefs off Southport. A bucktail, with or without a trailer, or a 4 or 5 inch soft plastic will usually draw strikes and is easy to remove.

It's difficult to get too excited about gray trout with their limit of a single fish, but there have been good numbers of gray trout for a while. Grays are being caught on all the artificial reefs around the Cape Fear River mouth and from the Turning Basin, out Beaufort Inlet, along Shackleford Banks, and up to the old sub nets and holes off the end of the Cape Lookout Jetty. Speck rigs and metal jigs will both catch well.

I don't want to say no one is fishing the surf, but the numbers are small and there haven't been many reports. Expectations are there should be a few sea mullet, red and black drum, trout and bluefish in the surf zone, but fishing has been slow.

When in doubt of where to fish, around the inlets are usually good spots to begin.

There isn't a lot of offshore fishing right now either, so reports are sketchy. There have been some mentions of bluefin tuna, but not a report of a catch. A bluefin, estimated at 200 pounds, washed up on Wrightsville Beach Wednesday afternoon, so it appears there are bluefin off the N.C. coast. The conditions are about right for them to be here. All bluefin seasons reopened as of 12:01 A.M. on January 1. For more information visit www.hmspermits.noaa.gov.

King mackerel, offshore bottom fish, wahoo and blackfin tuna were all biting in December and there is no reason to think they will not be when the sea conditions calm and fishermen head offshore again. The water temp at the ILM and LEJ CORMP reporting stations about 20 miles offshore has cooled from 70 to 65, so the kings will most likely be a little farther offshore. Offshore bottom fishing had already moved to the 80 to 120 foot depths and should be good there still. Fishermen should remember that grouper season closed at midnight on December 31.

The water temps at the CORMP buoys off Diamond Shoals and Frying Pan Tower have cooled too, but only into the lower 70s. This should make the temperature breaks at the edge of the Gulf Stream more pronounced and easier to find. The temp breaks should be holding wahoo and blackfins.



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CHANGES:

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Attack of the Remakes

by Hannah Nielsen

Within the past five or so years, the things people are watching sound an awful lot like the things we were watching in the nineties and early two-thousands. I'm talking about remakes and revivals alike.

Of course remakes themselves are nothing new. So many movies have been remade and modernized that it's hard to keep track. But there have been a few recent remakes that have made us say, "Didn't I just watch that?"

For example, Tobey Maguire starred as Peter Parker/Spider-Man in a trilogy which began in 2002 and ended in 2007. Just five years later, the role of Peter Parker was filled by Andrew Garfield for two "Amazing Spider-Man" films. And with a U.S. release date of July 2017, Tom Holland will play Peter Parker in the new movie "Spider-Man: Homecoming" which is already set to have a sequel in 2019. Interestingly, Marvel and Columbia Pictures have produced all three.

"Beauty and the Beast" is another tale that has been re-told a lot lately. It was a television show from 1987 until 1990. Then came the beloved Disney animated film in 1991. Next television gave it another shot with a sci-fi twist on the story, which aired on the CW from 2012 to 2016. Disney is now advertising a live-action adaptation of the story which is to be released on the big screen in March of 2017. Maybe if we wait a few more years we can expect another television series.

This last example has only been remade once so far, but it still seemed surprisingly fast. In 2004 Jim Carrey starred as the intriguing Count Olaf in the film adaptation of Lemony Snicket's "A Series of Unfortunate Events." The movie depicted events from the first three books of Snicket's thirteen-book, darkly humorous children's series. Neil Patrick Harris has now filled the role in a Netflix series based on the books, which is set to be released later this year.

What is even more note-worthy than all of these remakes, is the amount of revivals being produced. These are like delayed sequels or spin-offs, with many of the same characters and similarities in the general plot. Some recent film examples of revivals would include "Toy Story 3" (2010), "Star Wars: The Force Awakens" (2015) and "Finding Dory" (2016). But the amount of television revivals is mind-boggling.

I'll start with Ron Howard's quirky television comedy "Arrested Development." The show, which focused on the fictional and highly dysfunctional Bluth family, had its first season in 2003. The family proved to be too quirky for major network viewers, and was cancelled after only three seasons in 2006. But the show somehow garnered enough underground popularity since its cancellation to warrant a fourth season on Netflix seven years later in 2013. And there is even speculation that a



fifth season may be in the works.

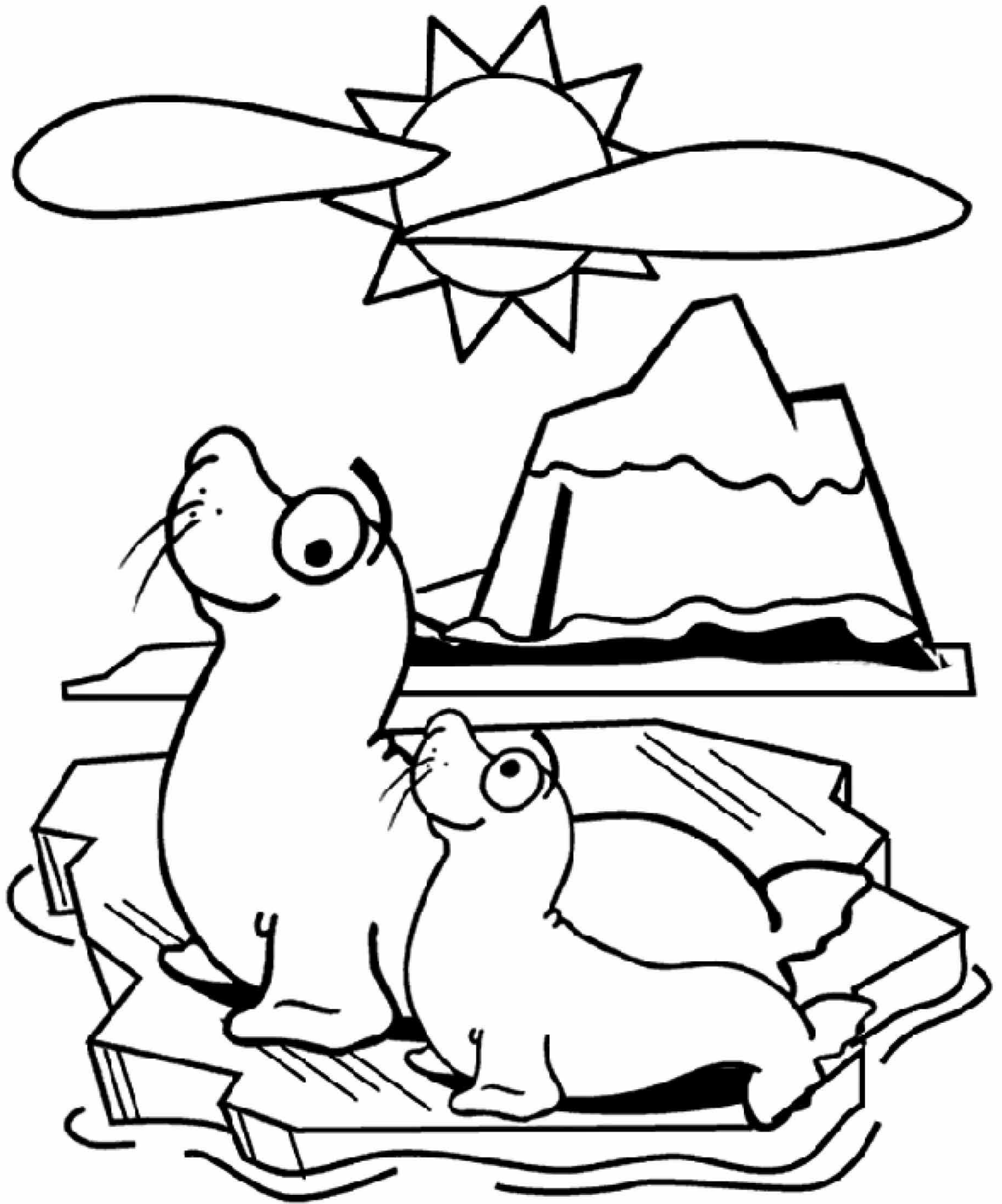
Next we have one of the quintessential shows of the ninety's: "Boy Meets World" which ran from 1993 until 2000. The show followed Cory Matthews, along with his friends, family and teachers, throughout middle school, high school and college. Viewers identified with characters as they faced new social situations, life challenges and tests of character. In 2014 the Disney Channel had its first season of "Girl Meets World." This new show focuses on Cory and his wife Topanga (both original characters and actors from "Boy Meets World") and their two growing children. "Girl Meets World" features numerous cameos from the cast of the original series, and also tries to keep the same feeling and purpose of its endearing predecessor.

Similarly, from 1987 until 1995 the Tanner family, along with the comical Joey and cool Uncle Jesse, was delighting audiences with the antics and warmth of their "Full House." Earlier this year the spinoff "Fuller House," which focuses on the lives of the, now grown, Tanner girls and their long-time friend Kimmy Gibbler, was released exclusively for Netflix.

And of course, I would be remiss if I didn't mention the highly anticipated 4-part series released only a few months ago on Netflix: "Gilmore Girls: A Year in the Life." The original "Gilmore Girls" had a very successful run from 2000 until 2007. This quick-paced, dramedy centered on the lives, careers and relationships of three generations of women in the Gilmore family. The revival was true to its name and depicted one year, split into four distinct seasons: winter, spring, summer and fall, in the lives of the Gilmores. More creative liberty was taken than may have been allowed on a regular network, so some segments were a little fantastical or lengthy. But overall the revival had the same feel as the original, just with a little modernization to bring the show into 2016.

Probably a number of factors have led to all of these remakes and revivals. For one thing, you may have noticed that a number of them were made for Netflix. Many of the people who grew up watching the originals in the nineties and early two-thousands now lead busy lives, saturated in technology. So perhaps producers thought it would be wise to air these updated stories on a popular streaming website that a large part of their demographic was already using. Or perhaps the prevalence of social media increased the fan base of these productions until there was enough of a push for more episodes. And of course there's always the possibility that we're all just a little nostalgic. Whatever the reason, I'm glad to be talking about Cory Matthews and Rory Gilmore again.





Winter Family Travel

By Barbara Johnson

When families think of winter travel most gravitate toward skiing and snowboarding in the mountains or hitting Disney in Florida or California. My family hates crowds so although we have taken advantage of both the aforementioned options, our favorite winter holiday resort with our grandkids is Great Wolf Lodge. Located in cities across the country, the closest resort is in Concord just north of Charlotte. Great Wolf Lodge is a one stop vacation that will make any family with young children happy.

Inside the resort is a fairyland of activities to meet every child's dreams. Included in the resort room price is entrance to the main play area where there are pools, wave pools, waterslides, water playground and kiddie pools where you will spend almost all your time. (In warm weather there are an additional 2 outdoor pools and a ropes course but they are closed in winter). Additional play packages are available up to \$99 per child that include Magic Wand games, bowling, stuffed animals, photos, ice cream and craft items. We bought this the first time and then decided to purchase just what our grandson wanted at a much lower price. The Magic Wand games are a must do for the kids and worth every penny for the reusable wand and unlimited games. Throughout the day woodland characters roam the resort and there are story times where families can gather and relax.

Prices vary greatly so try for a weekday stay if possible. We key in on extended weekends or mid-week holidays to plan our visit. If you catch a good deal, a room that will handle a family of 4 can cost as little as \$150 a night. There are larger accommodations for bigger parties but the cost rises accordingly. Each room comes with entry arm bands for your party. We travel with one child and two adults but since our room qualifies for 4 entries, we get 3 adult armbands and one child so our son can come and share time with us after work.

You can save money by bringing your own food and preparing in the room kitchenette. We have found that the on-site meals are reasonably priced and there are a slew of restaurants in the immediate area so we bring some snacks and breakfast food but purchase most other meals. It's nice to have options with children.

Arrival is chaotic so be prepared. Pack a swim bag with suits for everyone. If the check-in line is long you can ask a guest services person for your family armbands and head to the pool area for fun until the line dies down. There are lockers and changing areas adjacent to the pool. Since checkout is early on your last day, you can also extend your stay by bringing everything to your car and going back to enjoy the pool and changing area before leaving on your own time schedule. Arm bands are good all day, even after you check out. Using this system to your



advantage, you can enter the resort at 1pm on check in day and stay as late as 10pm on your day of checkout.

For family members who may want to get out of the resort and check out the area, the Concord location is right next to the Lowes Motor Speedway and Concord Mills mall which has shopping galore and an aquarium. Make your plans now to enjoy a water-filled fun time where the temperature is always perfect for swimming and pool play. Visit www.greatwolf.com to plan your visit.

January Sudoku

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



Pet of the Month

Yeti, age 8 - the chill wrapped cat
Koko, 4 - the relieved un-wrapped dog

By Jenni Truax

We are new to Brandywine. We moved here in June when my husband Robert retired from active duty in the Air Force. We are staying with my in-laws while we are looking for a post Air Force job.

We have 3 kids, Zane, Daisy and Tripp, and a cat and a dog. Koko is our 4 year old Shitzu-Pug-Chihuahua mix. She is a very sweet and happy dog. Yeti is a polydactyl Siamese cat. Koko was born in Texas in October of 2012 and Yeti was born in Texas in March of 2009.

Yeti is a very unique, relaxed, chill cat that just loves to be. The kids are very sweet with him and in return he puts up with so much of their "love". He didn't mind at all when the kids wrapped him for Christmas, tail and all. We named him Yeti, aka Big Foot, because he has such big paws. He has been an inside cat all his life until about 4 years ago when, while we were stationed in Alaska, he decided to be an indoor-outdoor cat. Of course he picked the one location where he was rather low on the food chain. He has become quite an accomplished mouser.

Yeti is best friends with his dog, Koko. We love his laid back happy go lucky demeanor and couldn't imagine life without our fun loving cat or sweet dog!



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Yard Tool Maintenance

By Monica Sellars

Generator. Lawn Mower. Leaf Blower. Weed Eater. Power Washer. Chainsaw. Does your garage look like the Lawn & Garden department at Lowe's?

Any time you invest in a new machine to help you keep your yard looking great, you also need to invest time in maintaining it! Since you don't have much yard work to do at this time of year, spend an afternoon giving those hard-working tools some TLC. Taking the time now to maintain and repair your tools will ensure that they will start right up when you are ready to get to work in the spring!

Before you roll up your sleeves in the garage, pull out the owner's manuals for your yard tools, or look them up online. Review the annual maintenance instructions and part specifications for each yard tool. Watch some instructional YouTube videos for a sneak preview of what you will be doing.

Create a comprehensive shopping list of the parts, part numbers and quantity of the items that need replacement. To prevent repeating this research next year, save the list on your computer. Here are some things you may need:

1. Spark plugs, fuel filters, air filters, and oil are common parts that you will need for maintenance.
2. Inspect your equipment and consider replacing flat wheels, rusted parts, dull blades, etc.
3. Consider adding a shut-off valve to the fuel line of the tools that do not have one already. The reason is that most fuel today contains ethanol, which tends to attract water, and if the fuel sits in your carburetor, it can really gunk things up. When you put a shut off valve on the fuel line, you can run your engine out of gas and remove all the fuel from the carburetor, without emptying the gas tank.
4. If you have extra fuel in gas cans or in your equipment, it is also a good idea to add fuel stabilizer during winter storage.
5. Finally, get a suitable container for collecting the used oil that you will be draining.

Next, go on a shopping spree for the items on your list. It can be hard to find the exact part numbers that you need in stores, so be prepared to come home and order a few things online, if necessary. If you don't have time for a scavenger hunt, of course you can get everything you need online.

When you have all of your supplies, the next step is to set aside a day to do the work. This is important – just buying the parts and leaving them in the bag does not constitute “performing maintenance!” Pick a day that is not too cold. Eat a hearty breakfast, put on your garage clothes, turn on the radio, and dig in!

By the end of the day, you will have a garage full of clean equipment in working order, and a great sense of accomplishment. You can enjoy the rest of the winter, knowing that you won't have to face the frustration of a mower that won't start in the spring!



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

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

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

ACROSS

1. Vipers
5. Pursue
10. Iridescent gem
14. Heavy, durable furniture wood
15. Fancy
16. Common hop
17. Decorative
19. Give temporarily
20. 56 in Roman numerals
21. Malicious burning
22. Past tense of "will"
23. A teaching discourse
25. Mends
27. Old World vine
28. Defamed
31. Redress
34. Fortuneteller's card
35. Mistake
36. Relocate
37. A group of lions
38. Largest continent
39. Era
40. Trolleys
41. Pantywaist
42. Spears
44. Faster than light
45. Upper-class people (British)
46. A woolen fabric
50. French farewell
52. New Zealand native
54. An Old Testament king
55. Flippant
56. A 20th century art movement
58. Clairvoyant
59. List components
60. Curved molding
61. Countercurrent
62. Monster
63. Low in pitch

DOWN

1. Coral island
2. Wait on
3. Terror
4. Calypso offshoot

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			

5. Bright red
6. A German medieval guild
7. Car
8. Criteria
9. Snake-like fish
10. Elongated square or circle
11. Piety
12. A Freudian stage
13. Extend credit
18. Purple shade
22. Court order
24. Prong
26. Found in some lotions
28. Wounds
29. Twin sister of Ares
30. Heavy cart
31. Nursemaid
32. Roman robe
33. Overly fatigued
34. Transubstantiate
37. Academician
38. Afflicts
40. Curdled soybean milk
41. Stripes
43. Verse
44. Woods
46. Nematodes
47. Subarctic coniferous forests
48. S S S S
49. Gentlewomen
50. Church alcove
51. Accomplishment
53. District
56. Bro or sis
57. Toss

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CARTERET COUNTY HISTORICAL SOCIETY

By Monica Sellars

Carteret County has a rich history, and the Carteret County Historical Society's mission is to interpret and share this history, especially the human history, with the county residents and visitors. The History Museum of Carteret County is the hub of the



organization. The History Museum houses exhibits that include artifacts and stories to educate visitors about the history and culture of the peoples of Carteret County. The building also includes the Historical Society office, a research library, and a gift shop.

The library is a great resource for anyone interested in researching genealogy; volunteer genealogists are available to help you with your search. You can peruse photographs, maps and books that tell of Carteret County's history and people. Please call the History Museum to make an appointment.

Special programs are offered throughout the year, such as luncheons with guest speakers, an annual craft fair, and musical events. The auditorium and conference room are available to rent for special occasions, like weddings, receptions, and other private events.

The Infusion Cafe is located at the History Museum as well. It's a unique and delicious cafe that serves food, desserts, tea and coffee. They also serve a formal tea in the traditional Victorian style in the afternoon, and they host a variety of special events. Refer to the Infusion Cafe Facebook page for more information.

The Carteret County Historical Society is primarily supported by fundraising and private donations. One way that you can support the organization is to purchase a membership. Members receive a quarterly newsletter about the Historical Society Events. In addition, members can visit the museum free of charge and also receive discounts on admission to special events. Currently, there are about 500 members. Many volunteers are also needed to operate the museum, library, and gift shop.

If you are interested in visiting the museum, joining the Historical Society, or learning more, go to www.carterethistory.org. Also, look for the "Historical Gazeteer" on the Library section of the website. This is a detailed description of historical sites and events in Carteret County; learn the history of the towns and sites that you drive past everyday!

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