

Cedarwood Village New Changes

By Wyatt Laughinghouse, President

Many of you probably noticed the tons of dirt, rock and sod behind Cedarwood Village recently- what a mess for about two weeks!

A little background information about three years ago, our Board started to explore solutions to correct the soil erosion behind two of our buildings that face the golf course. The erosion had progressed and the concern was that the integrity of the foundations would be compromised if the erosion continued. Whether it was a nother year away or five years away, the problems that were present would down-the-road affect our buildings.

We worked with many contractors, our attorney, four engineers and Gene McClung, owner of the golf course and developer of Brandywine Bay. Several contractors thought a bulkhead was the solution until Mark Koury, engineer and owner of Aquatic Resources in Charlotte, gave us his opinion as to the solution. His solution was backed up by three other engineers in Charlotte. Mark had observed over the last few years, how much the erosion had progressed each time he was here.

Cedarwood Village secured an easment agreement to do the work because the land along the bank belongs to Chris Called of the Brandywine Golf Course. Cedarwood Village appreciated Chris' cooperation very much!

Two years ago, owners of Cedarwood Village voted to set aside funds and move forward with this project to protect the buildings.

Mark Koury's firm from Charlotte, Aquatic Resources, specializes in pool construction, repairs and renovation in NC, SC, VA, Tenn. as well as other states, and he also specializes in soil erosion. His team came in and worked diligently. When the pond was drained, one could clearly see how the ground underneath was shifting in layers. The track hoe started digging at one end and it completely collapsed due to erosion problems that were not even visible.

After several tons of materials including granite rock, our project is finished. Our landscaper, John Barnes, worked closely with Mark Koury in conjunction with the grading and topsoil in preparation for the new centipede sod along the banks.

The project is completed and the cost of the project was paid for by the owners of Cedarwood Village.



A New Leash on Life

By Barbara Johnson

Shaggy, the delightful 1 year old pet of Robert Kay and his mother Mary Lou, is a graduate of a very special program that brings dogs and adoptive families together in a wonderful story of redemption for everyone involved. When the Kays decided to bring a new dog into their home, they searched the photos of dogs available for adoption at the Humane Society on Hibbs Rd in Newport. Shaggy stood out to them but when they inquired, they were told that he was part of a prison training program that would take 8 weeks to complete. They agreed to wait and on July 8, 2015 they attended Shaggy's graduation at the Pamlico Correctional Facility. After the ceremony they met his trainer. The trainer had maintained a meticulous journal of Shaggy's training and he personally introduced them to Shaggy and demonstrated all the tricks and capabilities that Shaggy would take into his new life with them.



The Kays are enthusiastic supporters of the Carteret County Humane Society and its facilities. Mary Lou says, "The dogs there are well-cared for and families should look here for a pet to adopt." Robert is impressed with the New Leash on Life program saying that not only does it provide the community with well-trained dogs to adopt, but the rehabilitation that it provides to prisoners is an exceptional way to prepare these men and women for productive lives once they are released."

It has been over 11 years since North Carolina inmates began learning dog training skills and started working with dogs from local animal shelters to make them more adoptable. Since May 2004, when the "New Leash on Life" program started, NC inmates have trained nearly 2,100 dogs with a 92 percent adoption rate for dogs that complete training.

The program involves 18 prisons across the state and has partnerships with dozens of animal welfare agencies and professional animal trainers. The shelters and animal welfare agencies provide their local prison facilities with dogs at risk of going un-adopted due to their disposition or behavior. The inmate trainers work with dogs for 6 to 8 weeks to teach them basic behavior and socialization.

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NEXT BOA QUARTERLY MEETING
January 13 at 7pm
At the K Club



Meet Your Neighbor

Gardens Extraordinaire

By Barbara Johnson

Meeting with two of the busiest people in Brandywine took only a minute to set a time for the next day. That proved the adage that if you want to get something done ask busy people. Allow me to introduce Ed and Lenna Easter who are longtime Brandywine residents. Ed is the Golf and Garden Man and Lenna is the Rose Queen and an active member of numerous local groups.

Although they reside at Reserve Green and have limited yard area, they are garden lovers who have ensured that they have something blooming all year round in the lovely garden space behind their home. Known as experts in roses and day lilies, Ed and Lenna have a wide variety of plants including those do not bloom but have lovely variegated leaves.

Before moving to Brandywine years ago, the Easters lived in a rural area outside of Pittsburgh and had a home with 4 acres of plants. Their collection of more than 600 day lilies made them part of a national

tour one year. They called in all their favors and had friends helping weed the beds and cleaning up the garden in preparation. The final touch was to vacuum the yard to ensure nothing detracted from the beauty of the blooms. 700 people visited over 2 days as buses lumbered continuously down their quiet road. They finished the event with a sigh of relief and an end of tour party that soothed the nerves of all the neighbors who had shared in the chaos. Their home at Reserve Green now displays the beauty of over 150 day lilies.

Today many people know the Easters as rose experts and members of the Craven County Rose Society. During the rose season Ed travels once a week or more to New Bern where he volunteers as a gardener in the Agricultural Extension Service rose garden. Their personal garden is filled with roses from climbers to bushes, trees, ground cover and small shrubs.

With such a good resource right in front of me I sought advice on the rose bushes in my own yard. I killed 2 of my four knockout rose bushes this year. Knockouts are known to be hardy but some types can become susceptible to disease. Ed recommended preventive spraying for bugs and fungus. Once they start it can be too late. Spray once a week with one of the 3 in 1 rose and bush sprays found at a local nursery or home store. In addition ensure that the soil



explained Ed. Be there and be attentive to your garden daily if possible. Hmmmm...note to self.

What plants give you blooms in winter? (real winter, not the spring in winter that is keeping everyone's garden alive these days) Hellaborus, a ground cover, often called the Lenten Rose, blooms February through April. Camellias bloom late fall until early spring, even in cold temperature, sleet and snow and daffodils blossom from February into April depending on the variety. For green foliage look to ferns that are hardy all year.

What are the steps to take now to ensure a beautiful garden throughout the year?

1. Have your soil tested at the county health department or with the county agricultural

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pH is between 6.5 to 7.5 and give the roses plenty of sunlight and water each day. Driftwood roses are another hardy rose to add to your yard, they stay small and are not prone to any diseases. Note to self...buy the spray and try driftwood roses. According to Lenna, if you like a natural pesticide solution, mix baking soda with vinegar and add a bit of Dawn dishwashing detergent for an effective bug and fungus deterrent.

Not being a green thumb kind of person, I decided to use some of my precious time with the Easters to improve my general gardening skills with tips from the experts.

What is most important to the success of a garden? "The shadow of its owner"



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ALL ABOARD!

By J. Scott Bell

Post holiday greetings to all our residents. I hope the coming year finds you happy, healthy, and well on the way to the fulfillment of even your most unlikely resolutions.

To that end I would like to remind all that elections for the BOA board are upcoming in May. Membership on the board represents a unique and important opportunity to provide service to the Brandywine community and represent you and your neighbor's interests. As volunteers, board members are the crucial steering committee for our association and are responsible for formulating and implementing its mission. I can personally attest to the immense sense of satisfaction and intrinsic rewards gained by my participation in this process. In the past two years we have undertaken several highly praised beautification projects, made significant improvements in our drainage system and begun a much needed road repair program. There has been much accomplished, but much remains.

I implore those who want to help us make a difference and continue to make our community an eminently desirable place to call home, to join our efforts. If you, or someone you know would be interested in running for the board, please contact Bill Horton, nominating committee chairman at 252-727-0826.

My thanks and good wishes for the coming year.

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Protecting Your Loved Ones with Life Insurance

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

There are many things to get excited about as we start a new year, but people often overlook reviewing over their financial lives and planning for the future. The start of a new year can be a great time to do this, and one of the important questions to ask is 'How much life insurance do I need?' It is a question everyone needs to consider. Your life insurance needs will depend on a number of factors, including the size of your family, the nature of your financial obligations, your life stage, your financial goals, and your desires about what you'd like to leave behind for heirs.

Here are some questions that can help you start thinking about the amount of life insurance you need:

- What immediate financial expenses (e.g., debt repayment, funeral expenses) would your family face upon your death?
- How much of your income is devoted to current expenses and future needs?
- How long would your spouse or dependents need support if you were to die tomorrow?
- How much money would you want to leave for special situations upon your death, such as funding your children's or grandchildren's education, gifts to charities, or an inheritance for your children?
- What other assets or insurance policies do you have?

Types of life insurance policies

The two basic types of life insurance are term life and permanent (cash value) life. Term policies provide life insurance protection for a specific period of time. If you die during the coverage period, your beneficiary receives the policy's death benefit. If you live to the end of the term, the policy simply terminates, unless it automatically renews for a new period. Term policies are typically available for periods of 1 to 30 years and may, in some cases, be renewed until you reach age 95. With guaranteed level term insurance, a popular type, both the premium and the amount of coverage remain level for a specific period of time.

Permanent insurance policies offer protection for your entire life, regardless of your health, provided you pay the premium to keep the policy in force. As you pay your premiums, a portion of each payment is placed in the cash-value account. During the early years of the policy, the cash-value contribution is a large portion of each premium payment. As you get older, and the true cost of your insurance increases, the portion of your premium payment devoted to the cash value decreases. The cash value continues to grow--tax deferred--as long as the policy is in force. You can borrow against the cash value, but unpaid policy loans will reduce the death benefit that your beneficiary will receive. If you surrender the policy before you die (i.e., cancel your coverage), you'll be entitled to receive the cash value, minus any loans and surrender charges.

Many different types of cash-value life insurance are available, including:

- Whole life: You generally make level (equal) premium payments for life. The death benefit and cash value are predetermined and guaranteed (subject to the claims-paying ability of the issuing insurance company). Your only action after purchase of the policy is to pay the fixed premium.
- Universal life: You may pay premiums at any time, in any amount (subject to certain limits), as long as the policy expenses and the cost of insurance coverage are met. The amount of insurance coverage can be changed, and the cash value will grow at a declared interest rate, which may vary over time.
- Indexed universal life: This is a form of universal life insurance with excess interest credited to cash values. But unlike universal life insurance, the amount of interest credited is tied to the performance of an equity index, such as the S&P 500.
- Variable life: As with whole life, you pay a level premium for life. However,

the death benefit and cash value fluctuate depending on the performance of investments in what are known as subaccounts. A subaccount is a pool of investor funds professionally managed to pursue a stated investment objective. You select the subaccounts in which the cash value should be invested.

- Variable universal life: A combination of universal and variable life. You may pay premiums at any time, in any amount (subject to limits), as long as policy expenses and the cost of insurance coverage are met. The amount of insurance coverage can be changed, and the cash value goes up or down based on the performance of investments in the subaccounts.

What type of insurance is right for you?

Before deciding whether to buy term or permanent life insurance, consider the policy cost and your needs and goals. Also keep in mind that your insurance needs will likely change as your family, job, health, goals, and financial picture change, so you'll want to build some flexibility into the decision-making process.

Review your coverage

If you already have insurance, make sure to periodically review your coverage; over time your needs will change and there may be better options available to help you accomplish your goals. If it has been a while since looking at your life insurance policies and current needs, a financial professional can help you with a review.

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

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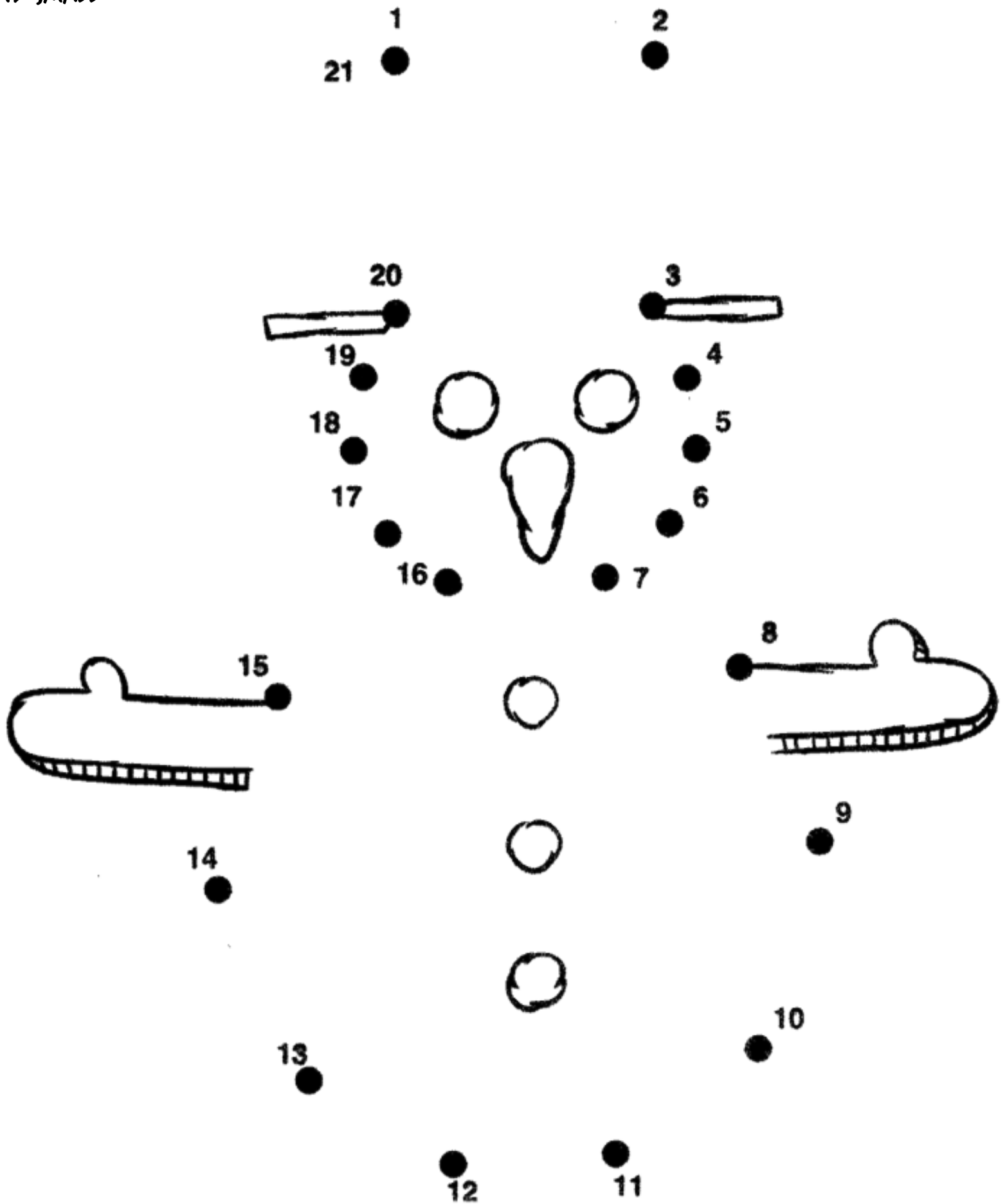
FUN WITH KIDS BIG AND SMALL

Ten Indoor Activities for Kids

By Barbara Johnson

We coastal Carolinians are wonderful at warm weather activities but cold days that keep us inside are a challenge for our creativity. Here are ten fun things to do with your kids when the only warm weather is inside.

1. Teach your children how to knit or crochet. It's a lost art that that children enjoy learning.
2. Create a family tree. Call older relatives and ask about your family. Look at old family pictures.
3. Do a puzzle together. A large one can be placed on a card table and worked on over days or weeks by the whole family.
4. Shine a light against a wall in a dark room. Tape a large sheet of newsprint on the wall. Trace a child's silhouette and let them personalize their outline.
5. Make a birdfeeder from a 2 liter soft drink bottle and pie tin. Keep track of the birds that visit.
6. Write a letter to a family member who lives far away. Tell them what you are doing thus winter.
7. Learn a magic trick.
8. Have a fort building contest with siblings or friends.
9. Make paper snowflakes and decorate your room.
10. Have a backward day that starts with dinner and ends with breakfast and pajamas. How many backward day things can you think of?



Carteret Arts Forum Presents

Carteret Arts Forum proudly presents the highly decorated NYPD Police Officer, Al Sheppard, who takes us to the front lines of the most difficult jobs in police work.

Sheppard is the REAL DEAL! E-Man chronicles his years in the NYPD's Emergency Services Unit with heart-pounding excitement. Sheppard was on the front lines during the era of Vietnam, Black Power, and the Urban Drug wars, and he survived it all. His book is rich with insider detail and wry humor. Prepare yourself for a rollicking lecture about his experiences as a Police Officer in the elite unit of the NYPD.

Sheppard was raised on the west side of Manhattan, NYC, known as "Hell's Kitchen," a neighborhood in the 1950's with few vocational options: its youth became cops, firemen, or priests. The other choice was crime. Sheppard became a cop and never regretted it.

He joined the NYPD in 1969 after serving two years in the US Army during the Viet-Nam War and was assigned to the NYPD Emergency Service Unit, the original Anti-Terrorist Team formed by the NYPD (A-Team).

In the course of his career, he served in the NYPD Intelligence Division that protected

foreign and domestic officials (including Fidel Castro, the Shah of Iran, and presidents); participated in confidential international investigations with the Drug Enforcement Administration; and was assigned to the Major Case Squad of the Special Investigations Division to solve bank robberies, kidnappings, and his most challenging serial murderer, the Zodiac Killer.

A highly decorated police officer, Sheppard was inducted into the NYPD's Honor Legion, the Military Order of the Purple Heart, and received a Letter of Commendation from Vice-President George Bush. He wrote a memoir to tell it like it is and show us what it is like to be on the front lines of the most difficult jobs in police work.

Carteret Arts Forum presents Al Sheppard's exciting program on Thursday, January 21, 2016 at 10:30 AM (optional lunch available with reservation) at The Elks Lodge, 400 Miller Farm Road, Morehead City, NC 28557. Tickets are \$20.00 and can be purchased on line at www.carteretartsforum.com or at the door. Youth and college students with a valid college ID may purchase tickets for only \$5.00. You may e-mail sales@carteretartsforum.com for more information. For more information about the program, contact timbradford88@gmail.com or call Tim at (252) 240-1699 and leave a message.

The mission of Carteret Arts Forum is to bring enriching cultural experiences to Carteret County and surrounding areas. WWW.CARTERETARTSFORUM.COM



Crystal Ball is January 23 with North Tower Band

By Mike Wagoner

The Carteret County Chamber of Commerce presents its annual Crystal Ball Saturday, January 23, at the DoubleTree by Hilton Atlantic Beach Oceanfront Hotel in Atlantic Beach.

This is a dinner/dance with live beach music – North Tower Band. Open to the public. Attire is black tie optional for gentlemen.

The cost is \$50 per person. A cash bar will be available beginning at 5:30 p.m. Doors to the banquet hall open at 6 p.m. Buffet dinner at 6:30 p.m. Live music starts at 8 p.m.

The Chamber is now accepting reservations. Sponsor tables for eight are available at \$500 per table. Sponsorship includes four bottles of wine and other amenities.

Sign up and pay online at www.nccoastchamber.com or call 252-726-6350. Sponsors can be invoiced.

The DoubleTree is offering a special rate for Saturday night is \$69 per room. Call the hotel to make your reservation at 252-240-1155.

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Accolades

2015 Gingerbread House Competition Winner

By Monica Sellars

Kathy Myers was awarded 1st Place in the Masters division of the 2015 Gingerbread House Competition. The competition was part of a holiday fundraiser for the Crystal Coast Hospice House. Kathy represented the Crystal Coast Association of Realtors with her entry, using the theme "Santa's Retreat on December 25." Her entry was a seaside cottage with a SOLD sign, displaying a pair of Santa's boots and his hat outside the front door. Her creation also included a dock with a boat named "Santa's Toy," a Morehead City sign, a Christmas tree, a snowman, a dog with its dog house, and various seashells, birds and turtles. Congratulations, Kathy!



The Arts Artists Home Tour

By Mat Madsen

The first annual Artists Home Tour was held on December 12, 2015 within the Brandywine Bay community. The artists that participated in the Art Tour then met the following day at the K- Club for a review of the merits and future of such an event.

The artists that were able to attend the meeting related their own experiences of the Tour. We discussed the timing and advertising of this recent Tour. Was December 12th conflicting with the Holidays? Was there adequate time allowed for promoting the Art tour?

To better serve the community and the artists who participated in our recent event as well as any artist who wasn't able to be a part of this event, it was agreed that it would be best to hold a meeting with all interested artists in March of 2016 to outline the next Artists Home Tour.

The March meeting will discuss the best time to hold a second annual tour event, the methods of advertising, who will participate and the addresses and phone numbers of the artists to assist the visitors.

Fortunately my home is an Art Studio and Gallery throughout the year and I can open the door for a tour with very little notice. Many artists do not have this same luxury or the space to display their art. To further the interest of our Artists in the community, there is the possibility of artists teaming together in their homes, or as was suggested, in the community center within Hammock Place.

All artists interested in attending a noon meeting at the K-Club, contact me at 252-414-2545 or madsen1580@outlook.com and we'll schedule a meeting on a Saturday or a Sunday in March. We can then determine when it will be the best time to promote and then to host the next Artists Home Tour.

I want to thank the participating artists that opened their homes, those that lent a hand and the visitors that enjoyed the opportunity to meet their artistic neighbors and new friends.



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CYAN MAGENTA YELLOW BLACK



Pet Corner

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

Ask and you shall receive!

Most of what a veterinarian does every day, at least in routine practice, is to communicate. We talk, and talk, and talk sometimes. Hopefully, we're saying something useful, particularly relating to a pet or pets. That having been said, there are a number of questions that you, as a pet owner, should be asking your veterinarian, if they are not volunteering the information readily. The list below is not comprehensive. But, in my experience these are the items most pet owners are asking themselves, but not verbalizing to me. These are the questions that, when I offer the answers, clients are most receptive to and appreciative of. So, here we go....

How was the physical exam? We always try to verbalize our findings as we perform the physical exam. In some cases we may wait until the end of the exam before recapping, but you should always get a summary of the doctor's exam findings. Along with the history of the patient's symptoms, the exam findings form the foundation for not only the client/patient/doctor relationship, but also the formation of a diagnosis and treatment plan

What tests were performed, what do they tell us, and what were the results? Too often, pet owners hear "blood test" and process nothing more about the importance of the tests or the significance of the findings. We like to go over all of the tests results with customers. If results are ready before the end of the appointment, we will go over these in the exam room; otherwise we will call to discuss results. Even normal results are discussed, if for no other reason than to confirm that the parameters being tested are of no health concern

Why are these medications being prescribed? How long should I give the medication, and should I refill the medication? Believe it or not, as a profession, we frequently and easily fall down on this point. It's easy to hand over some pills, say "give these for 2 weeks" and escort the client from the room. As doctors we try to explain what the medication is (to the best of our ability), what to expect as the result of giving it, when to expect results, what to do after the medication has had its effect, and what to do after finishing the medication. Whether we realize it or not, it isn't always obvious to the pet owner that antibiotics are given for a specific time frame, then discontinued, or that arthritis medication is meant to be given and refilled indefinitely since arthritis does not resolve or go away.

Are there side effects to medicine? Big issue here. I fail at this regularly enough, despite being cognizant of the need to improve. Pet owners do not intuitively know what side effects of given medications might be. Yes, the internet can be a source of this information, but we need to be mentioning the most common side effects, and if you don't hear them, as a pet owner, from your veterinarian, ask.

What should I expect? When should we evaluate progress? Should we recheck in the office or consult by phone? Rechecks are often critical to treatment success, regardless of the condition being treated. Infections need to be evaluated so that we know if the prescribed course of antibiotics was enough or is an additional 2 weeks of antibiotics needed. Same can be said for long-term medications – we need to be sure the desired effects continue, and often we need to make sure the long-term medications are not causing unwanted effects on the liver/kidneys, or other systems

What if things get worse? Here again, communication is key. If your veterinarian is not explaining the possible scenarios that could result from the prescribed treatment, you should ask. Not every treatment results in success. Success is not always obvious to the pet owner. In rechecking a patient, whether by

phone or in person, we can determine whether a change in therapy is needed or do we need additional medications, therapies, etc?

Should we see a specialist or get a second opinion? Asking for a second opinion or a referral should never be an awkward or confrontational event. No veterinarian is an expert or knowledgeable in every area of medicine or surgery. There are species of pets that I know very little about, and there are surgeries, and other procedures that I have had little or no experience with. I always make a point to let clients know that I am not experienced in what their pet needs, and it is in the best interest of everyone if another set of eyes and another brain takes a crack at the problem, or maybe a specially-trained set of hands performs a particular surgery.

Do you have any information to read about this condition? Can I find information about this condition online? Sometimes, professionals are hesitant to direct our clients to online sources of information. Sometimes, we might be afraid the client will find contradictory information, or decide that what we recommended or told them is not correct. In fact, it is very likely they may find information that contradicts our opinion. There are plenty of websites with truly poor, uneducated information, which is free to anyone receptive to it. My job as a veterinarian is to either provide pet owners with direct information on our recommendation, diagnosis, or treatment plan. If I can't do that directly, there are a number of scientifically excellent websites that I would never hesitate to send a pet owner to for further research. In many instances, the client may not understand what they read, and we are happy to explain things to the best of our ability, or suggest an alternative source of information in some cases.

Don't hesitate to ask any or all of these questions, assuming they pertain to your situation and your pet. Your veterinarian should never act miffed, and should answer your questions to the point that you understand the answer.



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Five Minute Chores to Spruce up Your Home for Sale!

By Amy Hahn

I understand how stressful and time consuming things can be when you are trying to sell your home. Been there, done that! I also understand how little time there seems to be in a day. One of the most important things you can do to sell your home faster is Keep it Clean & Organized & Clutter-free!

So, while you are doing your daily chores to keep your home "Show Ready", if you add just five minutes extra each day, it can make a big difference.

- Dust the Living Room.
- Wipe down the front of your Kitchen Cabinets.
- Clean one Toilet or bathtub/shower.
- Wipe down light switch plates and replace if needed.
- Clean the windows in one room.
- Jazz up the dining table with fresh place mats.
- Vacuum or sweep upholstered furnishings (lamp shades too).
- Dust ceiling fan blades.
- Polish all faucets (this may take a little longer if you have 8 bathrooms).
- Wipe down the refrigerator shelves.
- Clean out from under the bathroom cabinets.
- Make the microwave oven sparkle. I spray mine with water, run for 1 minute and everything wipes right off!
- Sweep the patio and entry walk to the home.
- Plant a few brightly colored flowers by the front door.
- Give the mailbox a fresh coat of paint. Make sure the house numbers are easy to read too.
- Purge items in just one closet each day. Donate the items to a local charity or thrift store. Call ahead, many of them will pick up the items.
- Clean and organize the pantry.
- Organize one kitchen or bathroom drawer (yes.... potential buyers will open them).

What else can you think of that needs to be done? Maybe clean off the deck furniture, replace a couple of throw pillows, wash any throw rugs, wipe down the front doors and paint if necessary. Make your home shine and stand out from the many other properties available in the current market!



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BUSINESS SPOTLIGHT

AA EXPRESS PLUMBING SERVICE INC.

By Monica Sellars

It is 8:30 on a Tuesday morning, and the team at AA Express Plumbing Services in Atlantic Beach has just wrapped up their morning meeting. There are toilets to install and leaky faucets to fix, and the team heads out to their service vans to start the day.

AA Express Plumbing Service is a locally family-owned business with 8 employees who help customers with all manner of plumbing needs, including on-call 24/7 emergency service. Owners Buddy Thomas and Martin Ehman, who are a father and son-in-law team, operate the business. Mr. Thomas started the business in Atlantic Beach in 1999 after moving from Arlington, Virginia, where he also owned a plumbing business. At first, he and his wife operated the business from their home, but as the business grew, they opened a storefront location on the Atlantic Beach causeway in 2006. Martin joined the business about 2 years ago, and in April of 2014 they opened a second office in Jacksonville.

What makes AA Express Plumbing Service unique is their outstanding customer service, which is built on three things: Customers speak to a real person when they call, customer messages are always returned, and service visits are reliable and on time.

In Brandywine, residents call AA Express Plumbing Service for help with drain clogs, kitchen and bathroom remodeling projects, and water softener or whole-house filter installations. Buddy and Martin have some advice for Brandywine residents too.

First, most homes in Brandywine are set up to easily accept a water softener or whole-house water filter; there is usually a good spot in the garage. Adding a water softener or whole-house filter dramatically improves the water quality in your home. Your water will taste better and you will have less mineral build up on your faucets. The experts at AA Express Plumbing Service can explain the advantages of the different options and recommend a system that will work for you.



Atlantic Beach AA Express Plumbing Service team members
From left to right: Deborah, Buddy, Thomas, Robert, Martin, and Kevin.

Second, if you are a part-time resident, who leaves during the winter, you should have your plumbing “winterized” by a plumbing expert to prevent frozen pipes. The winterizing process involves turning off your house’s water supply and draining the water from all of your pipes. If you are just leaving for vacation, you may consider just turning off the water to your house. This would prevent damage from unexpected burst pipes or washing machine hoses that spring a leak. Martin advises that you also remember to turn off the breaker to your water heater as well.

Finally, Brandywine residents on the community sewer system have a “forced main” system. This means that your wastewater collects in a tank with a pump or is processed through a grinder. The wastewater is then pushed to the sewer lines. For the most part, these systems run smoothly without maintenance. However, if the pump or grinder gets clogged, the motor on these mechanisms can burn out. This will set off the alarm on your system so that you know there is a problem. If your alarm does go off, you can call AA Express Plumbing Service right away to get help. In most cases, you will need to replace the pump, which can be pricey. To prevent this, Martin’s number one recommendation is to avoid using bathroom wet wipes. Although the package says they are safe for flushing, the truth is that they do not break apart fast enough and they can easily become stuck in your pump. Buddy also says to avoid overloading your kitchen garbage disposal with large amounts of food waste all at once. Instead, feed small amounts of food scraps in, a little at a time, while the disposal is on and the cold water is running. Avoid putting egg shells, coffee grounds, and starchy items like pasta, potato skins and rice in your disposal. The starches, in particular, turn into a glue-like substance that can really clog your pipes.

Buddy and Martin admit that plumbing issues can sometimes be pretty yucky, but the AA Express Plumbing Service team is always ready and willing to help you!

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New Year's Celebrations Around the World

By Monica Sellars

These days, when you think, "I wonder how..." you don't have to wonder for very long -- because the internet, filled with answers, is just a click away. This is how things went for me when I began to wonder recently about New Year's celebrations in other countries around the world. There are innumerable websites that provide information on this topic, so feel free to do your own browsing too. Much of the information I am providing is from the 2013 article on the Business Insider site called "New Year's Rituals Around the World."

The US and other Western cultures follow the Georgian calendar and celebrate New Year's Day on January 1. The first thing I discovered in my search is that there are quite a few other times of the year when different cultures celebrate a new year. Here are some examples:

- Countries that follow the Julian lunar calendar, like Macedonia and Serbia, celebrate the New Year in mid-January.
- In China, the Chinese Lunar New Year, or Spring Festival, occurs in late January or early February.
- In Vietnam, New Year's Day is February 8.
- In Iran, the first day of spring marks the Persian New Year, or Nowruz.
- The New Year in Ethiopia is Enkutatash, known as the "gift of jewels." It is celebrated in September, at the end of the big rainy season.
- Rosh Hashanah is the Jewish New Year, which is celebrated in autumn.

On New Year's Eve -- while you were wearing your sparkly 2016 party glasses, sipping bubbly drinks, and giving your loved ones kisses at midnight -- folks in other countries were celebrating the change of the year in some other ways.

In Japan, it is a tradition to clean your home and send thank you cards on New Year's Day. In Spain, people have a custom of eating 12 grapes at midnight. In Germany, one tradition is to eat jam-filled donuts. And in Argentina, it is customary to eat beans on New Year's Eve to bring good luck in your career.

Here in the southern US states, eating black eyed peas and greens (like collards or mustard greens) is the tradition -- to bring good luck and good fortune in the New Year. Have you had yours yet? It's probably not too late! Happy New Year!



Leash on Life

(Continued from page 1)

The inmates learn their dog training techniques under the guidance of professional dog trainers who volunteer their services to teach the inmates.

More than 2,000 inmates have worked as dog trainers and more than 300 inmates have completed an educational program that leads to certification as a veterinary assistant. About 40 inmates are currently pursuing apprenticeships that require 4,000 hours of work and lead to a journeyman certification from the N.C. Department of Commerce.

"Of all the rehabilitation programs offered in North Carolina prisons, this is one of the most popular and well loved," said W. David Guice, Commissioner of Adult Correction and Juvenile Justice. "It provides valuable work and learning experiences for inmates, it helps dogs who might otherwise be euthanized find adoptive homes and the dogs' presence in the prison environment brings a positive and calming effect." (From nccrimecontrol.org)

If you see Shaggy out with Mary Lou or Robert please greet them and find out more about this outstanding state program.

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Absentee Voting for 2016 Primary

By Phyllis Makuck

Absentee voting by mail for the March 2016 Primary Election starts January 25. Anyone who is registered to vote in a NC county can choose to vote by absentee ballot. A photo ID is not required, but there are other requirements to consider.

Voters must now use an official NC Board of Elections (BOE) request form to get an absentee ballot and must have two witnesses or a notary public present when using that ballot to vote.

Where to get the official absentee ballot request form.

You can get the absentee ballot request form in person, by mail, online, or by phone.

- In person or by mail at the County BOE office, 1702 Live Oak St. in Beaufort.
- Online at <http://www.ncsbe.gov/ncsbe/Portals/0/FilesP/AbsBallotReqFormv112013.pdf>. (You may download, print and make copies of the request form.)
- By phone at the County BOE office, 252-728-8460.
- In person at a one stop early voting location March 3-March 8.

What is the deadline for requesting an absentee ballot?

The official absentee ballot request form must be completed and returned to the BOE no later than 5 p.m. on the Tuesday before the election. For the upcoming Primary Election, the request deadline is March 8. Handwritten requests will not be accepted.

Who may use this form to request an absentee ballot?

According to the BOE, "Either the voter or the voter's near relative or qualified legal guardian may request an absentee ballot. A "near relative" is defined as the voter's spouse, brother, sister, parent, grandparent, child, grandchild, mother-in-law, father-in-law, daughter-in-law, son-in-law, stepparent, or stepchild." Power of attorney has no legal standing in requesting and/or completing absentee ballots. An individual requesting an absentee ballot must meet the above requirements as a near relative regardless of power of attorney status.

What ID is required to complete the absentee ballot request form?

It must contain the voter's full name, address, date of birth and an identification number (e.g., NC driver license number, NC DMV-issued identification card number or last four digits of social security number.) In place of the identification number, one can attach a copy of a current and valid photo identification card or a document that shows the name and residential address of the voter such as a current utility bill, bank statement, paycheck, government check or other government document.

Who signs the absentee ballot request form? The voter, a near relative or qualified legal guardian must sign the official absentee ballot request form. If a near relative is making the request, his/her name, address, contact information and relationship to the voter must be provided.

Where to send the absentee ballot request form. The completed form may be returned to the county BOE by e-mail (boemail@carteretcountync.gov), by fax (252-728-8571), by regular mail or in person at 1702 Live Oak St., Suite 200, Beaufort, NC 28516.

What the Board of Elections will do. The BOE will check the absentee ballot request form against current voter registration records and, if the voter is eligible to vote, will promptly mail the absentee ballot. NC General Statute requires that ballots be MAILED to the eligible voter requesting it and prohibits "handing over" official ballots once they are requested. Absentee balloting materials, including an official absentee ballot with instructions and a "container-return envelope" will be available to be mailed to voters 60 days prior to Election Day.

What is required to submit the absentee ballot? The new law requires two persons or one notary public witness the voter marking the ballot (or causing it to be marked per his/her instructions). A notary public is prohibited from charging a voter a fee to notarize an absentee ballot.

- The absentee ballot must be sealed in the "container-return envelope" and the Absentee Application and Certificate on the back of the envelope must be completed and signed.
- The two witnesses or one notary public must complete and sign the section designated for witnesses.
- If someone assisted the voter, he/she must also sign and date the certificate.

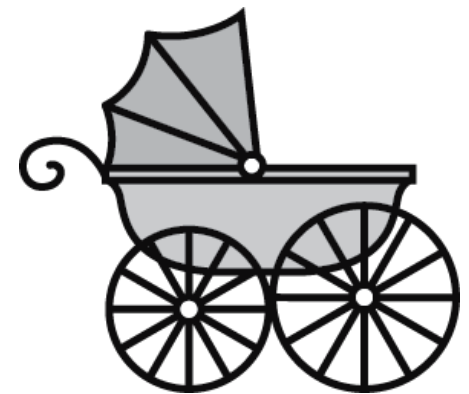
When is the deadline for absentee voting? Absentee ballots must be returned to the county BOE in the envelope provided no later than 5 p.m. on Primary Election Day. According to the BOE, ballots received after 5:00 p.m. "will be timely ONLY if they are received by mail and bear a postmark that is dated on or before the date of the election and are received no later that 5:00 p.m. on the third day following the election."

Note: A voter who cannot provide an acceptable photo ID to vote in person has the option of voting by absentee ballot up until the scheduled end of absentee voting. Poll workers at early voting sites will offer this option as well as provide official absentee ballot request forms.

For information pertaining to military and overseas voters, go to <http://www.ncsbe.gov/ncsbe/> "Resources" menu and click on "Military-Overseas."



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COMMUNITY FOCUS

By Monica Sellars

Coastal Pregnancy Care Center

The Coastal Pregnancy Care Center (CPCC) is a Christian non-profit organization that offers no-cost, confidential education and information about reproductive and sexual health, parenting, life skills, sexual integrity and sexually transmitted diseases (STDs), as well as pregnancy tests, STD tests, emotional support, and mentoring. CPCC was started by a group of concerned citizens who wanted to know how they could help women who were in an unplanned pregnancy situation, and it has been serving Carteret County for 30 years.

One dedicated volunteer at the CPCC is Sharon White, a Brandywine resident who generously gives her time as an advocate, or client counselor. Sharon has been a volunteer for about 5 years. She and her husband moved to Morehead City from Columbus, Ohio. In Columbus, Sharon and her daughter both worked at an inner-city ministry that assisted women who were released from prison. She brought her generous spirit for volunteerism with her when she moved here. After attending a CPCC fundraising banquet, Sharon decided that she wanted to volunteer. She completed a 7-month training program to become an advocate, which enables her to work one-on-one with clients at the center. She says that it is a joy to work there; she has met many fantastic people, and she says it is incredibly heartwarming to witness people overcoming their burdens and improving their lives.




The CPCC is managed by Christine Moody, Director, and it operates with the help of community volunteers. Christine is passionate about her work and the CPCC's role in helping families in Carteret County. She says that the role of the CPCC advocates is to be support counselors, which means they offer a listening ear to provide help and reach out to those in need. If the client agrees, they also share the gospel and pray together.


Funding for the CPCC comes from private donations, United Way grants, and other grants. In addition, the CPCC hosts an annual banquet and fundraising dinner

at the Civic Center in Morehead City. This year's banquet will be held on March 10, with guest speaker Bruce Wilkinson, who is the author of the book "The Prayer of Jebez: Breaking Through to the Blessed Life."


(Continued on page 25)



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MGA Happenings

By Vince Moreno

Our tournament chairman Chuck Muller announced the game today as a (2) man Scramble. We had twenty players turn out. Golf was good but the social after golf was better.



Nick Viglianese & Pat Daly, 1st place Flight A



James Whitfield & Gary Vogel, 1st place Flight B



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CYAN MAGENTA YELLOW BLACK

ACE OF THE MONTH



LGA Awards Dinner

By Susie Garland

On December 8, the Annual LGA Awards Dinner was held at the K-Club with a good crowd of 50 people in attendance, including former members, friends, and family to celebrate the past season with the following awards highlighted: Ringer Board most birdies and net: Mickey Friend. Most chip-ins: Bernie Moreno. Most Improved (by a whopping 5 strokes): Myra Roche, who was also the Chairman's Cup winner. Memorial winner: Pat Ludwig. Ace of the Year: Angela Zieleck. Club Champion: Pudgy Groben. All other members received "Hanukkah gelt" in their envelopes. Thanks to Pudgy and Ginny Reinhardt for their outstanding job as tournament chairladies. And another special thanks to Pat Barber and Anne Lynes for arranging this festive event and putting it all together. After a delicious dinner, we played the dice game. Let's see if I can explain this correctly. Each person brought \$5.00 to the table. There were three tables divided amongst 16 people per table. Roll the dice that showed either left, right, or center. If you rolled an "L," then a dollar was passed to the person on the left; roll an "R," pass a buck to the person on the right; a "center" dot rolled was a free pass. If you were subsequently left with \$2.00, then only two dice were tossed; \$1.00 left, roll only one dice. The winner with the most dollars left received a whopping \$80.00 each. GOT ALL THAT? And so, for table #1, Cecilia Gulya stuffed 80 bucks into her purse; table 2: Pat McMahon; table 3: Barbara Lancaster. Our new slate of officers was announced for 2016: President: Bernie Moreno; Vice-President: Myra Roche; Secretary: Lenna Easter; Treasurer: Jean Hunsinger. Happy New Year.



CYAN MAGENTA YELLOW BLACK

Crystal Coast

By Susie Garland

Our LGA tournaments have ended for the year, but there is still other news to report for those playing in “outside” leagues. The Crystal Coast league played at Morehead City Country Club on November 17th on a beautiful sunny and warm day. Many of our Brandywine players scored on the winning side and recognition is given to the following players: In the third flight, Pam Horton achieved first gross with a 92. On-a-role Angela Zieleck had first net (96). In the second flight, Rosie Angel captured first net (95). First flight winners: Mickey Friend had a gross 91 for first place, with Myra Roche achieving third net (97). Way to go, ladies! You really done good and we are very proud of your efforts.

Lady Golfers Invited

By Angela Zieleck

The Brandywine Ladies Golf Association is comprised of both an 18 hole and 9 hole league. Our playdates are Tuesday (9-Hole) and Thursday (18-hole) from March to November.

The LGA is now accepting new members whether you are new to golf or a more experienced player. We welcome all levels. The cost is \$40 to join and applications are available at the pro-shop. Club membership is required to join. Come out and enjoy our beautiful golf course and meet some wonderful ladies. Call Angela at 726-7767 if you have questions.



Sunday Shoot-out

By Susie Garland

November 15: Sunday Shoot-Out had 36 players competing, shot-gunning on the back 9. The winning team, with the lowest score I ever remember reporting: a minus 6. Way to go team with Megan Beszterczei, Buzz Hayes, Carla Swanson, and Jack Yankey. Yowsa, you really done good! The buffet for this event has been discontinued but specials and meals can be ordered from the menu. Sunday Shout-Out changed the start time and will henceforth begin at 2 p.m.

November 22: Rain, rain, go away; too bad you rained today. Game cancelled. However, a special grand buffet was on the table this evening in celebration of Thanksgiving consisting of freshly roasted and carved turkey, baked ham, sweet potato casserole, mashed potatoes with gravy, pineapple casserole, mac and cheese and, of course, pumpkin pie for dessert. Man, oh, man, the food was delish; the only thing missing was a knish. (Hey, it rhymes, okay?)

November 29: On a bright and sunny afternoon, there were 31 players (7 foursomes and one threesome) playing on the front nine. Thirty-one was the magic number for the winning team: Welcome back Loretta Beaulieu, with Lee Collins, Brock Gerrity, and Brenda Leinthall.

December 6: It was another glorious afternoon with warm weather and the sun shining. We played the front nine again consisting of 21 players (7 threesomes with two men and one lady to each team). You know how the song goes: “Oh, Cecilia, you’re breaking my heart” ... and she did. The team of Cecilia Gulya, Buzz Hayes, and Ed Slachta beat out me, Chris Calling, and Ryan Maurer by one stroke to take the win with a score of 35.

December 13: Yet another warm day (70s) with 26 players competing on the back 9. A very low score of 28 gave the team of Eugene Gurganus, Richard Reece, Sandy Shaffer, and Ed Slachta the win.

December 20: Two guys and a gal were teammates with 21 players competing on the front 9. The men on the winning team chirped: “I got rhythm, I got music, I got my gal, who could ask for anything more?” Rosie Angel, Chris Calling, and Monty Crosby could not ask for anything more and took the win with a score of 34.

December 27: On another warm day in the high 70s, the last Sunday Shoot-Out of the year was held. With many visiting family and friends for the holidays, we still had a good turnout of 24 golfers who came out to play the back 9. There was a three-way tie in the scores, all having a 31, so a card playoff determined the winning team of Megan and Ted Beszterczei, Tanner Norris, and Carla Swanson. Happy New Year. See you all next year. Love, Susie



JOIN US

PARTICIPATE IN A 5K WALK/RUN IN 2016

By Barbara Johnson

Have you resolved to be more active in 2015? One way you can keep your resolution is to sign up for one of the many 5k race events that are held at the Crystal Coast each year. For example, the Crystal Coast Half Marathon and 5k is scheduled for Saturday, March 5, 2016. Check the website for more information and registration: <https://runsignup.com/Race/NC/MoreheadCity/crystalcoast>. This event includes a half-marathon run, 10k run, and 5k run or run/walk, so you can sign up for the level that matches your goals.

With the help of a training plan, and possibly a smart phone app, you CAN be ready in time! The website, www.coolrunning.com, is dedicated to providing information and training guides to take you from "couch to 5k" in 9 weeks. The programs on this site are designed to ensure that you slowly work your way up to the 5k goal – so that you do not jump in too quickly and end up sore, discouraged, or worse – injured. The plans recommend training for 20-30 minutes, three times a week. This schedule ensures you also have rest and recovery days, which are essential for preventing injury. The plans are also flexible; if you are struggling to complete the training recommendations one week, you can repeat the previous week's plan until you have gained enough strength and stamina to move on.

Here are some other suggestions to consider as you start your training:

- Check with your doctor before increasing your activity level to make sure it is safe for you. If you are planning to train with your dog, you may also want to ask your veterinarian for advice.
- Get some good shoes. The sales associates at our area sporting goods stores can provide guidance to help you pick the right shoes, depending on whether you plan to walk or run and the way your feet naturally move.

- Train safely outdoors. You may need to get some clothing for wintertime outdoor exercise or a reflective vest if you plan to run outdoors in the dark.
- Set aside time in your daily schedule for your training routine. If you don't plan it, you won't do it! Keep track of your training in a diary or log as a visual reminder of your accomplishments and your goals.
- Train with a neighbor, friend, or family member. Having a partner increases your motivation and dedication to your goal.
- Evaluate your diet to make sure you are eating food that fuels your body during your workouts. And of course, drink plenty of fluids to stay hydrated.

We have an untold number of joggers, walkers, and cyclists who take to the streets of Brandywine for exercise and fun every day. Join in! You are sure to enjoy the fresh air and friendly greetings from your neighbors – which you just can't get from your couch!



BRANDYWINE BAY ASSOCIATION

OAK BLUFF
Jimmy Campbell 919-413-5016
jimmycampbell@gmail.com

BAY CLUB CONDOS
Tom O'Keefe 726-4638

BAY CLUB at BRANDYWINE BAY
Vacant

BAY HARBOR VILLAGE
Bettie Calloway 240-4215
allencalloway@yahoo.com

BOGUE VILLAGE
William Elmore 247-3589
wgelmore@hotmail.com

BRANDYWINE PLACE
Shorty Edwards 646-2361

PINE BLUFF
Tripp Mudge 726-1955
trippmudge@yahoo.com

THE VILLAS
Buddy Stringer 230-1421
stringer.buddy@gmail.com

BRANDYWINE BAY ASSOCIATION Board of Directors

President - Anne Swindell annetalcongso@aol.com	247-5214
Vice President - Jack Ashley jlashley@ec.rr.com	726-5911
Treasurer - Buddy Stringer stringer.buddy@gmail.com	230-1421
Security/Cards - Mark Wojciechowski cecwojo@gmail.com	726-8726
Recreation - Tom O'Keefe tokeefe@msn.com	726-4638
Landscaping - Lynda Pollock pollocknc@aol.com	919-618-2192
At Large - Louis Weil louis@starteamrealestate.com	726-6695
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Ross Camorlinga rosscam@centurylink.net	726-2392
Property Mgr. - Terry Barbour tkbarbour2@gmail.com	728-0626



CHANGES TO 2015 BRANDYWINE DIRECTORY

December 18, 2015

ADDITIONS:

Duval, Diane & Paul	108 Cottage Row	248-421-5456
Garton, Bret	109 Tree Fern Dr.	499-9633
Kessler, Nelda	541A Village Green Dr.	646-2456
McManus, John	919 Lord Granville Dr.	723-9011
Mead, Kim	537A Village Green Dr.	646-0572
Meggison, Jay	518B Village Green Dr.	252-799-8207
Young, Barbara	704 Cedarwood Village	240-9730

DELETIONS:

Capasso, Marilyn	537A Village Green Dr.	726-9033
Correll, Robert & Toni	919 Lord Granville Dr.	723-884
Heal, Rick & Beth	109 Tree Fern Dr.	726-7243
Karsnak, Don	108 Cottage Row	240-1391
Plautt, Shannon	518B Village Green Dr.	646-9111
Shiver, Pauline	541A Village Green	404-229-9118
Taylor, Diane	704 Cedarwood Village	910-520-2647

CHANGES:

Ward, Jacquelyn	104 Cedarwood Village	"342-1056"
Todd, Phillip	211A Reserve Green Dr.	"773-0045"



WHAT EXPERTS HAVE TO SAY:

One of 10 Medical Oncology facilities in NC recognized by the Quality Oncology Practice Initiative

www.instituteforquality.org

The Quality Oncology Practice Initiative is an oncologist-led, practice-based quality assessment program designed to promote excellence in cancer care. Carteret Health Care, with its one-of-a-kind partnership with UNC's Lineberger Center, is proud to be a part of this innovative group in the ongoing battle against cancer.

www.TruthAboutCarteret.com



Brandywine Garden Club

By Angela Zieleck

Garden club members met December 8th at Hammocks Place Community Room. Sugar, spice and everything nice! Members enjoyed a very sweet and tasty cookie exchange.

Our members take the time to make Brandywine come to life during the holidays. We hope you enjoyed the wreaths and sprays hanging on the gates and street posts. If you see us taking them down stop and say hi!

Our next meeting is January 26th, 2pm at Hammocks Place Community Room



Louise Cronan and Rosemary Vogel prepare to hang community decorations

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

Neighbors doing business with neighbors.

Ask us how you can advertise your business and support your community newspaper with an ad for as little as \$23 a month.

editor.soundwaves@gmail.com

American Treasure Visits New Bern Ed Bearss to Appear for 10th Consecutive Year

An American treasure, Civil War historian Ed Bearss will appear in New Bern on Sunday, January 10, 2016. His tenth annual presentation to benefit the New Bern Battlefield Park will be Robert E. Lee's Lieutenant Generals. Bearss will provide great insight into this subject in his unique manner.

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.

Held at 2 pm at the Cullman Performance Hall 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. To reserve a seat or for additional information, please call the New Bern Historical Society at 252-638-8558. This lecture is presented by the New Bern Historical Society and the New Bern Civil War Round Table in partnership with Tryon Palace.

National Peach Melba Day

By Monica Sellars

Peaches, raspberries, ice cream -- add these ingredients to your grocery list so that you can celebrate National Peach Melba Day on January 13.

A Peach Melba is a dessert made of vanilla ice cream topped with poached peaches, raspberry sauce, and toasted slivered almonds. Credit for this dish goes to Auguste Escoffier (1846-1935), who was a prestigious French chef. In 1893, he was the head chef at the Savoy Hotel in London. He developed the dessert in honor of hotel guest Nellie Melba, a popular Australian opera singer. Melba performed for audiences in Australia, Europe, and the United States during the 1880s-1920s.

Escoffier also invented Melba toast and named it for her.

For help with making your own Peach Melba, check out the recipe and instructional video on Foodwishes.com. If you think that making this from scratch sounds like too much work, I imagine you could take some shortcuts by using canned peaches, vanilla extract, and seedless raspberry jam. You can also find cookie, pie, muffin, and cocktail recipes that are inspired by the flavors of the Peach Melba. And if you want to start your celebration at breakfast, start with this smoothie recipe.



Dining on a Budget

By Barbara Johnson

Our Crystal Coast is a haven for tourists and part of the attraction is the fine dining available with choices from local catch seafood to truly unique bistros and cafes with chefs whose delectable delights tempt the palate of the most discerning visitor from "off." While all of us thrive on the tourist dollars that these fine establishments attract to our community, most of us just need a reasonable priced and nutritious meal that won't break the bank when we go out to eat. It just so happens that we are blessed with many affordable options nearby.



Here are my penny-pinching favorites:

1. Cox's Restaurant: Top of the list goes to Cox's, a local standout for American fare. Their daily specials offer 4 or 5 choices and cost \$6.25 including dessert and rolls or hushpuppies. Monday always features a turkey dinner with stuffing, gravy and cranberry sauce with your choice of 2 veggies.
2. Captain's Table: Right next door is Captain's Table that has a daily all you can eat seafood feature with your choice of sides. You will not find another place with all you can eat seafood priced under \$13.
3. China Garden Restaurant: The Mongolian grill allows you to choose from a wide variety of vegetables, meats and seafood which are fast cooked on a hot wok and served with rice and your choice of soup or egg roll all for only \$6.50 at lunch and \$9.30 at dinner. Return as many times as you like because this is all you can eat.
4. Texas Steakhouse: I love a steak and Texas Steakhouse makes it affordable with its 2 for \$22 deal. Two entrees and one appetizer for only \$22. Two diners are happy for the price of one steak and appetizer anywhere else.
5. Golden Corral has a limited time special that has to be acknowledged. During the last half hour of business each day you can get anything off their buffet line for only \$2.45 a pound including their steaks. Fill a plate carefully (no bones or heavy items) and have one or more meals for under \$5.
6. Hwy 55: You can still get a hot dog for \$1.99 a BLT for \$2.99 and a shrimp burger for \$3.99 when you go to Hwy 55. Add a tasty shake and you've got a great meal for next to nothing at this diner reminiscent of the '50's. Service is great.
7. Smithfield's Chicken and Barbecue: Best winter meal to purchase on the go and take home or dine-in is the Brunswick Stew special at Smithfield's. Buy a pint for \$5.86 and get the second for a dollar. Two meals for \$6.86 with hushpuppies.
8. Ruby Tuesday: Kids Eat Free every Tuesday night with the purchase of an adult entree

Peach Melba Smoothie

<http://lowfatcooking.about.com/od/breakfastandlunch/r/peachmelbasmoothie.htm>

Ingredients:

- 2 cups frozen unsweetened peaches
- 1 cup frozen unsweetened raspberries
- 1/2 cup low-fat vanilla yogurt
- 1 cup nonfat milk

Directions:

1. Place all ingredients into a blender and puree until smooth.
2. Pour into glasses and enjoy!

Clean Eating: What is It and Why Should I Care?

By Barbara Johnson

Have you ever really thought about that restaurant cheeseburger or the macaroni and cheese dish you made from a box? Everything about them is processed in a factory and created in a laboratory. They are filled with enough artificial ingredients and preservatives to make them last forever yet still appeal to your sight and taste buds.

But are they what you need to "eat clean?" What is clean eating anyway? It's taking the time to know what your food is made of and eating it in its most natural state. Getting clean may mean small changes in what you're already doing, or it might require you to turn over a whole new leaf. To start you off in your new lifestyle, here are 10 rules for eating clean in 2016.

1. EATING IS A LIFESTYLE

Forget the four letter d- word. Clean eating is not a fat-loss/weight-loss diet. This is a lifestyle that you can live every day.

You don't need to go crazy or throw out everything you love. Enjoy your food—it's the only way that any of us can stick with a plan. The biggest change may be that you will find that eating out is difficult and cooking at home is a key element of eating clean.

2. FOCUS ON FRESH PRODUCE

Include as much fresh produce in your daily diet as possible. Fruits and vegetables are a great way to start your day when paired with rich, natural sources of protein.

Vegetables should form a major part of every meal and most snacks. They provide essential vitamins and nutrients and the fiber to ensure your body can utilize the nutrition from everything else you eat. Familiarize yourself with the best-tasting in-season fruits and vegetables (and frozen ones in a pinch), and experiment with seasonings and spices. The internet offers endless recipes to make your seasonal fruits and vegetables gourmet delicacies at each meal.

3. SHOP OUTSIDE AISLES AT THE GROCERY STORE

Outside aisles are the location for seasonal fruits and vegetables, the fresh meat market, whole-grain baked goods and the nuts and dried fruits in bulk bins. Become familiar with the offering here. This is clean eating nirvana.

Interior aisles are where you will find staples like olive oil, but stay alert. You're entering a marketing paradise of "come hither" packaging and high visibility brand names. Most of the items on these shelves have been manufactured and processed to the point where the natural nutrition of the food has been altered or significantly reduced.

Keep in mind that wine, beer and dairy products are also on the outside aisles. Choose carefully in these areas. They promise high fat and high sugar content. Try to choose from things like eggs and milk products that are close to their natural state and avoid processed cheeses and sugar-filled yogurts.

4. AVOID ADDED SUGARS

Eating clean isn't about avoiding specific items. It's about choosing simple, unrefined things and enjoying them. But if you feel more comfortable having an enemy, then fine: declare war on sugar which is the closest thing to a poison that our bodies face from processed foods.

Foods in their most natural state do not contain added sugar—that's why it's called "added sugar." Avoid natural and artificial sweeteners that have been added to foods during processing.

This can be tough love for most people—it is for me—but within a few days of avoiding added sugar, your cravings will disappear. Your blood sugar will stabilize and you will no longer experience those crash and crave cycles that have dominated your food choices.

5. DRINK MORE WATER

You've grown up hearing "drink 8-10 glasses of water each day." Don't ignore it. The benefits are real. Your body just cannot function in a dehydrated state. By the time you feel thirst your body is already low on hydration and screaming for water. Herbal teas or green tea can help you naturally cleanse, aside from many other benefits. Flavoring water with lemon or other fruits can allow you to sip all day.

Note...coffee has its place, but there's a point where it no longer is consistent with clean eating....skip the flavorings, cream and sugar and make it a treat, not your go-to liquid for the day.

6. MINDFUL EATING

Healthy eating is essential to a good life. Set aside the time to relax and enjoy it. Be mindful of what you are eating, sit down and if at all possible share it with friends and family. Shut the electronics off for a few minutes and focus on the flavors and textures of the food you have chosen and prepared.

7. SELECT A WIDE VARIETY OF FOODS

The key to clean eating is balance and moderation. You don't need to avoid carbs or dietary fats entirely on your clean diet approach, or you'll find yourself dreading your meals. Healthy carbs and fats are delicious and complement your meals. Use them judiciously to enhance the variety and flavors of other natural foods. Avocado, coconut oil, nuts and whole grains belong on your plate. Just watch the portions you choose. Be mindful of your food and what it's made of. If you don't know, that's a problem.

8. USE SMART FLOUR SUBSTITUTES

Yes, you can enjoy baked goods and eat clean at the same time. Almond flour, coconut flour, brown rice flour, and oat flour are all excellent ways to reduce the simple carbs of any recipe and still create delicious treats. Different flours have different nutritional profiles, so make sure to read up on them to find the ones that are best suited to your dietary approach. There's a nearly unlimited variety to choose from.

9. DON'T EAT FOODS WITH INGREDIENTS YOU CAN'T PRONOUNCE

A good general rule: If you can't state the name of a particular ingredient in the food you're about to dine on, then consider passing. The fewer ingredients the better when it comes to your food choices. If you're afraid that this rules out your favorite Ethiopian restaurant, consider making an exception for good, simple ethnic foods.

10. FOCUS ON NUTRIENTS, NOT CALORIES

As you experiment with clean eating, don't get caught up in the numbers game. The calorie-counting diet of the 70s and 80s is a relic of the past. Today, getting the proper nutrients is far more important to overall health than simple calorie counts.

Think of it this way: One approach leaves you feeling grumpy, ravenous, and guilty about simple pleasures. The other leads you to more energy, stable blood sugar, and a world of new foods you never considered in the past. The choice is easy. Happy clean eating 2016! (Adapted from an April 2015 article by Shannon Clark)



80th Birthday Party

By Susie Garland

Two very special birthdays were celebrated with the LGA and guests on December 4th in honor of the 80th birthdays for Louise Cronan (December 8) and Loretta Beaulieu (December 10).

Born in December, a festive month
A day of anticipation
We honored two charming ladies
At their 80th celebration



Many friends gathered together
Birds tweeted congrats from above
Paying tribute to the celebrants
In friendship, camaraderie, and love

Witty cards and recommendations
Were handed to Loretta and Louise
With suggestions we all should follow
So pay attention if you please

A Good Exercise for Seniors

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb. potato bag in each hand, extend your arms straight out from your sides and hold them as long as you can, then relax. Each day you'll find you can hold this position longer. Try to reach a full minute. After a couple of weeks, move to 10-lb. potato bags and then 50-lb. potato bags. Eventually, you will be able to lift 100-lb. potato bags and hold your arms straight for a full minute. (I'm at this level now). After you feel confident at that level, put a potato in each bag! Simple exercise, right?



Happy New Year

By Susie Garland

I'd like to take this opportunity
To wish you all good cheer
I hope you enjoyed all the stuff I wrote
Of the many events held this year

Some of us had our ups and downs
With surgeries, bad golf, and the like
But it can only get better as I always say
While strutting down the pike

Happy New Year to you all
And when the new year's done
May the next year be even better
Full of pleasure, joy, and fun.

Let's all join to lift our glasses
In a toast to everyone
To the old year now behind us
To the new year, just begun



Patio Party

By Susie Garland

On November 21, the (last) monthly patio party for 2015 was held with a large crowd in attendance to enjoy the tasty buffet and entertainment provided on the veranda following dinner at the K-Club. The tasty variety of foods from the buffet included spinach and artichoke dip, crab Rangoon, cranberry pecan salad, chicken penne with broccoli, Asian glazed salmon, and dessert. After dinner, a talented five-piece band from Beaufort, "Kudubai," performed rock/indie/bluegrass

music. Kudubai blends the sounds made by voices, acoustic guitar, bass guitar, mandolin, trumpet, sax, clarinet, recorder, and a variety of percussion and drums with the group switching and playing different instruments after each song they performed. We look forward to next season and thank the boss man and lady and their staff for arranging these funfests. Can you guess the couple who is "Dancing with the Stars?"



Meet Your Neighbor

extension service. A pH of 6.5 to 7.5 is ideal. Plants cannot properly use nutrients without the right pH.

2. Bring in fresh soil to raise your beds over our naturally sandy soil and surface tree roots.
3. Improve your soil with the addition of manure and/or oyster mulch. Oyster shell deters nematodes which are a common pest in eastern NC.
4. Ensure that you choose plants that will do well in the garden location. Sunny, partly sunny or full shade areas dictate the type of plants that will thrive there. Roses need full sun all day while camellias, hosta, ferns and impatiens need shade.
5. Give your plants plenty of space. Know how big your planting will eventually grow and space accordingly.
6. We have a much warmer climate here in the coast than even our close neighbors like New Bern and Raleigh. Ensure that your plants can tolerate our warmth and heat.
7. Use a slow release fertilizer that comes encapsulated. Extra fertilizer will just be lost in our sandy soil.
8. Water your plants. Our hot summers quickly suck all the moisture out of plants and soil. In the hottest months plants may need water twice a day.

Where can I get help with my garden? Friends and neighbors with beautiful gardens are often very happy to share their secrets. The members of the Brandywine Garden Club are full of good information and invite you to join them at their monthly meetings. This group also needs volunteers to help with neighborhood gardens and plantings. Finally Garner Farm right out on Hwy 70 in Newport has staff with horticultural degrees and everything you need for your garden from plants to fertilizer, soil and free advice.



By Jo Mullis

The Brandywine Bridge Club met Dec. 9th at 10:30 am at the Clamdigger Inn. The food was great. They

have the best hushpuppies in Carteret county. Their decorations are a treat to see.

We had 5 tables playing. Winners were Barbara Lancaster 1st place, Ingrid Carmona 2nd and Janiece Wall 3rd. A good time was had by all.

Come and join us. Call Pat McMahon at 726-7994 or Dolly DiMarco at 240-1060 for more information.

Visit our Sound Waves Facebook page and LIKE the page to share information and get great updates about our community between publication dates.
<https://www.facebook.com/soundwavesbrandywine>



January Sudoku

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

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

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Located at 5307 Hwy. 70 West, Morehead City
252-240-3885

Summer Travel Planning Apps

By Barbara Johnson

The cold weather in January makes long winter evenings the perfect time to plan for your summer vacation. Travel agents can give you personalized attention but the internet has opened up the world of travel to everyone in the privacy of their own home at their own convenience. Today there is a stunning array of online and phone apps available to make your travel planning simple and affordable. I've selected a few that I have used personally for those of you who have planes, trains and hotels on their mind for satisfying your wanderlust.

- **Travelzoo.com** brings great deals directly to you by email and its searches are easy. You have the option of searching by best deals, hotels, flights, locations, last minute and many more.
- **Airfarewatchdog.com** offers last-minute flight deals and includes Southwest Airlines which most air fare sites do not track.
- **Budgetplaces.com** is the largest site for low cost hotels, hostels and bed and breakfast lodgings
- **ttp.aaa.com** offers Triptik which allows you to plan a road trip with information about best routes, places to see, scenic routes, rest areas, construction and traffic issues.
- **Google Flights** is acclaimed as the best site to use when booking flights internationally although it is a great site for domestic travel too. It allows an easy search of alternative cities around the world and gives options for nearby and better priced airports.
- **Vacationstogo.com** lets you search for the best travel deals on cruises within the next 90 days or further out. Their cruise clearinghouse gives you prices that are among the most competitive on the net. Great customer service.
- **Airbnb.com** is a great way to find private homes, apartments and condos for rent in your travel destination. You can often get a much better deal than you can for hotels and motels, the owners have always been easy for me to work with and the places I have stayed in are spacious and very clean and comfortable.
- **Bookingbuddy.com** offers an easy search matrix and featured deals. Their customer support was good to me.
- **Vrbo.com** is a great place to explore vacation rentals offered directly by individual owners. My experience has been very good but places book quickly due to the popularity of this site.

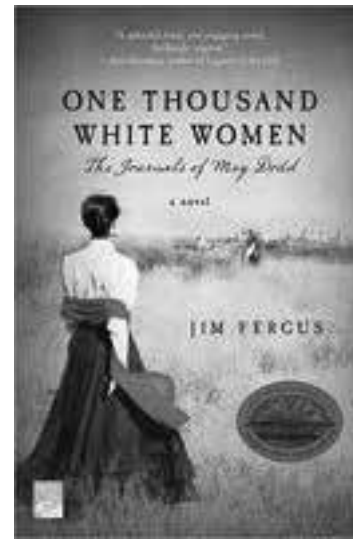
I recommend doing your research on a computer other than the one where you will do your booking. Sites leave "cookies" or electronic tags when you search a site and each time you return some are programmed to provide a higher price. This creates the incentive to book faster before the price increases again.

Search on one computer and book on another. Use one from another family member, a friend or the library. If you find a good price by all means grab it because price goes up as supply diminishes. The earlier you book, the better. Prices within 20 days of travel are the highest of all. Staying flexible with your dates can help you find the best deals. If you find a good price on a discount website, go to another computer and check the airline or hotel website directly. They may be the same or lower in price. Booking directly protects you from any booking site errors.

Happy web surfing this winter and safe travels this summer.

Brandywine Book Club Notes

By Melinda Brown



The Brandywine Book Club December meeting was our annual Christmas dinner and book exchange. We enjoyed a delicious dinner at Floyd's Restaurant. Then we returned to Verna Harris' home for homemade Christmas treats and our lively book exchange. The assortment of books we choose to exchange is always interesting and it's fun to see which book becomes the favorite. The books also provide members with some excellent reading choices during the coming months.

In January we will be back to our usual schedule of meeting on the 4th Wednesday of each month at 7 P.M. Our book for discussion in January is *One Thousand White Women: The Journals of May Dodd* by Jim Fergus. According to Booklist, the book is "an American western with a most unusual twist. This is an imaginative fictional account of the participation of May Dodd and others in the controversial "Brides for Indians" program, a clandestine U.S. government-sponsored program intended to instruct "savages" in the ways of civilization and to assimilate the Indians into white culture through the offspring of these unions."

We always look forward to meeting new members. If you would like to join us, call Melinda Brown at 247-1055 for further information.

Upcoming Crystal Coast Events

January 11 Lego Club at the Webb Memorial Library from 4-5 pm the 2nd and 4th Monday in the piano room

January 16 all day Wedding Show Open House at the Country Club of the Crystal Coast.

January 16 ticketed Wedding Salon at Doubletree Atlantic Beach. Crystalcoastweddingsalon.com

January 18 free admission all day at the NC Aquarium at Pine Knoll Shores

January 22 Clam Chowder Cook-off at the NC Maritime Museum museumfriends.org for tickets

January 23 The American Music Festival presents Calidore Quartet with Barbara McKenzie at 8 p.m. Saturday, January 23, at the History Museum of Carteret County, 1008 Arendell St., Morehead City. For ticket information, call 252-728-6152 or go to www.americanmusicfestival.com.

January 23 MacDaddy's Winter Festival 10am - 5pm with local vendors.

January 23 Operation Obstacle for middle school students from 5-9pm at the Crystal Coast Civic Center presented by Morehead City Parks and Recreation \$10 per person for unlimited play

January 29 NC Maritime Museum in Beaufort offers a free Brown Bag Gam at noon with a lecture on Ghost Ship Carroll A Deering.

January 30 Introduction to Wooden Boat Building Class. Course fee: \$135. Minimum age: 16 yrs. old. Course is limited in size. Advance registration required. 252-728-7317. The Harvey W. Smith Watercraft Center, North Carolina Maritime Museum,

First Baptist Church Morehead City is registering for its new Music Academy offering music programs, dance, instrument lessons and music therapy for all ages. Classes start February 1 with certified instructors. Contact First Baptist Church for details and cost.



What Happens To My Digital Assets After My Death?

By Jane Gordon, Kirkman, Whitford, Brady, Berryman & Farias, P.A.

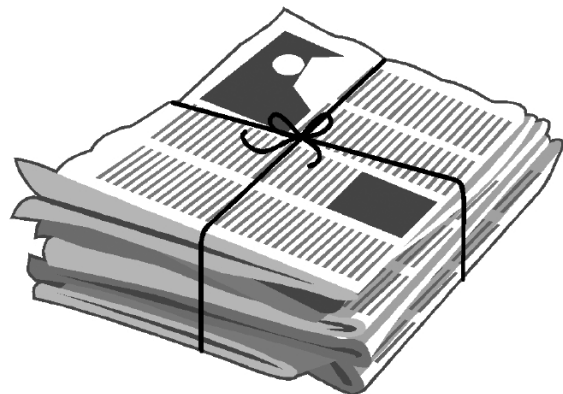
When we prepare our wills and trusts, we consider all of our property: our bank accounts, investments, real estate, vehicles, antiques, heirlooms, etc. In this growing digital age, we also need to consider our digital assets. The reality, however, is that state and federal laws have a lot of catching up to do in this area, and, to a large extent, the question of what happens to our digital assets is still uncharted territory.

How much this matters depends, of course, on what we may own that exists only in digital form, and where these assets are stored. For photos, music, books and other data that is stored on a laptop or desktop, the answer may be that whomever inherits the computer device inherits the data that is stored on it. For photos, music, books and other data that are stored only on "the cloud," the answer may be quite different. Many of the things we buy and store in "the cloud" are governed by license agreements (that long document that most of us click "I Agree" to and never read) required to be agreed by Google, or Apple, or whatever company we are dealing with. If so, these assets may not be transferrable upon death, if the governing license agreements so provide.

As a practical matter, if our loved ones can access our iTunes, Nook, Kindle and other accounts, they may be able to access our data, even if for a limited time. Of course, in order to access our accounts, our loved ones will need to know our user id and passwords for these accounts. We are told to keep our passwords private and to change them often. This of course is good advice for preventing identity theft. But if no one knows how to access our iCloud account, for example, they cannot access our photos that are stored there.

Legal experts from around country have drafted a proposed law called the Uniform Fiduciary Access to Digital Assets Act, but this act has yet to be enacted into law by the states. Until the law "catches up" with the reality, executors and loved ones will have a hard time navigating the world of their loved ones' digital assets. Therefore, we recommend that you take practical steps to help your loved ones access your digital assets (even if for a limited time) after your death, by making lists of your accounts, user names and passwords. Of course, you should keep this information in a secure location to prevent theft.

Our advertisers ensure that Sound Waves arrives at our homes each month with the latest and greatest news about our Brandywine community. Consider doing business with the businesses that advertiser and tell them that you found them in Sound Waves.



Coastal Pregnancy Care Center

There are several programs offered by the CPCC that are making a difference in the community. "Chart for the Heart" is one such program, which includes support for parents in regard to pregnancy, life skills, and parenting skills. The "Dads 24/7" class is the part of this program that specifically reaches out to fathers to help them learn about creating a healthier home and more stable environment for their children. The class is held in the evenings and includes dinner for the participants.

The "LIFEGuard" program and curriculum is an approved resource for the Healthful Living course of study for the Carteret County public schools for 7th and 9th graders. LIFEguard presents age-appropriate advice about setting goals and "guarding" your future by making good decisions and setting personal boundaries. The program teaches students about using abstinence to avoid negative consequences of premarital sexual activity, like STDs, emotional pain, and pregnancy. This program has been instrumental in helping reduce the pregnancy and STD rates of students in the county. The program is presented with the help of two doctors from the community who volunteer their time.

The "Beacon of Hope and Healing" program offers abortion recovery support to help women deal with emotional consequences of abortion. Participants walk through a healing process together during an intense four-day retreat. The goal of the program is to let each woman know that there are others who have walked in her shoes and the counselors are there to help her find the light at the end of the tunnel, if she chooses.

The CPCC is always looking for volunteers! You can volunteer your time to help with activities at the center, office tasks, and event planning. There is also a great need for men who would like to volunteer to work with dads. Prospective volunteers receive a Launcher Packet that explains the volunteer application process, which includes paperwork and letters of reference. In addition, the process includes education about the center to ensure volunteers agree with the beliefs of the organization and will commit to carry out the message and mission of the CPCC.

The CPCC is located on Hwy 70 between the Truckers Toy Store and Family Tire. You are invited to visit the center to meet the volunteers and take a tour of the facility. If you are interested in attending the banquet, making a donation, or becoming a volunteer, refer to the contact information on the website, <http://cpcccenter.org>. Your support helps empower individuals to make informed decisions about life.

DO YOU VOLUNTEER FOR A NON-PROFIT IN THE AREA? DO THEY NEED ADDITIONAL VOLUNTEERS OR EXPOSURE? WRITE AN ARTICLE FOR SOUND WAVES AND FORWARD TO US AT EDITOR. SOUNDWAVES@GMAIL.COM



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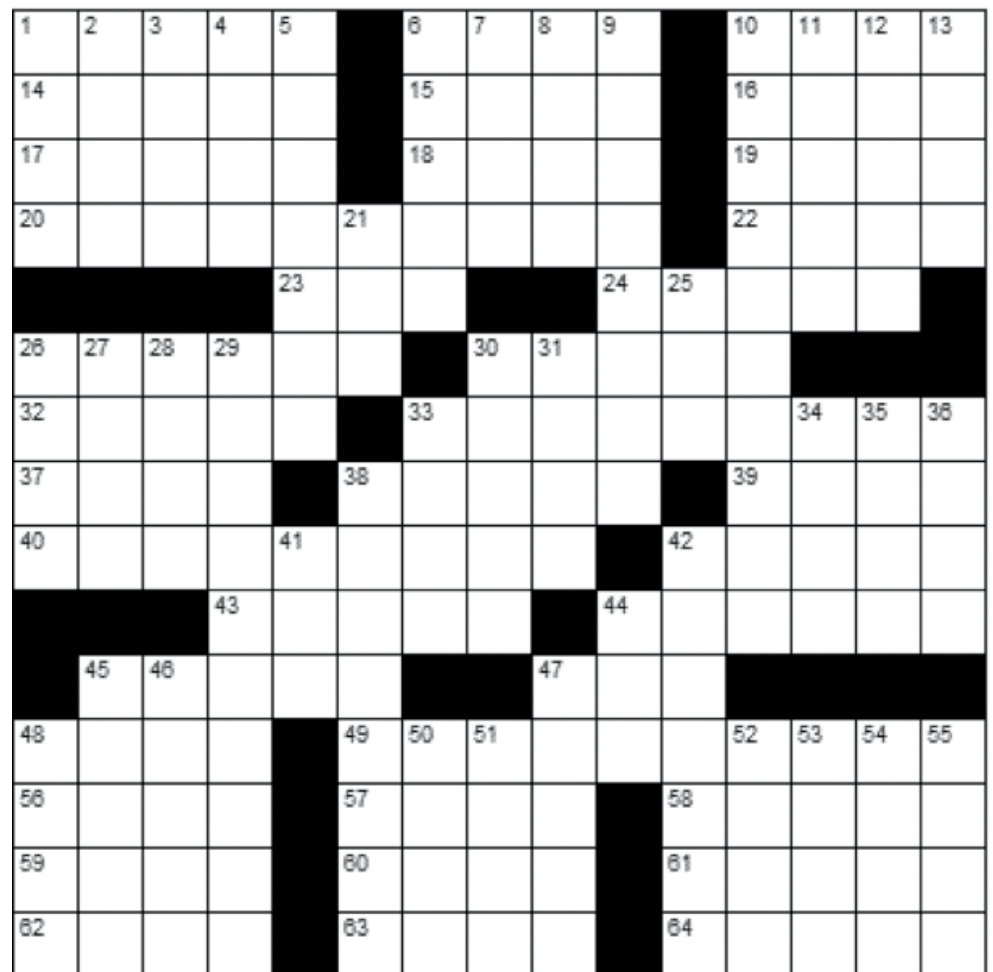
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ACROSS

1. Mantelpiece
6. Cabbagelike vegetable
10. Curtail
14. Consumer of food
15. Send forth
16. Comply with
17. Wash out with a solvent
18. Part of a skeleton
19. Protective ditch
20. Horn
22. Rate
23. Apply gently
24. Not south
26. A fast gait of a horse
30. Steeple
32. Adage
33. Leaders
37. Brass component
38. Squalid
39. Only
40. Rules of evidence
42. Holdup
43. Black-and-white diving bird
44. Large indefinite amount
45. A cheap cigar
47. Take in slowly
48. Gossip
49. Causing irritation
56. 53 in Roman numerals
57. Brother of Jacob
58. Uproar
59. Therefore
60. Give the cold shoulder
61. Shadow
62. Withdraw gradually
63. Collections
64. Fails to win

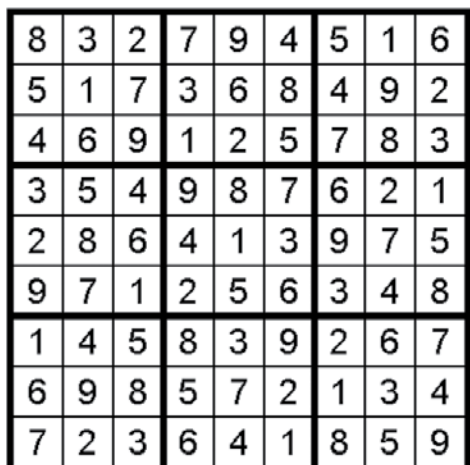
DOWN

1. Observed
2. Angel's headwear
3. Decorative case
4. Permits
5. Liberty
6. Souvlaki



7. Out of control
8. Connects two points
9. Forever
10. Compacted
11. Submarine
12. Stretch
13. 8 bits of data
21. Chart
25. Mineral rock
26. Stare
27. Allies' foe
28. Fluff
29. Movement
30. Inscribed pillar
31. Cushions or mats
33. Clairvoyant
34. Drudgery

35. If not
36. Catches
38. Nimbleness
41. Type of dog
42. Optimistic
44. Petroleum
45. English county
46. Subarctic coniferous forests
47. Counterfoils
48. A ball of yarn
50. Feudal worker
51. Tight
52. Japanese wrestling
53. Spheres
54. Not less
55. Historical periods



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Meet Your Brandywine Committee Member - Jerry Garner

By Monica Sellars

Where are you from and what brought you to Brandywine?

I am originally from Memphis, Tennessee, and my wife Lanette is a Raleigh native. We have been married for 34 years and have a son, a daughter and one grandson. We both worked at RTP and lived in the Triangle area. We began to visit the coast and bought a camper which we visited on weekends for 18 years. Having spent so many happy times here we decided to call MHC “home” when we retired.

My career

I worked at IBM for 30 years as a Quality Analyst, Manufacturing Manager, and eventually Manager of Site Health, Safety and Fire Protection for the RTP Site. I now work part-time for insurance companies as a Loss Control Consultant. I am a Professional Member of the American Society of Safety Engineers and a past president of the North Carolina Chapter. As a Certified Safety Professional, I continue to be active in the field of health and safety.

Hobbies

Our favorite hobby is traveling and camping in our motor home. We have taken numerous trips over the years including a 6 week trip through New England and an 8 week adventure to Yellowstone and Glacier National Parks. We have certainly enjoyed our travels, seen some awesome country, met wonderful people, and look forward to seeing more of this fabulous country in the future.

What motivated you to volunteer to manage the Boat Yard?

Since moving here in 2004, I have made an effort to attend all of our homeowners meetings. I had previously experienced what it is like to live in a subdivision with no HOA, and believe me, all the residents should have a deep appreciation for all the work this 40 person group gets done in Brandywine...I certainly do! As a person storing a motor home in the boat yard, I felt obligated to “step up” when I learned they needed someone and I have never regretted volunteering for the job. I have met some great neighbors and made friends I would not have met otherwise, and have been able to make improvements to the boat yard such as, resurfacing, adding security cameras, and adding a new light weight gate this year. It has been a pleasure to work with Jack Ashley who shares the job for BBA.

Good things happen when we work together!



Jerry Garner

Travel Guide

Garden of the Gods, Colorado Springs, Colorado

By Linda Gilbo

How was Garden of the Gods named?

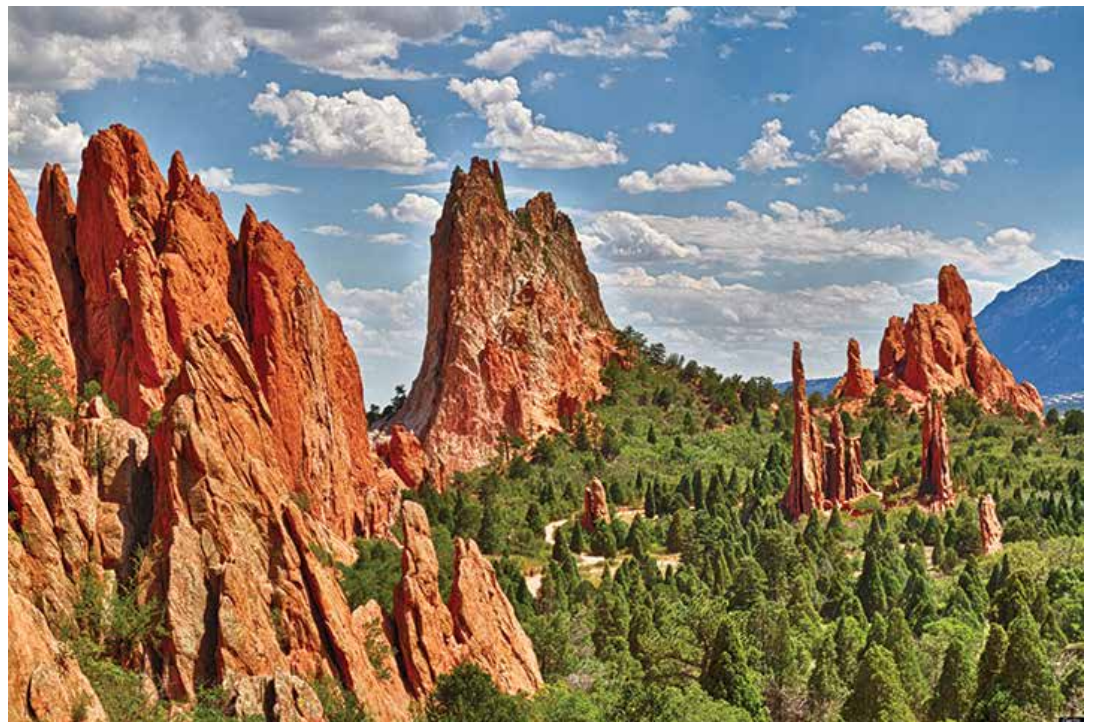
In August, 1859, two surveyors started out from Denver to begin a town site called Colorado City. While exploring locations, they came upon a beautiful area of sandstone formations. M.S. Beach suggested that it would be “a capital place for a beer garden,” when the country grew up. His companion, Rufus Cable, exclaimed, “Beer Garden! Why it is a fit place for the gods to assemble. We will call it the Garden of the Gods.” The name stuck.

I had the pleasure of visiting this site several years ago. The intense natural beauty has a tendency to leave one speechless. Magnificent natural sculptures appear around every bend in the road or walking path. Magical at sunset, this area is where the grasslands meet the woodlands of the Southwest.

This National Natural Landmark consists of 1,367 acres where the earth's history is evident. This park offers hiking, biking, and guided horseback rides. Rock climbers often gather here and you can watch death-defying climbs in the area most days. There are plenty of places for amateurs to try their skills and scramble over boulders and practice on rock faces.

If you're in the Colorado Springs area, or plan to hike Pike's Peak, add this stop to your visit and you won't be disappointed. For more information, visit www.visitcos.com/garden-gods-colorado-springs.

Hope your 2016 travels are safe and happy.



Happy New Year

From Our Family To Yours

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