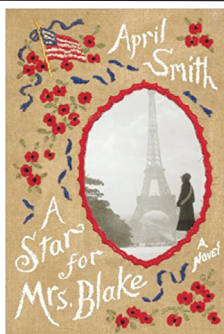


Brandywine Book Club Notes

By Melinda Brown

The Brandywine Book Club met recently to enjoy our annual Christmas luncheon. We enjoyed visiting and celebrating the season with each other. I thank the members for their generous donation of books to Toys for Tots. We hope everyone had a wonderful and joyous holiday!

Our book for discussion in January is *A Star for Mrs. Blake* by April Smith. We welcome you to join us for our meeting on January 9 at 1 pm. Contact Melinda Brown at 247-1055 for more information.



MGA Christmas and Awards Dinner

By Vince Moreno

The MGA Celebrated their Annual Christmas and Awards Dinner at the Bistro By The Sea on Sunday, December 3rd. A good time was had by all.



Standing: Vince Moreno and Mark Roche
Seated: Myra Roche – Rosemary Vogel – Lyle Vogel – Chuck Muller
– Lyn Muller – Bernie Moreno

continued on page 13



Sneak Peek: Inside this Edition of Sound Waves

Welcome to 2018, Brandywine! Take a look inside this issue to find out about neighborhood and local news, like...

BUSINESS SPOTLIGHT: MJB Computers can help you with your home and business computer needs, including purchase, maintenance, and repair. Meet the owner, Mike Barkas!

EATS: Check out Sandra's authentic Italian recipe and local restaurant review.

FITNESS: Help your new year's fitness habit gain traction by joining a group fitness class.

HISTORY: Don't miss Part 3 of the Brandywine History series.

HOUSEPLANT APPRECIATION DAY: January 10. Learn the secrets to winter care for houseplants from Brandywine's gardening expert, Lenna Easter.

NOTES TO NEIGHBORS: Thanks so much! That was really nice of you... see page 3 for an example.

PERFORMANCES: Check inside for upcoming local performances and events to fill your January social calendar.

RECIPES: Share your favorite Chilly Recipes – what is your favorite cold-weather comfort food?

TRAVEL: Take another trip to Wilmington, NC and go beyond the battleship.

WHAT DO YOU THINK? The Sound Waves volunteers are looking for your input and ideas for the paper. Please read the Note From the Editors and then tell us your thoughts!

CALL FOR CONTRIBUTORS: Everyone's a reporter! Sound Waves is a paper that is by, for and about Brandywine. Thank you to all contributors for sending your stories! Keep them coming to us, neighbors -- editor.soundwaves@gmail.com!

The next quarterly BOA meeting will be held
Monday, February 12th, at 7:00 p.m. at the K Club.

Business Spotlight

MJB Computers

By Monica Sellars



Mike Barkas, Owner of MJB Computers

There's no shame in asking for help! This is especially true when it comes to your computer. Mike Barkas knows that every computer challenge is different, and something that seems simple can unfold into a complex and unexpected problem. That's why, when you have a computer issue or need, it's best to call Mike right away. He has experience with all kinds of computers, and he's ready to

swoop in like a superhero to tackle your technology troubles.

Mike has a degree in Information Technology and Communication Systems plus years of experience with computer troubleshooting, repair, building, and consulting. One year ago, he opened his own shop to provide computer-related help to businesses and individuals in our area.

So what can MJB Computers do for you? If you are a business owner, Mike can provide help with desktop computers, laptops, Wi-Fi, networking, software, and security. If you would rather run your business than worry about its computers, let Mike be your go-to guy for IT equipment and support!

When it comes to home computers, Mike is happy to help with slow computers, virus removal, and other computer questions or problems. If you need a new computer, Mike can help with that too. He builds custom systems that meet your exact needs.

To keep your computer systems functioning well, Mike recommends a "tune up" every six months, and he says that virus software is a must! When you have a computer that needs service, just drop it off with Mike. In some cases, he may need to visit your location or he may even be able to help with troubleshooting over the phone. Call him to determine the best approach for your situation.

Mike understands that your computer contains files with important and confidential information. That's why he works hard to earn your trust by building a good relationship with you and employing fair and honest pricing practices. He prides himself on being a friendly, honest, and trusted expert. He takes care to back up all data before beginning work on a computer. Then he thoroughly assesses and diagnoses the computer's problem. After fixing the system, he completes a thorough testing process to ensure it is fully functioning.

In 2017, Mike was the winner of an Outrageous Customer Service award from the Carteret County Chamber of Commerce for "going the extra mile to assure customer satisfaction." Mike says the award was completely unexpected and he felt honored to be recognized. Mike is currently a member of the Chamber of Commerce.

Mike says the two most common problems are slow computers and viruses. Does that sound familiar to you? If so, don't waste time or get frustrated! Mike is right around the corner, and he is happy to help with any computer issues you are having.

Contact details: 252-723-7139, www.mjbcomputers.com, or MJB Computers Facebook page. MJB Computers is located at 110 Industrial Drive in Morehead City, near Little Caesar's Pizza, in the shopping center with the red roof. Please let him know you learned about MJB Computers from Sound Waves!

Chilly Recipe Round-Up

What's your favorite winter dish?

Send your recipe to
editor.soundwaves@gmail.com
by January 20!



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Changes to the 2018 Brandywine Directory

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

Moving away? Please return your gate cards to Lin Chidsey.
Linda Chidsey | 252-622-9421 | ncmslin@gmail.com

CHANGES:

Burton, Robert & Joan917 Lord Granville Dr 201-669-1519
 Carroll, Vicki.....112 Cottage Row..... 919-208-0907
 Eifert, Rob & Jaime.....311 Eastchester Dr 723-2438
 Haines, Bob & Celia106 Carefree Ln 252-808-5017
 Herbst, Susan107 Oak Dr..... 410-726-0931
 Hignight, Ken.....503A Village Green Dr 704-737-0065
 Lambert, John1306 Cedarwood Village 704-490-2913
 Leonard, Pamela & James.....307 Lord Granville Dr 305-323-0128
 McGarvey, Al107 Oak Dr..... 443-326-3695
 Metilly, Tricia106 Tree Fern Dr 252-499-3546
 Monczewski, Sheila901 Lord Granville Dr 253-880-6986
 Pike, Susan & Thomas.....207 Oak Dr..... 201-739-9754
 Rasdall, Mark & Tammy.....213A Reserve Green Dr..... 910-261-8077
 Sanderson, Sarah & Browning.....218 Carefree Lane..... Sarah: 725-1672
 Browning: 725-9740

DELETIONS:

Ben Ferguson
 Josh Frechette
 Karen Jansen
 Kristopher Kerns
 Vick & Sue King
 Paul Loftin
 Kirk Nielsen
 Andrew Wheeler
 Jackie Wilcox

Notes to Neighbors

Thank you to Roseanne Cristofalo for sharing her prize-winning Date-Nut Bars recipe last month!

Sandra says, "I've made it at least 6 times - would have made it again yesterday, but I realized I only had one egg left. Gonna call my sister-in-love to get her to bring an egg with her so I can make them. DANG good cookies!!!! People are LOVING them."

Monica says, "So yummy! I made this recipe three times: I shared some with our neighbors, took them to a potluck, and made a coconut version for a holiday dessert. They were a big hit with everybody!"

Thank You!



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Pet Corner



PetDocks Questions to Ask About Your Pet's Medication

By Dr. Todd Worrell

We pet owners have never had more choices when it comes to what's for dinner. There are thousands of different types of dog and cat food available. What we all really want to know is: do we have to break the bank and buy the most expensive dog or cat food to our pet's health or is the cheap stuff just as good? You can spend a lot, you can spend a little, with a few tools you can learn what to look for in a bag and make a few choices to help you do a great job at feeding your pet.

Tool number one is to make sure the dog or cat food you give your pet has the American Association of Feed Control Officials nutritional adequacy statement listed on the dog food bag. The AAFCO – the Association of American Feed Control Officials – is a group run by those who regulate animal food. Each bag of dog or cat food sold must have a Nutritional Adequacy Statement. But that statement can be hard to find, even for trained professionals. It's often on the side of the bag, or the back of the bag, and it's often in small print.

The first type of statement says on the bag that the food is formulated to meet the nutritional levels established by AAFCO. Formulated, as it appears on dog food nutrition labels, usually means the food is sent off to a lab for chemical analysis, which is not very expensive. So, formulated tells that the nutrients are probably in this bag, but they tell nothing about the quality, or the digestibility.

The other statement version says that animal feeding tests using AAFCO procedures substantiate that the food provides complete and balanced nutrition. This statement means that a group of dogs or cats was studied while eating said food. This food then had to be fed to a colony of dogs or cats, and they had a physical exam, blood work and body weights at the beginning and throughout this study. And they had to be fed for a minimum of 6 months. These tests can cost a company hundreds of thousands of dollars, because they usually do the formulation first and then commit to the feeding trial.

Formulated brands are not bad by any means. They just don't tell the pet owner if the pet food company invested to test the food on pets. The AAFCO statement must be on dog and cat food, but you will not find it on treats or biscuits.

After finding that claim determining what is best food is murky. There is a lot of middle ground; it really just depends on what you are comfortable with. There are a lot of good healthy foods out there and they don't have to be \$80 a bag.

A 30-40 pound bag can range anywhere from about \$15 to as much as \$80 or \$90. Why the price variations? One reason is quality of ingredients. Another one is marketing; fancy packaging and heavy advertising of a cat or dog food can increase the price. The fact of the matter is the great foods for your dogs or cats aren't hard to find. You just have to do your due diligence. Check for the AAFCO statement and buy a food made for your dog or cat. If it's a puppy, get puppy food, and if it's a big dog that exercises a lot, go for a higher calorie count. You should also follow the feed directions on the bag. Buyers beware, just because it costs a bundle that doesn't mean it does a nutritional bundle. If the pet food you buy is working for your dog or cat, ask your veterinarian questions during your pet's next exam about how your pet checks out, especially if you have any concerns about your pet's behavior.

Notes from the Editors

Hello, Brandywine - and Happy New Year!!

We hope that you and yours have had a lovely holiday season and are experiencing a brilliant start to 2018! We here at Sound Waves would like your help in getting Sound Waves off to its own brilliant start as we make our way into Sound Waves' 31st year.

We've wrapped up the Brandywine Bay history series this month, and as the New Year's resolution article in this issue mentions, the New Year is also a time to look back as you look forward. Here are a couple of things that previously existed in the paper that might be useful – and interesting – to revive.

Notes to my Neighbors: These are things like “best wishes”, congratulations, and thank you's. It could be on things like births, a neighbor watching your kid, or finding your lost dog. It's a way to acknowledge your neighbors and give 'em a shout out.

Blossoms, Birds and Butterflies: This would be things like yard of the month and gardening news and tips as well as bird sightings.

Home Tips: Ideas for home repairs, DIY projects, and household maintenance.

What do YOU want to see – and what do you want to contribute? Because that's the real point... Sound Waves is a paper by, for and about the Brandywine Bay community.

Let us know. Do you have an idea for a series – or a column? Was one of your New Year's resolutions to find a new hobby? – Maybe that hobby was writing or photography. Indulge your new hobby with Sound Waves. (Speaking of ideas – photo essays are welcome, too.) Tell us about your travels – local and afar. Tell us about your pets. Send us photos of your neighborhood events.

Also – is there an interest in the Sound Waves Facebook page? We're not sure if there's an interest, and if there is, fabulous – but there's 120 or so people “joined” to the page and many more homes/residents. All of the paper is volunteer efforts, and we want to use our time wisely and efficiently while also making sure it's of use to the community. The Facebook page could be useful, but is it worth the time to maintain it? Is it useful to YOU? Would you be interested in being able to post directly to the Sound Waves page as “members” to that page?

Please email us (Monica and Sandra) at: editor.soundwaves@gmail.com.

Brandywine is Online!

Stay connected...



<http://brandywineowners.org/>



<https://brandywinebay.nextdoor.com>



<https://www.facebook.com/soundwavesbrandywine>

Sound Waves 2017: A Look Back

By The Sound Waves Volunteer Editorial Team

A change in the Sound Waves volunteer editor: Barbara Johnson resigned from her position as Sound Waves Editor in the spring, and new volunteer Sandra Gahlinger happily stepped up to fill the role. Now she and Monica Sellars share the task of coordinating the articles for the paper each month. We thank



Monica and Sandra

Barbara for helping us make an easy transition! Are you interested in volunteering to help with Sound Waves also? Please contact editor. soundwaves@gmail.com.

A dedicated team of writers: We appreciate all of our Sound Waves contributors, whose stories and photos make Sound Waves informative and fun to read. We challenge each of you, dear neighbors, to contribute one story to Sound Waves this year! We all want to read about what interests you!

A focus on community: Many of the articles in Sound Waves are about neighbors who volunteer in the community or are participants in community groups or activities. Brandywine is filled with caring and talented people who spend their time bringing happiness to others through outreach organizations, religious groups, children's programs, arts, music, and theater. Have you been inspired to become involved in our community? Do tell!

A neighborhood of interesting folks: The Meet Your Neighbor column highlighted a variety of interesting neighbors in 2017, all with very different backgrounds, experiences, and perspectives. What's the moral of the story? Get to know your neighbors; enrich your own life and bring joy to their day by talking with them, learning from them, and spending time together.

A social group: Common interests bring folks together and build our community network. The Bridge Club, Book Club, and Golf groups reported on their activities in Sound Waves and extend an invitation to all neighbors to join them in their social circles. If you would like to let the neighbors know about your social group, or if you'd like to start a new one, Sound Waves can help you get the word out!

Active homeowners associations: The Brandywine Owners Association (BOA), Brandywine Bay Association (BBA), subdivision associations, and neighborhood committees are all run by neighborhood volunteers who generously donate their time and energy to ensure our community is a safe and desirable place to live. They provide news to Sound Waves about important neighborhood meetings, news, and events. Get to know your neighborhood representatives, and volunteer to pitch in too!

Adorable pets: Raise your hand if Pet of the Month is your favorite? Ours too! We love seeing the adorable pet photos and reading the neat stories about how each pet became a special part of their family. It is also great to recognize a pet and their people when we're out for a walk in the neighborhood. Honor your family's furry critters by submitting their photo and story for the Pet of the Month in 2018!

Advertisers: We appreciate our Sound Waves advertisers, who support our community newspaper with their business advertisements. Please return the kindness by doing business with our advertisers, and let them know that you saw their advertisement in Sound Waves.

In summary, Sound Waves is a newspaper by and for Brandywine residents. We want to continue providing information that is interesting and relevant to you. Please help us achieve this in 2018 by sending your ideas, photos, and articles to editor.soundwaves@gmail.com.



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STEVE MOCK • 252-726-0066

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Sound Waves online: brandywineowners.org/homeowners/sound-waves

Extra printed copies of the current paper are available at the K-Club and the Golf & Shore Properties office.

Sound Waves Facebook page: facebook.com/soundwavesbrandywine



ALL ABOARD!

By Noreen Barrett

Hello Neighbors!

I hope everyone had a very Merry Christmas.

The neighborhood never looked better with the wonderful decorations. It was certainly a welcome sight when coming home after dark.

I would like to take this opportunity to thank all the wonderful committee members and volunteers who do so much for our community. While they may stay behind the scenes, their commitment to their roles is unwavering and they certainly keep the cogs in the wheel well oiled. We appreciate you all greatly.

I'd also like to thank everyone's participation in letting us know about changes in the status of property ownership. We are coming along with our phone directory and our 2018 phone directory will be delivered soon.

I would like to wish everyone a very healthy and prosperous 2018. As always, if you have any concerns about our neighborhood, please feel free to contact a board member. We are at your service.

All the best,

Noreen

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<http://www.americanmusicfestival.org>

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Tickets to individual concerts are \$30 each. Tickets may be reserved by calling (252)728-6152 and are available at the door on

the evening of the concert. Tickets to individual concerts may also be purchased online by visiting <http://americanmusicfestival.eventbrite.com/>




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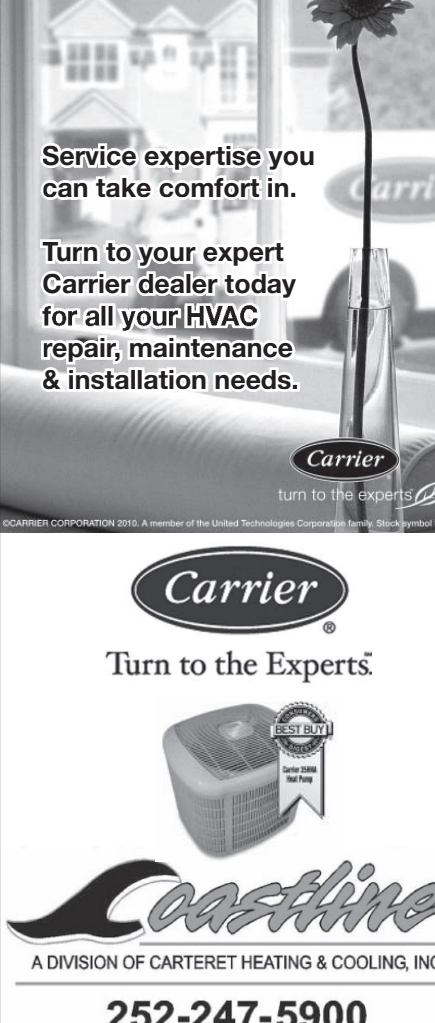
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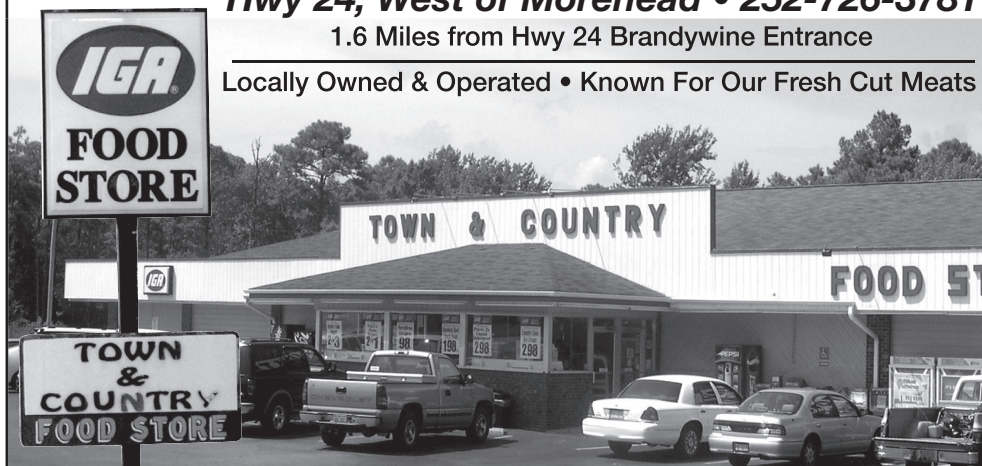
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Visiting Wilmington, NC Beyond the Battleship

By Monica Sellars

When you think of visiting Wilmington, do you think of the U.S.S. North Carolina battleship? Of course! But once you've toured the battleship, is there anything else to do? Yes! Here are some suggestions from our recent visit to Wilmington for great activities "beyond the battleship."

Cape Fear Serpentarium

The collection of snakes and other dangerous reptiles at the Cape Fear Serpentarium is incredible. You can see examples of snakes from all regions of the world and learn about their various secret weapons for hunting and defense. Don't worry, though – the reptiles are kept securely in their enclosures, which were specially constructed to resemble their natural habitat.



Sunset Boat Ride

There are a few different businesses that offer boat rides on the Cape Fear River from the Wilmington waterfront. We chose a Twilight Cruise with Live Music from Wilmington Water Tours. The cruise was relaxed and delightful. We enjoyed the live music, snack and beverage bar, the unique views of the river and, of course, the sunset. This was a pleasure cruise, so there was no tour guide educating us about the area during the trip; however, other types of cruises do provide this service. Check the schedules for the different tour companies to find one that matches your interests.



Wilmington Railroad Museum

This museum is fun for all ages! The highlight of the museum is the spectacular model train layouts, representing the history of railroading in the coast areas of North Carolina. The models are interactive, allowing visitors to push buttons that activate sounds and motion. You can also visit the displays of authentic artifacts that illustrate the history of the US rail system. Outside, you can tour a real train caboose, explore the steam engine and peek inside a rail car.

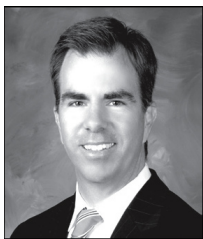


Dining

There must be hundreds of restaurants in the Downtown Wilmington area! Luckily, all of the places we tried were delicious – odds are good that you won't be disappointed with your selections either. This trip included refreshment stops at The George on the Riverwalk, Riverboat Landing, Anne Bonny's, New Anthem Beer Project, Drams & Morsels, and Beer Barrio.



These are just a few examples of activities for you to explore on your trip to Wilmington. And there's still more to do! Historic homes, tours, performances, art!



5 Ways to Get Your Finances on Track for 2018

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

With a new year comes a new chance to get on track with your finances. The following list highlights five commonly neglected areas that might need some attention in your financial life. As with any successful resolution, break your goals down into manageable steps and set self-imposed deadlines. Let 2018 be the year you take action and take control of your financial life!

Dust off your credit report and score

If you're planning to buy a home or make another major purchase, a good credit rating can be critical. Businesses also inspect your credit history when evaluating applications for insurance, employment, and even leases. With so much in the balance, it's important to review your credit report for accuracy at least annually. Plus, it's a good way to catch signs of identity theft.

Fortunately, checking your credit report is easy. You're entitled to one free annual report from each of the three major credit reporting agencies—Equifax, TransUnion, and Experian—which you can request at www.annualcreditreport.com. Be wary of sites that charge you for these reports. If you use a credit monitoring service, be sure to check the terms of service.

Revamp your emergency fund

If you don't have one already, starting an emergency fund should be on your list for the new year. The size of your fund depends on your particular situation and factors such as:

- Family size
- Current debt
- Insurance coverage

The standard is to set aside three months of expenses in case you or a family member encounters the unexpected, such as losing a job. Because it may take longer to find employment or to recover from a financial setback, if you already have an emergency fund, you may want to increase your savings to six months of expenses.

By planning ahead, the smaller emergencies (e.g., replacing a broken hot water heater) can be easily covered. Remember, it's far better to have an emergency fund and never need it than to experience the reverse scenario.

Revisit credit cards

As a best practice, review the terms and conditions of your credit cards to ensure that they're still in line with what you originally signed up for. Oftentimes credit cards have introductory offers on interest rates, balance transfer rates, etc. that adjust after a certain period of time. If you do have credit card balances, this is a great time to put a plan in place to get these paid off. Be intentional and make this a priority.

Go paperless

If your home office is overflowing with statements and receipts, switching to paperless transactions is a pretty simple way to streamline your life—and help the environment. Besides minimizing desktop clutter, online financial management may offer access to tools that help you become more efficient and organized.

• **Online banking.** Switching to electronic statements can conserve tons of paper and save you loads of time and trouble. You can track your balances in real time on your bank's website and transfer funds from your desktop. At work, direct deposit of your paycheck not only saves paper but also cuts down on trips to the bank. It's easy to set up with your employer, and checks generally clear faster.

• **Electronic bill payment.** You can arrange online payments with your bank or through various service providers. Bills from public utilities and mortgage and credit card companies often highlight the availability of this option.

• **E-delivery of investment statements.** We encourage you to sign up for electronic delivery of your account statements and trade confirmations. Going paperless is a simple, secure, and eco-friendly way to receive your documents.

Do an overall financial review

Take the pulse of all your accounts regularly. This includes reviewing your insurance policies, annuity contracts, retirement plans, and educational savings accounts. Are you on track to achieve your goals? Do you need to make adjustments? Are your beneficiary designations up to date? Be sure to discuss any changes in your situation with a financial advisor to get advice about adjustments needed and confirm you are on a path for success.

Although these financial to-dos may take a little time, checking them off your list will help you organize and simplify your financial life—and ultimately save you time throughout the year.

###

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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Carteret Community Theatre

www.carteretcommunitytheatre.com

It's the 1890s New York City. The bold and enchanting widow, Dolly Levi, is a socialite-turned-matchmaker. Her latest clients seeking assistance are the cantankerous "half-a-millionaire," Horace Vandergelder, and a young artist named Ambrose, who is in love with Horace's niece, Ermengarde. Dolly's scheming soon involves Horace's employees as well as a New York hat maker, as she tries to cover up her own secret romantic designs. Hilarity ensues as Dolly's plan unfolds.

Hello Dolly will run January 19, 20, 26, & 27 @ 7:30 and January 21 & 28 @ 2:00.

General admission seats are \$18-\$24 in advance, or \$20-\$25 day of show, and include NC Sales Tax and Service Fee.

Howard and David continue to prove that the trail they've ridden to fame has been as unique as their music itself—music that is now celebrating 40 years of success.



The road that started on the pop music charts in the '70's, took a winding turn into country music in the '80's, paving the way for duos to come, such as Brooks & Dunn, Montgomery Gentry, Big & Rich, and previously—The Judds.

The Bellamy Brothers will perform on Friday, February 2, 2018 @ 8PM.

Reserved Seats: \$30, \$35 & \$40 in advance, or \$35, \$40 & \$45 at the door. All prices include NC Sales Tax and Service Fee.

Carteret Health Care receives \$290,000 Grant from The Duke Endowment For Palliative Care

By Michelle Lee, Community Relations Director, Carteret Health Care

Morehead City, NC - Carteret Health Care has received a generous three year grant in the total amount of \$290,000 from The Duke Endowment to establish a much needed palliative care program in Carteret County.

Grant funds will be utilized to develop a multidisciplinary Palliative Care Program to serve Carteret's population living with serious, chronic and advancing illnesses. The Endowment grant will be paid over three years and enable Carteret Health Care to offer services that are not presently available. The program will then become self-sustaining so Carteret will be able to serve patients well into the future.

"This grant will provide immeasurable benefit and truly advance the palliative care and end-of-life services in our community," shared Dick Brvenik, Carteret Health Care President. "Our hospice and oncology patients as well as others will benefit from these enhanced care services for years to come."

The current programs in the Carteret area focus on either curative treatment or comfort care, but not on a dual approach for the comfort and care of advancing illness and symptoms that precede becoming eligible for hospice care.

"Palliative care helps support patients and families as they consider important decisions about care and services," said Lin Hollowell, director of the Endowment's Health Care program area. "This grant will help Carteret Health Care develop a comprehensive program designed to engage patients in their treatment planning and improve their overall quality of life."

The palliative approach to care improves quality of life for the patient by anticipating, managing, and preventing symptoms associated with their condition. Palliative care resources can provide an additional layer of support to the patient and family dealing with chronic disease in our community. This resource will complement the efforts of busy primary care physicians and specialty service providers. Also, the program will provide continuity of care and increase access to community support resources that are otherwise under-utilized. Through a team approach, patients and families will receive disease specific education and learn about alternative treatment options.

Betsy Lane, BSN, RN, CDE, Director of Care Coordination and Community Health Programs stated, "Typically, patients with chronic disease experience multiple hospital admissions throughout their life. A comprehensive palliative care program can reduce the incidence of hospital admissions, length of stay, and inconvenient and tiresome readmissions."

Through collaboration with Carteret Health Care's community health partners, such as local primary care providers, home health, hospice agencies, skilled nursing facilities and the county health department, the Palliative Care Program will increase engagement between health care providers along with patients and families. Expected outcomes and benefits include:

- Enhance community services
- Decrease readmissions for targeted diagnoses of HF, COPD, AMI, active malignancies
- Enhance quality of life
- Improve symptom management
- Facilitate timely referral for community and hospice services, when appropriate
- Consistent, collaborative provider/patient/family support system
- Improve health literacy, patient/family satisfaction and empowerment with advanced care planning and patient/caregivers' disease specific education
- Increase communication across the continuum

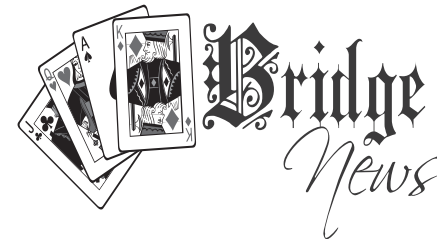
Based in Charlotte and established in 1924 by industrialist and philanthropist James B. Duke, The Duke Endowment is a private foundation that strengthens

communities in North Carolina and South Carolina by nurturing children, promoting health, educating minds and enriching spirits. Since its founding, it has distributed more than \$3.4 billion in grants. The Endowment shares a name with Duke University and Duke Energy, but all are separate organizations.

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About Carteret Health Care

Carteret Health Care is an independent, 135-bed community hospital serving Eastern North Carolina. Carteret Health Care leads the way to healthier lives through innovations in safety, quality, service and superior value. As a not-for-profit Medical Center, we offer a full range of acute care, diagnostic and outpatient services at a level that you would only expect at a larger facility. While providing quality health care with exceptional compassion and respect, Carteret Health Care achievements and awards include being ranked as a Top 100 Rural & Community Hospital in the US by iVantage Health Analytics and a multi-recipient of an A Hospital Safety Grade. For additional information about Carteret Health Care, visit our website at www.CarteretHealth.org.



By Pat McMahon

HO HO HO-ly Cow—what a great day of Bridge in December. Santa's Elves really outdid themselves...Good food as usual, cute little elf cakes that made you want to grab more than one...I think some of us did! Plus, some had fantastic cards which ushered the winners over the finish line!

We would like to welcome two new members to K-Club Bridge. Ingrid Carmona, a longtime friend and sub and Carol Council, a longtime friend. Welcome Ladies, we are happy to have you join us!

The winners are:
 Ingrid Carmona in first!
 Janiece Wall in second!
 Connie Bell in third!
 Congratulations ladies!

Bridge play is the 2nd Wednesday of the month...Come join us! We don't want to have all this fun alone. If you're interested in learning more about K Club Bridge, contact Co-Directors: Pat McMahon (726-7994) or Dolly DiMarco (240-3547).

Last Month's Solutions

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

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

CYAN MAGENTA YELLOW BLACK

A Group Fitness Habit

By Monica Sellars

It began with Miss Bonnie's tap and ballet classes, and then I took swimming lessons, and I even went to tennis camp. Although you may not usually think of these as group fitness, I believe these childhood activities created the foundation for a group fitness habit that has continued throughout my life. They also helped me develop my coordination and learn about moving to the beat of the music, two other important life skills.

I'm not a person who enjoys competitive team sports, probably because I'm not quick or tough. However, I do enjoy being active without the pressure to win; the camaraderie and motivation from group fitness classes are just right for me.

Instead of being involved in high school sports teams, I went to Connie's aerobics classes with my mom at the community center in our town. When I went to college, the university fitness center was equipped with lots of exercise machines, but what I really enjoyed were the group aerobics classes. In the final semester of my senior year, I took a kickboxing class, and after graduating, I continued attending kickboxing classes at a Tae Kwon Do studio. Later, I joined a traditional gym and attended a different type of class each day after work, including group strength training, yoga, and indoor cycling. Recently I've taken my habit a step further by starting to lead an indoor cycling class at TruFit Gym.

Sometimes the hardest part about exercise is getting started – putting your shoes on and going to the gym. When you participate in group fitness, the people in the classes help with that challenge; I look forward to seeing my gym friends, and we motivate each other to attend class. While in class, the enthusiasm from both the instructor and the other participants keeps me motivated. The instructors provide guidance for performing the exercises safely, with the proper form. The classes include a variety of exercises that work all of the body's muscle groups, and they always include warm ups, cool downs, and stretching.

Group exercise classes are a fun way to meet people, enjoy upbeat music, and be active. Attending group fitness classes helps me to relieve stress, increase my strength and flexibility, and improve my stamina – all of which help me in my normal daily activities.

If you want to stick with a new exercise routine, it's important that you enjoy the activity and the process of investing in your health. Morehead City has lots of group fitness options – martial arts studios, dance studios, gymnastics facilities, and gyms – within a short drive from Brandywine. So find the one that's right for you, and make group fitness your new favorite habit!



Have an interesting friend or neighbor in Brandywine that we can profile in Meet Your Neighbors? Drop us a line at editor.soundwaves@gmail.com

www.TruFITGym.com



TruFitGym

Flexibility & Mobility PROGRAM

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- ▶ LESS NECK STRESS
- ▶ INCREASED RANGE OF MOTION
- ▶ INJURY PREVENTION
- ▶ IMPROVED CIRCULATION
- ▶ IMPROVED POSTURE
- ▶ IMPROVED MUSCULAR FUNCTIONALITY

CLUB AMENITIES:

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- ★ FREE Zumba
- ★ FREE Tanning
- ▶ Smoothies
- ▶ Supplements
- ▶ Weight Loss Programs
- ▶ Professional Staff
- ▶ Functional Training Equipment
- ▶ Personal Training Assessment
- ▶ Spinning
- ▶ TRX
- ▶ Pilates
- ▶ Boot Camp
- ▶ Kettlebells

GUEST PASS 5 DAYS

*Must be local resident, 18 years or older, first time guest. Exp 12/31/17

Morehead City | **252.247.4653**

5301 Highway 70 West, Morehead City, NC 28557

18 Hole LGA News

By Susie Garland

Dec 5: LGA Annual Christmas Awards dinner held at Amos Mosquito's. A special thanks to Mrs. Claus, Loretta Beaulieu, and Katie Kirk for putting it all together. Some highlights: Before the delicious meal was served, Pat Barber offered a prayer of thanks to reflect on all the blessings bestowed upon us and for the friendship and camaraderie on this happy occasion; laughs from Pat Ludwig and Mickey Friend's presentation of some very humorous jokes; everyone standing up (and then sitting down) to sing "The 12 Days of Christmas." Hmmm, I think next year we might include The Eight Days of Hanukkah. I'll bring the Menorah. Loretta read a Christmas story and when the word "and" was recited, the gifts that we all brought were passed on from one person to another until the end of the presentation. 18-hole tournament chairladies, Brenda Leinthall and Diane Mantho, passed out holiday envelopes (Hanukkah "gelt" in Hebrew) and announced major tournament winners (reported in previous columns).

After tallying up the results for the Ringer Board year end, here are the winners:

- For Low Gross and Most Birdies: Ann O'Connor
- Low Net and Most Chip-Ins: Brenda Leinthall
- Jean Hunsinger was recognized for having an Eagle (the only one in 2017)
- And last, but certainly not least, THE MOST IMPROVED PLAYER: Anne Lynes Yowsa!

Madam President, Bernie Moreno, introduced the Board for 2018 (previously reported) and gave thanks to the 2017 Board, all of whom served for two (or more) years. (Picture of Board members in previous edition). Vice President, Myra Roche, presented Bernie with a beautiful Christmas Pointsettia with thanks and appreciation from all of us.

Dues: The 2018 LGA membership forms are now in the LGA drawer in a brown envelope at the Club House for those who didn't grab the form at the party. Don't forget to sign up and leave your dues (\$40.00) in the envelope provided or mail to Jean Hunsinger at the address shown on the form. Appreciate if you could get this done by January 15th as Loretta inputs all the required information for the 2018 booklet.

Happy New Year to all of my dear readers. Before the new golf season begins, I'll be creating some fun stories and poems for your pleasure in the next few editions.



9-Hole LGA Sound Waves Report

By Lenna Easter

All in all, it has been a beautiful year for golf. Never got too hot, had nice breezes, and had lots of rain. But it seemed that all the rain days were on Tuesdays!! And so, play was again rained out on Oct 24.

We were able to play the second round for our championship on October 31. With a 55 on the front nine (played two weeks previously) and a 59 on the back, for a gross total of 114 for 18 holes, our 9-hole club champion for 2017 is Lenna Easter. Anne Gilbert did win on October 31 on our second playday with a 58. Congrats to both ladies and to all the ladies who play with the nine-hole lady golfers.

To summarize our activity during the year, here are the major winners:

- 9 Hole Champion (Low Gross)** - Lenna Easter
- Freedom Tournament (Low Net)** - 1st place -Lenna Easter; 2nd place - Anne Gilbert
- Memorial Tournament** - Marilyn Ryder
- President's Cup** - Marilyn Ryder
- Ringer Board:**
- Low Gross** - Marilyn Ryder
- Low Net** - Marilyn Ryder
- Most Pars** - Lenna Easter
- Most Chip-ins** - Marilyn Ryder

All the nine-hole ladies received cash awards for playing in weekly matches, even if they did not win! The awards will be presented at the annual LGA Banquet held at Amos Mosquito's on December 5.

League play is officially over for 2017, although we can still get together to play a round until the new season starts in March 2018.

The Nine-Hole LGA is open to all Brandywine women. Play is on Tuesday morning, so you can get home in time for lunch and errands. We invite you to join us for a casual, relaxing, fun time and still say you played golf. Sign up when you pay your dues for 2018.



Celebrating this summer: (l-r) Marilyn Ryder, Anne Gilbert, Lenna Easter, Sue Verdon

MGA Happenings

By Vince Moreno

December 6: Today was our monthly tournament, and we beat the rain. The game was low net hole by hole. Chuck Muller got us off before the rain and we did not get wet. First place winners Nick Viglianese, Dick Groben and Chuck Muller. Second place was taken by Joe Kirk, Guy Rouse and Ed Easter. The closest to the pin winners were Chuck Muller and Ken Ghelli. It was a good day because we did not get wet and lunch was great.



First Place Winners: Nick Viglianese, Dick Groben and Chuck Muller



Second Place Winners: Joe Kirk, Guy Rouse and Ed Easter



Closest To The Pin Winners: Chuck Muller and Ken Ghelli

Golf N' Stuff

BY:
SUSIE GARLAND

As per Chris's notification via email, here is an update on the re-designation of holes:

We will be officially changing currently numbered holes 10-18 to holes 1-9 and currently numbered holes 1-9 to 10-18. This change will go into effect on the 1st of Jan. 2018. In addition to the re-designation of holes, we will also be adding a new set of tees that will be RED in color and offer the shortest playing distance.



By Susie Garland

I hadn't played on Sunday for a while
But today I got the ball rollin'
Played with a guy with some amazing shots
Way to go, my cart partner Jay Bolen

On the tee, we took aim and then swung
Three not-so-good shots made us cranky
Coming to the rescue with a drive to behold
Was Chris Calling's partner, Jack Yankey

Chris puffed on his see-gar and walked to the tee
Checked his stance and took careful aim
Smashed one toward the left and clunk went the ball
The dang tree in the way was to blame

Fear not, Susie to the rescue, as a very last resort
Now they really needed a decent drive
She blasted one onto the fairway
The team shouted with glee, "She's alive"

Susie was on fire, her confidence restored
On the next hole, she putted with ease
The hand fisting began with the birdie she sunk
The team took the win if you please

MGA Christmas Dinner ... continued from page 1.



Guy Rouse Golfer Of The Year From The Gold Tees



John Miller Golfer of the Year From The Silver Tees



Joe Kirk Low Gross Winner From The Gold Tees
Bob Connolly Low Gross Winner From The Silver Tees



Ed Easter Most Improved Golfer From The Silver Tees
Bob Colbourne Most Improved From The Gold Tees



Ed Easter Low Putts Winner From The Silver Tees
Tom Normyle (not pictured) Low Putts Winner From The Gold Tees



Tom Grady Closest To The Pin Winner From The Silver Tees
Guy Rouse Closest To The Pin Winner From The Gold Tees



Ed Easter Blitz Points Winner From The Silver Tees
Guy Rouse Blitz Points Winner From The Gold Tees



Vince Moreno Low Net Winner From The Silver Tees
James Whitfield Low Net Winner From The Gold Tees

A Different Kind of Profile: New Year's Resolutions

Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual. – Mark Twain

Note: When we do a profile, it's usually of a person. So, we're starting the New Year off a little differently this year, and since resolutions are looming large, "tis the season, right?" - it seemed appropriate that the resolutions themselves get a spot-light profile. Honestly, I'm not a big fan of New Year's Resolutions. I agree with Mark Twain. Not that I'm a pessimist (or trying to be a downer), but my attitude toward New Year's Resolutions leans toward the "meh" end of things. I do, however, love the foods and the tradition of it as well as the original intention toward reflection (see article below).

So, for those of you inclined to vigorously "pave your path" and if you especially like doing so with New Year's Resolutions, "resolve" away! To assist you in your endeavor, please see the 100 Day Challenge (link at end of article). For those of you who are not big fans of resolutions (or have just tired of them), you might find the history interesting - and for those of you who love good luck (who doesn't?), there's a list of good luck traditions from around the globe for you to try.

How do you celebrate the New Year?

The History of New Year's Resolutions

Gary Ryan Blair

THE TRADITION OF New Year's Resolutions goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar.

With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year.

The New Year has not always begun on January 1, and it doesn't begin on that date everywhere today. It begins on that date only for cultures that use a 365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars had.

The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back. Thus he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new.

The Romans began a tradition of exchanging gifts on New Year's Eve by giving one another branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god Janus became more common New Year's gifts.

In the Middle Ages, Christians changed New Year's Day to December 25, the birth of Jesus. Then they changed it to March 25, a holiday called the Annunciation. In the sixteenth century, Pope Gregory XIII revised the Julian calendar, and the celebration of the New Year was returned to January 1.

The Julian and Gregorian calendars are solar calendars. Some cultures have lunar calendars, however. A year in a lunar calendar is less than 365 days because the months are based on the phases of the moon. The Chinese use a lunar calendar. Their new year begins at the time of the first full moon (over the Far East) after the sun enters Aquarius- sometime between January 19 and February 21.

Although the date for New Year's Day is not the same in every culture, it is always a time for celebration and for customs to ensure good luck in the coming year.

Ancient New Years

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, Babylonians celebrated the beginning of a new year on what is now March 23, although they themselves had no written calendar.

Late March actually is a logical choice for the beginning of a new year. It is the time of year that spring begins and new crops are planted. January 1, on the other

hand, has no astronomical nor agricultural significance. It is purely arbitrary.

The Babylonian New Year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the New Year on March 25, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the New Year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the New Year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

Global Good Luck Traditions

With New Year's upon us, here's a look at some of the good luck rituals from around the world. They are believed to bring good fortune and prosperity in the coming year.

AUSTRIA - The suckling pig is the symbol for good luck for the new year. It's served on a table decorated with tiny edible pigs. Dessert often consists of green peppermint ice cream in the shape of a four-leaf clover.

ENGLAND - The British place their fortunes for the coming year in the hands of their first guest. They believe the first visitor of each year should be male and bearing gifts. Traditional gifts are coal for the fire, a loaf for the table and a drink for the master. For good luck, the guest should enter through the front door and leave through the back. Guests who are empty-handed or unwanted are not allowed to enter first.

WALES - At the first toll of midnight, the back door is opened and then shut to release the old year and lock out all of its bad luck. Then at the twelfth stroke of the clock, the front door is opened and the New Year is welcomed with all of its luck.

HAITI - In Haiti, New Year's Day is a sign of the year to come. Haitians wear new clothing and exchange gifts in the hope that it will bode well for the new year.

SICILY - An old Sicilian tradition says good luck will come to those who eat lasagna on New Year's Day, but woe if you dine on macaroni, for any other noodle will bring bad luck.

SPAIN - In Spain, when the clock strikes midnight, the Spanish eat 12 grapes, one with every toll, to bring good luck for the 12 months ahead.

PERU - The Peruvian New Year's custom is a spin on the Spanish tradition of eating 12 grapes at the turn of the year. But in Peru, a 13th grape must be eaten to assure good luck.

GREECE - A special New Year's bread is baked with a coin buried in the dough. The first slice is for the Christ child, the second for the father of the household and the third slice is for the house. If the third slice holds the coin, spring will come early that year.

JAPAN - The Japanese decorate their homes in tribute to lucky gods. One tradition, kadomatsu, consists of a pine branch symbolizing longevity, a bamboo stalk symbolizing prosperity, and a plum blossom showing nobility.

CHINA - For the Chinese New Year, every front door is adorned with a fresh coat of red paint, red being a symbol of good luck and happiness. Although the whole family prepares a feast for the New Year, all knives are put away for 24 hours to keep anyone from cutting themselves, which is thought to cut the family's good luck for the next year.

UNITED STATES - The kiss shared at the stroke of midnight in the United States is derived from masked balls that have been common throughout history. As tradition has it, the masks symbolize evil spirits from the old year and the kiss is the purification into the new year.

NORWAY - Norwegians make rice pudding at New Year's and hide one whole almond within. Guaranteed wealth goes to the person whose serving holds the lucky almond.

Gary Ryan Blair is the inspiration behind the 100 DAY CHALLENGE which is the world's most powerful goal setting program designed to show you how to get more accomplished in 100 days than most people do over the course of 10 years. www.100daychallenge.com Article Source: <http://EzineArticles.com/245213>

January Special Events

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

Succulent Seafood Series

January 8, 2018 | 2:00 pm-4:00 pm

January 15, 2018 | 2:00 pm-4:00 pm

January 22, 2018 | 2:00 pm-4:00 pm

January 29, 2018 | 2:00 pm-4:00 pm

1 Roosevelt Boulevard, Pine Knoll Shores, NC

(252) 247-4003

Behind the Scenes: Aquarium at a Glance

January 4, 2018 | 12:00 pm-12:45 pm

For all dates: <http://www.ncaquariums.com/pine-knoll-shores>

1 Roosevelt Blvd, Pine Knoll Shores, NC

(252) 247-4003

Behind the Scenes: Shark Snack

January 5, 2018 | 2:30 pm-3:30 pm

For all dates: <http://www.ncaquariums.com/pine-knoll-shores>

1 Roosevelt Boulevard, Pine Knoll Shores, NC

(252) 247-4003

Behind the Scenes: Aquarium Close Encounters

January 6, 2018 | 2:30 pm-3:30 pm

For all dates: <http://www.ncaquariums.com/pine-knoll-shores>

1 Roosevelt Blvd, Pine Knoll Shores, NC

(252) 247-4003

Down East Folk Arts Society Concert – Dennis Warner

January 13, 2018 | 7:30 pm-9:00 pm

3505 Arendell St, Morehead City, NC 28557

(252) 646-4657

International Film Series 2018

January 18, 2018 | 5:20 pm-7:20 pm

January 18 - Lila Lila - Germany (Bonus Showing - January 19 at 2 p.m.)

3505 Arendell Street Morehead City, NC 28557

(252) 222-6056

8th Annual Mac Daddy's Winter Festival!!

January 27, 2018 | 10:00 am-5:00 pm

130 Golf In Dolphin Drive, Cape Carteret, NC

(252) 393-6565

American Music Festival Series

January 27, 2018 | 8:00 pm-10:00 pm

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International Film Series 2018

February 22 - The Salesman - Iran (Bonus Showing - February 23 at 2 p.m.)

March 22 - Lost In Paris - France/Belgium (Bonus Showing - March 23 at 2 p.m.)

April 12 - Timbuktu - Mauritania/France (Bonus Showing - April 13 at 2 p.m.)

Winter Care for Houseplants

By Lenna Easter

Hopefully you've managed to get your houseplants inside before the recent cold snap. And you've treated the leaves and soil to kill all the summer pests that were living there for the past seven months. Our tender plants would surely have died if we didn't bring them indoors because most of our house plants are tropical in origin and just can't take our winters, mild as they usually are. But we can find ways to kill them inside, too.

Location depends on your home's floor plan. But in general, keep plants away from drafts (doors opening and closing), at temperatures not to exceed 75 ° during the day and above 50° at night. Western or southern facing sunlight is best. Supplemental light helps, too. Rotate the plants occasionally to allow equal exposure to the sun which keeps growth even.

Humidity in our homes during winter is equivalent to that of the Sahara desert. It's a good idea to humidify the home in winter for the plants, as well as its human inhabitants. That doesn't mean that you water your plants more often – to the contrary. Cluster your plants together when possible. Water released from the leaves thru transpiration will provide moisture and assist in giving the cluster some humidity. Misting helps, and can be done often. If you have the space, set your plants on or near a tray of water. Add stones or gravel to the tray and as the water evaporates, it raises the humidity around the plants. Do not set the pots directly in the water.

The perfect place to keep house plants is in the bathroom, especially if natural light is available. The humidity provided by showering is at optimum levels in the home. If you do not use your bathtub, protect the tub surface and set the plants in the tub. If lighting is a problem, add supplemental lamps.

Water sparingly. I have found that overwatering kills more house plants than nearly any other condition. This is especially true of succulents and cacti which will develop root rot with over-watering. My rule for my jade plants and cacti is to give them their last water in mid-November and then nothing again until March. The plants seem to go dormant and need little moisture.

All plants brought indoors grow more slowly and therefore use less water. Check the moisture of the soil level at 2" (use your finger) for dryness before watering. My schedule is a moderate watering of room temperature water at two-week intervals (or the 1st and 15th of each month).

Hold the fertilizer. Don't use a liquid fertilizer until a month before you plan to take the plant outdoors again. Then use it at half-strength. I do however use a delayed release pellet fertilizer with my first deep indoor watering. The plant slowly absorbs the fertilizer without shocking its system.

Christmas Poinsettias are excellent indoor plants for use in the home. As pretty as it is, remove the metallic foil as soon as the holidays are over. Treat the bush as outlined above for any indoor plant. They can be planted in the ground (semi-shade/part sun) when all danger of frost is over and the ground is warm. If you work at it, you can have it bloom next year.



continued on page 19

Restaurant Review

Dank Burrito: Cheerwine BBQ Braised Beef Quesadillas

By Sandra Gahlinger

Confession: We were going to profile Circa 81. We love Circa for its tapas-style eating. I adore Spain, and when I moved back to Morehead after so many years away, I was beyond thrilled to discover Circa! I love small plates and options. Even so, there are a few menu items that are must haves on our visits. We can be guaranteed to order their Brussel sprouts and the Lady Edison ham – and their home-made jams and pickles are a highlight of the cheese plates on offer. However, the holidays happened, and the night we planned to go to Circa, it was closed for a private party. Then, the next Monday was Christmas and the next New Year's. Why Monday, you ask? We love Mondays at Circa because Mondays are for mojitos (...reminds me of a grown up "Sesame Street"). They have a different drink special nightly, and while we love mojitos, we do enjoy other drinks. So, we tried to get there on a Thursday for martinis, but as I said, the holidays happened, and there are "print" deadlines. Rest assured, we made it to Circa over the holidays - just not in time for it to be included in the paper.

To that end, I will add a note about another of the "Chef Clarke Collection" of restaurants and eateries, Dank Burrito. We made it to Dank Burrito for their Cheerwine BBQ braised beef quesadillas. I grew up drinking Cheerwine, but it kind of grew into a tradition at our house because my mom would make sure she had Cheerwine available for my husband when we visited. He did not grow up with Cheerwine but loves it, and she has even mailed it to us as it's hard, if not impossible, to find elsewhere.

Cheerwine is a genuine piece of Tarheel Terroir – one of those things that's uniquely North Carolina. So, when my sister-in-love sent me the FB link heralding the arrival of the famed Cheerwine quesadillas, it was a "save" after missing Circa the day before.

Made with Cheerwine braised beef, crispy onion straws, Cheerwine bbq sauce, topped with cheese and served with chips and a side of chipotle aioli, these quesadillas are rich. So, if you're dining with someone, I'd suggest one person ordering the Cheerwine BBQ Quesadillas and the other person choosing something like the 2 tacos. (I really like the jerk chicken and Asian pulled pork...and the carne asada... and the bahn-mi pork belly...and - the truth is, they're all good!)

Last note: Earlier this year, I discovered that Dank has crème brulee – a discovery made, thanks again, to my sister-in-love...and indirectly, to Sue Fox. (We were coming back from turle-ing thanks to Sue and swung by Dank on our way home. My brulee didn't make it to the house – not even close!) It comes in regular (vanilla) and Nutella. You can order it from the drive-through – be aware that it's going to take a few minutes. Know that you may end up taking brulee home with you as the quesadillas are rich – and filling. Then again, yours may not make it home, either.

Don't miss the Cheerwine BBQ quesadillas at Dank – get 'em while they're here for a delicious start to your year. And even if you miss 'em this time, you can console yourself with the crème brulee.



Pet of the Month

Kitty Christmas

By Sandra Gahlinger

Here are some pictures of my fur babies, Leo and Patches, on Christmas morning. They are a typical brother and sister (as you'll see from the photos). They were born outside our house in Italy – so, yes, they are Italian gatti, and their names reflect this. His full name is: Leonardo Francesco Pneuma Gahlinger. She is: Patches Stellina Maria Francesca Gahlinger. Both have St. Francis in their name as he is the patron saint and protector of animals and a popular Italian saint. Patches reflects her Italian heritage with her impeccable judge of sauce. (FYI: The only store-bought sauce she's ever bothered to taste after sniffing – ie the only one judged "acceptable" - is Paul Newman's marinara. It took me five tries before I made a sugo she'd eat. Yep, FIVE.) Leo is a typically Italian "momma's boy" – he loves his momma. She's our guard kitty, and he's our healer boy. I didn't know cats growled until we got Patches, and after Leo sat on his momma and purred, the cancer seemed to dissipate. (Sidenote: There IS scientific research on "the power of the purr" by a company in RTP.) Both babies also answer to Bubba and Bubba Girl.



Leo after eating a few too many Catnip Greenies



Patches' favorite Christmas item – the wrapping paper!



Leo checking out a Christmas present after chasing off his Sissy. (Notice the look of "sigh" on her face as she chooses to ignore her brother's possessive behavior – she actually is the dominant kitty and will let him "have it" when she's had enough.)



Celebrating 30 Years: More Brandywine Bay History

By Dr. Joe Smith

This article was originally published in the August 2002 issue of Sound Waves. This is part 3 of a 3-part series. Reprinted with permission of Dr. Smith with thanks, also, to BJ Ellyson for sharing.

PART III: CONCLUSION

In researching the history of Brandywine Bay and the surrounding area, I found so many more interesting facts about the Bogue Sound area, Morehead City and Newport.

Dan Walker gave me some articles about this land during the Civil War. There was a Bogue Blockhouse, which was a double-decked log fort, located near the intersection that is now Highway 24 and McCabe Road. Cpl. Dix of the 9th New Jersey Unit built it, allowing the sentries to survey all boating on Bogue Sound. It apparently wasn't a strong enough defense against a superior North Carolina and South Carolina Calvary and the battery forces under Brig. General James G. Martin. It was destroyed on February 2, 1864. This was the same year that the battle (siege) of Fort Macon occurred and the arrival of that bad guy, Gen. U.S. Grant, who mopped up the place.

All this was over a hundred years before our Brandywine beginnings!! Brandywine continues to have a rich past, impressively highlighted with marvelous people. One of those people is Gaynelle Conner. Having been born and raised in Newport, Gaynelle is a treasure book of historical knowledge about this whole area. She spoke at great length of the Brandywine Bay development. She lived in the large condominiums on Oak Bluff, completed in the spring of 1977. She also had fond memories of the Webb Mansion and the many good times spent there! In 1983, Gaynelle bought a lot on Lord Granville Drive, and moved into her new home in 1984, in conjunction with the completion of the golf course. Westchester Drive and Eastchester Drive had no construction at that time, and Lord Granville Drive stopped at the Conner Home.

During the building of her home, the excess water from the golf course was pumped off and into the surrounding woods, leaving her house with a moat of water surrounding it. This prevented any continuing work on her house until a ditch was dug behind her property to collect all the water from that time on. That is the famous ditch that is very familiar to all the golfers with a slice on hole #2. She has had many windows broken from those errant tee-drivers as well!!

I would like to conclude by thanking all the wonderful people who allowed me to interview them, delve into their

interesting pasts, and share them with our readers. These folks who began it all, and those who followed, are the heart of Brandywine Bay. We have a very rich past, full of memories that should spur us on to continue established traditions with the same fervor as our "early pioneers."

Carteret Writers Announces Annual Writing Contest

Carteret Writers, a group of unpublished and published authors of all genres, is gearing up for its 27th annual writing contest.

The contest is open to all writers age 18 and above. Submissions are accepted from Monday, Jan. 1, through Wednesday, March 14, for five categories.

The five categories are fiction, flash fiction, nonfiction, poetry and writing for children. This category is intended for adults who write for children.

Entries must be in English, submitted by mail and must be unpublished at the time of submission.

The judging will be blind and conducted by published authors, journalists or other professionals in the field of writing who are not members of Carteret Writers. Their criteria will be originality and literary quality.

Winners will be announced at an awards banquet in May and the winning entries will be published in the group's literary journal, Shoal.

Awards for each category are: \$100 for first place, \$50 for second place and \$25 for third place.

There will also be one honorable mention for each category.

Visit www.carteretwriters.org for detailed submission guidelines and contest forms, or email questions to carteretwriters@gmail.com.

Carteret Writers is a nonprofit organization based in Morehead City. The group consists of both published and unpublished writers of all genres that meet monthly, September through April. Anyone interested in writing is welcome to join.

Winter Care ... continued from page 16.

Paper white narcissus are forced to bloom for the holiday. After all the bloom and greenery is gone, plant the bulbs outdoors in early March to have them bloom again...and again!

Amaryllis is a wonderful plant offered for the holiday. Buy the "kit", enjoy the bloom and then plant it outside in the spring. It will survive in all but the coldest winters and you'll enjoy the blooms for years to come. Even better, when the distressed bloomed out plants are on sale, pick up a few for spring planting. Christmas cactus and calla lilies can also be found on sale after blooming. The calla lilies can be planted directly in the ground in the spring and provide beauty for many years.

Don't fuss over your plants or kill them with kindness as they are wintering in your home. Be alert for any insect problems (insecticidal soap will solve most situations). Wait until the growing season resumes before you re-pot them or start taking cuttings. Consider winter an offseason for your houseplants and let them rest.

SOUND WAVES
of Brandywine Bay
September 2002
"Keeping Our Community Informed And United"
Vol. 1, No. 8

More Brandywine Bay History

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Submitted by Dr. Joe Smith

Former Pro - Bill Howe
1984 in conjunction with the completion of the golf course, Westchester Drive and Eastchester Drive had no construction at that time and Lord Granville Drive stopped at the Conner home.

Tennis Courts

Brandywine Bay Marina
All this was over a hundred years before our Brandywine beginnings!! Brandywine continues to have a rich past, impressively highlighted with marvelous people. One of those people is Gaynelle Conner who now lives at 311 Lord Granville Drive. Having been born and raised in Newport, Gaynelle is a treasure book of historical knowledge about this whole area. She spoke at great length of the Brandywine Bay development. She lived in the large condominiums on Oak Bluff, completed in the spring of 1977. She also had fond memories of the Webb Mansion and the many good times spent there! In 1983, Gaynelle bought a lot on Lord Granville Drive, and moved into her new home in 1984, in conjunction with the completion of the golf course. Westchester Drive and Eastchester Drive had no construction at that time and Lord Granville Drive stopped at the Conner home.

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Easy (authentic Italian) Recipe: Midnight Pasta

By Sandra Gahlinger

Italians are purists about their food. While living in Italy, I once tried to purchase a particular pasta for that night's dinner. As I headed to the next area of the store, the store owner's son, Michele (Mi kay lay), stopped me and asked me what I was going to make with the pasta. I told him – and he grabbed the pasta out of my hand while telling me that “that's not how we make that in Naples – that is how they do it in Rome”, and he returned a few seconds later with the “appropriate” pasta so that I could make it “correctly,” like the Neapolitans. This was amusing because of the sincerity and seriousness of the matter...there are rules about pasta, and it was fun to see a Neapolitan look down their nose, so to speak, at the Romans. While the Romans have always looked down on the Neapolitans, they will never criticize their food. Food is the place where the Neapolitans reign supreme. This incident was especially amusing because every time we were in Rome, and a Roman found out we lived “near Naples,” they would always apologize for their neighbors to the south then follow that with “but they do have great food” – and they do, indeed.

I lived near Naples for four years and learned to cook with a true Italian nonna... and I had the extra weight to show for it! I rarely saw her pull out a recipe...and that's why I won't be giving you one here. It's more about tradition and repertoire, and it's always about what's in season. (We had several restaurants up the hill from our house, and we'd try each of them in succession. Once, I asked for a dish on the menu and the waiter just stared at me – he finally responded with “we don't have that.” Then he explained that cauliflower was out of season. So, of course, he didn't have it...and yes, I was supposed to have known this...because EVERYONE knows things like that, or they should. Don't want to make him sound rude, he wasn't. He just genuinely couldn't imagine that someone wouldn't have known that.)

I love that you can travel around the world on a plate. You can get to know a country and a culture, their history and even their values – by eating their food. I have tons of cookbooks, and I love poring through them, and I've always loved to cook both as a cultural and creative experience. Cooking is about feel and love and frameworks vs hard, fast, rigid rules (unless you're baking). There are no “paint by numbers.” It's about personal taste and exploration.

So, here's a simple dish – it's fast and easy with no real “rules” other than your own taste and preference. It's a dish the Italians will make after arriving home from an evening out...thus the name, Midnight Pasta.

Midnight Pasta

Olive oil
Garlic clove(s), sliced
100 grams of pasta per person (spaghetti, angel hair)
Red pepper flakes
Parmesan cheese

Heat your water to boiling and add salt – enough to make it “salty like the ocean.” Drop in your pasta...and don't overcook. Should take 7-9 minutes. You can weigh the pasta (to determine 100g), or know that it's about the same amount as if you made the “okay” sign, i. e., it's the amount of pasta that would fit between the circle formed by your index finger and thumb. As your pasta cooks, heat your olive oil in another pan. (~1/3 -3/4 c. per person – again, it's to your taste). Once the oil is heated (starts to shimmer/dance a bit), add garlic. (Again, to your taste.) Cook for a few minutes and add red pepper flakes. Drain your pasta and add pasta to your olive oil “sauce”. Top with parmesan – “e poi, mangia!”



Eastern Bluebird Sighting

By Sandra Gahlinger

Maybe the bluebirds are here year 'round, but this is my second December back in Morehead – same month I saw bluebirds last year. So, to me, December is the month for Eastern Bluebirds – always exciting to see! As many as three were spotted at one time on the feeder in our yard. I grabbed the photo as best I could without spooking them – didn't succeed when the three were there. The Eastern Bluebird is on top of the left arch. Also spotted were a brown-headed nuthatch and downy woodpeckers along with our usual visitors: the cardinals, chickadees, tufted titmice, Carolina wrens, doves...and some brown thrashers. (Still spotting them in early January when the paper goes to print.)



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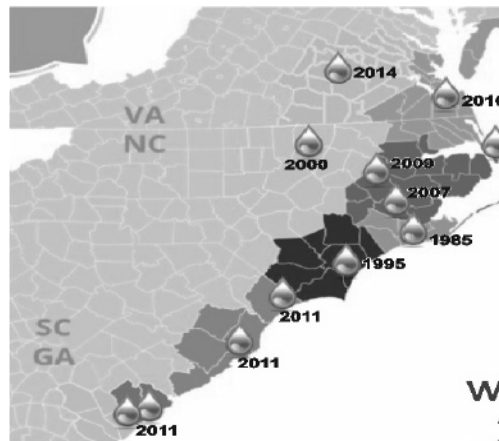
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5. Conditioned water is available for use during regeneration.	Yes.....	No
6. Control valve parts operate in clean, conditioned water.	Yes.....	No
7. System provides an uninterrupted supply of conditioned water.	Yes.....	No
8. No unnecessary reserve 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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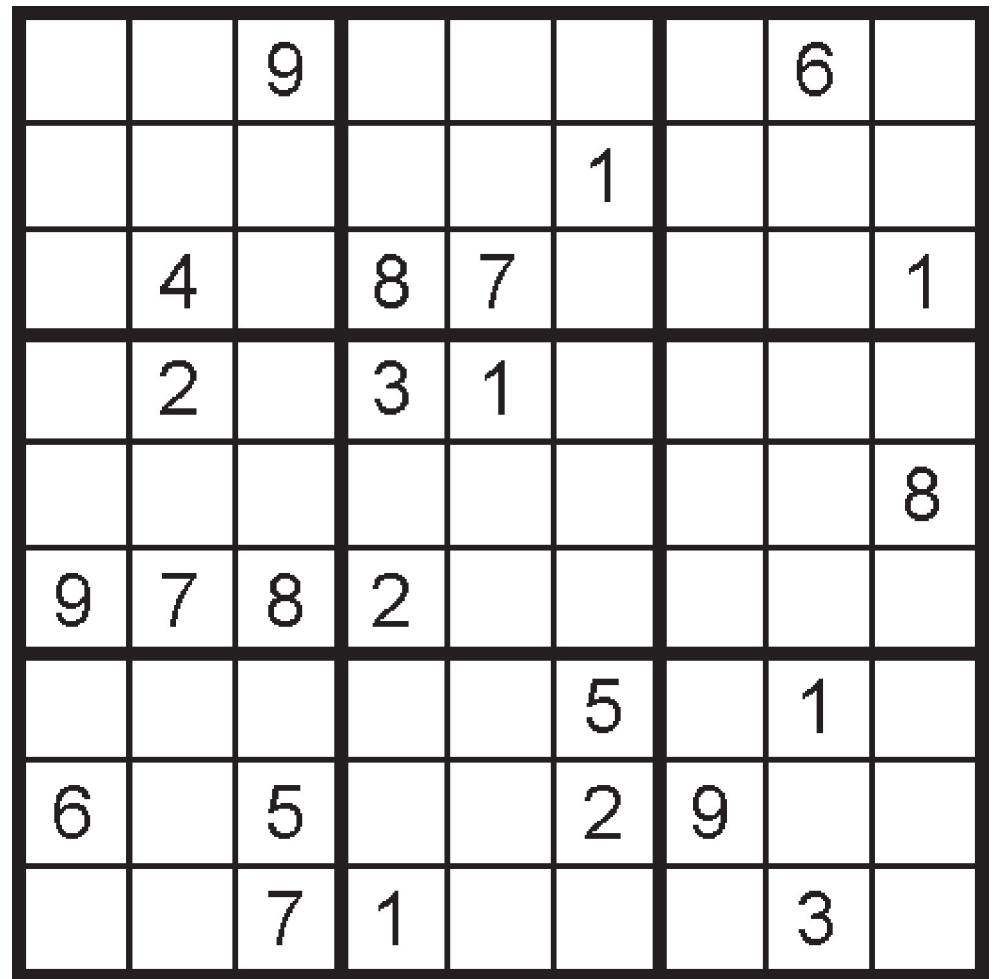
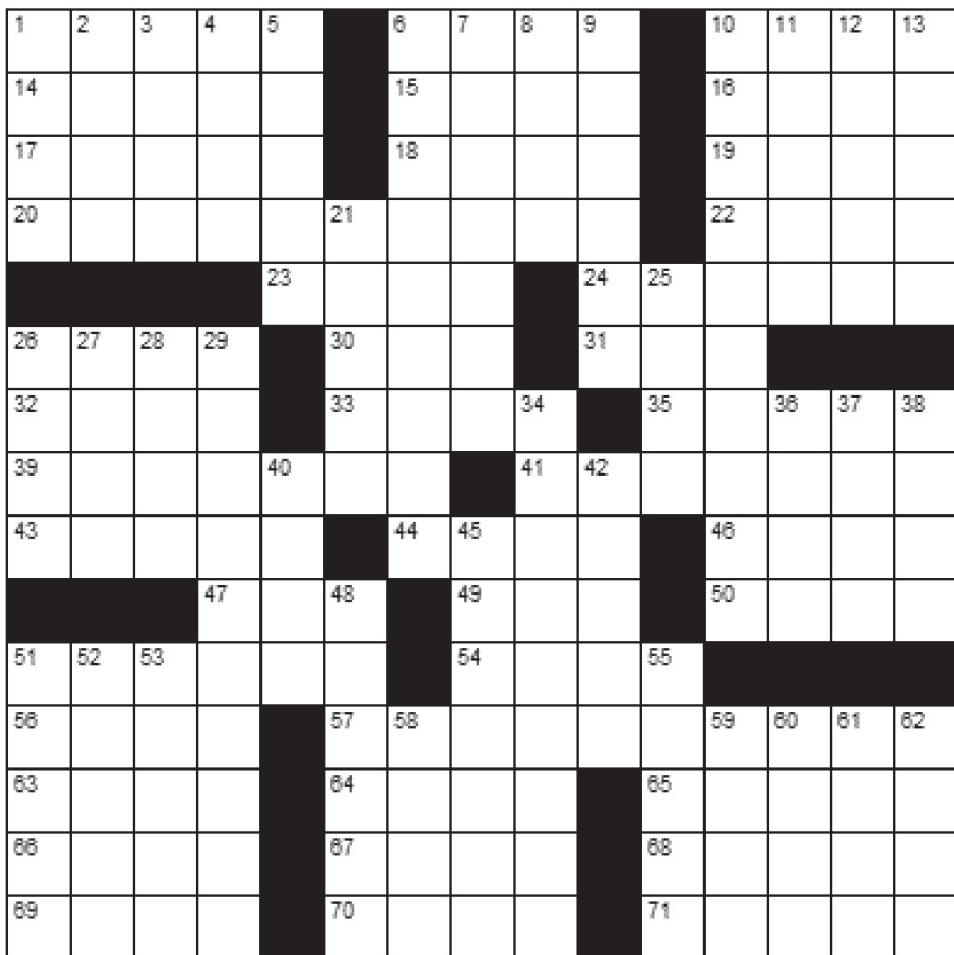
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ACROSS

- 1. Community spirit
- 6. Actors in a show
- 10. F F F F
- 14. An herb
- 15. ___ vera
- 16. Flutter
- 17. Cite
- 18. Farm building
- 19. Anagram of "Fear"
- 20. Ignorant
- 22. Being
- 23. Anagram of "Ties"
- 24. Helmetflower
- 26. Bristle
- 30. A box for bricks or mortar
- 31. Cashew or almond
- 32. How old we are
- 33. Distinctive flair
- 35. Tubular coverings for the hands
- 39. Crack
- 41. Garb
- 43. Prevent legally
- 44. Unit of pressure
- 46. Carry
- 47. Sprocket
- 49. To and ___
- 50. Quaint outburst
- 51. 3rd sign of the zodiac
- 54. A temple (archaic)

56. Region

- 57. Genius
- 63. Encircle
- 64. 53 in Roman numerals
- 65. Cowboy sport
- 66. Behold, in old Rome
- 67. Cocoyam
- 68. Blatant
- 69. Articulates
- 70. Adolescent
- 71. Interprets written material

DOWN

- 1. Beige
- 2. Not now
- 3. High fidelity
- 4. Baking appliance
- 5. Feudal workers
- 6. Small two-wheeled carriage
- 7. City on San Francisco Bay
- 8. Achy
- 9. Sinew
- 10. Produce
- 11. Emit a brief burst of light
- 12. The language of Persia
- 13. Velocity
- 21. Different
- 25. Backside

26. Not in danger

- 27. Auspices
- 28. Exam
- 29. Affiliates
- 34. Story telling
- 36. Tailless stout-bodied amphibian
- 37. Greek cheese
- 38. Sleigh
- 40. Atop
- 42. Lying facedown
- 45. An infraction in some sports
- 48. Vodka cocktail
- 51. Measuring instruments
- 52. Genus of heath
- 53. Compassion
- 55. Mistake
- 58. Assistant
- 59. Relocate
- 60. Bright thought
- 61. Egghead
- 62. Specks

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Harris Teeter Has New Salad Bar

By Sandra Gahlinger

FYI, Brandywine, Harris Teeter has a new salad bar. Check it out if you haven't. Yes, Lowe's foods has a salad bar, but there are many days where I miss Ruby Tuesday's because of the salad bar – and also because it was right around the corner/just down the street from Brandywine. I was sorely disappointed about their closing – and starting to get a complex. (The one near us in Rhode Island also closed and rather abruptly.)

So, after two days of heavy eating (Christmas Eve and Christmas Day), I was craving a salad bar.

That's when my husband said, "Let's go to Harris Teeter".

My response: "Why?"

Husband: "They have an amazing salad bar."

Me: "Where?"

...and that's when he told me about their (obviously new to me) salad bar, and I had no idea. I'd been to Harris Teeter a few weeks prior - no salad bar.

The salad bar is quite large with a variety of things on offer in addition to the usual salad fixings to include spinach salad, kale salad, Caesar salad, a curried couscous, soups, tortellini salad, shrimp salad and a nice selection of fruits. Behind the salad bar, there's also a pizza bar where you can buy "by the slice" or a whole pie. They also have Monday and monthly pizza specials, and you can call in and order ahead of time for pick up. (Patches – our resident Culinary Kitty (she's Italian) – approved the sauce on the tomato basil slice.) Also, in addition to their salad and pizza bars, Harris Teeter now also has a pharmacy and a Starbucks.



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