

Charlie Rocci West Carteret 2016

Charlie Rocci is a 2016 graduate of West Carteret High School. He was born in upstate New York but moved to Carteret County when he was in first grade. Charlie enjoys soccer, surfing and golf, and was a Patriot football player all four years at West Carteret. He was also a founding member of the Youth and Government Club at West and the President of the West Carteret Chapter of the National Honor Society. Outside of school, he enjoys his volunteer work and his job at the Brandywine Bay Golf Club. Charlie will attend University of North Carolina at Chapel Hill in the fall and hopes to study business. Charlie is the son of Charles and Brenda Rocci.



Tanner Beszterczei West Carteret 2016

Tanner Beszterczei is graduating from West Carteret High School on June 8, 2016. Tanner can be found working on the golf course or playing golf. He was on the West Carteret Mens Golf team all 4 years in high school. He was the team captain his Senior Year as well as 4th in the conference. He played on the Soccer team 9th, 10th and 11th grades. He also received Academic Achievement all 4 years, inducted into National Honors Society and National Technical Honor Society. Tanner is currently enrolled in the NC State 2 + 2 Engineering Program with Craven Community College. He has been dual enrolled for 2 years while maintaining a 4.0 GPA. He lives with his parents Ted and Nancy Beszterczei and sister Megan who also plays golf and works in the KClub.



Elizabeth Williams North Carolina School of Science and Math 2016

Elizabeth Williams is graduating this spring from the North Carolina School of Science and Math. During her senior year she participated in softball and was a member of the Color Guard Team where she served as Captain. In addition to school activities, Elizabeth tutored at risk children in Durham 2 hours a week and volunteered a total of 50 hours with National Charity league. Elizabeth plans to attend NC State University this fall and major in Electrical Engineering. Her parents are Emily and Erik Williams.

NEXT BOA QUARTERLY MEETING
August 25 at 7pm
At the K Club



Meet Your Neighbor

Scott Kucera

By Scott Kucera

Local marine ecologist Jim Morley brought a witty humor and six-string guitar to informal jam sessions with colleagues from NOAA and UNC Institute of Marine Sciences. The band that formed started writing and performing original songs and tunes for dancing crowds, including the Beaufort Music Festival.

A powerful horn section (Ben Peierls and Jackie Burdick) layers melody over a rhythmic bass (Kyle Shertzer) and jangling mandolin (Scott Ensign). Audiences are entertained by frequent instrument swaps on stage – Ben will trade his trumpet for a recorder or kazoo while Jackie rests her sax and takes up guitar. An assortment of hand percussion instruments wind their way around the stage for embellishing musical passages with dramatic effect. Each member takes a vocal lead and layers harmony on familiar tunes and original compositions.

The name Kudubai derives from an antelope of eastern and southern African savannas, dense brush and forests. Male kudus often form social bachelor groups. The impressive horns are revered by local tribes and a form of the horn is sometimes used as a shofar in Jewish ceremonies.

You can catch a Kudubai show at Harrikah's Brewhaus in Cedar Point on June 25. You can like Kudubai on Facebook and listen to original songs on myspace.com/kudubai.

Brandywine Bay resident Scott Kucera is the percussionist and accordion player in the band Kudubai. Scott has lived in Brandywine Bay for the past 5 years with his wife Laura and two sons, Ben and Sam. His daughter Elie is studying at Cape Fear Community College in pursuit of a nursing degree. Scott and Laura lived in Beaufort until 2002, when Laura started veterinary school at NC State. Scott worked as a museum educator at the NC Maritime Museum, Exploris in Raleigh, and the Museum of Coastal Carolina in Brunswick County. He now teaches science at West Carteret High School. Laura practices small animal medicine at Havelock Animal Hospital on Miller Blvd, Havelock.

Scott has been playing drums and percussion since the third grade. He took up accordion in college and also plays a little guitar and mandolin. He played in several bands with friends and family over the years, always for fun and never with visions of grandeur. The style of music from these assorted groups ranges from classic rock 'n roll, jazz standards, and bluegrass, to reggae, country, and polkas. He joined the current band in 2011.

Collectively known as Kudubai (pronounced koo-doo-bye), the six-piece band formed in Beaufort, NC in 2010.



(Pictured L-R) Kyle Shertzer, Jackie Burdick, Ben Peierls, Scott Ensign, Scott Kucera.

Wet and Wild

By Barbara Johnson

With June comes summer in Brandywine and everyone is looking for ways to have fun and stay cool. Here are some suggestions that cover a wide range of places and activities for getting wet and having some wild fun.

- Water Boggan Of Emerald Isle, 8915 Reed Dr. Emerald Isle, NC 28594, 252-354-2609. Water Boggan offers water slides for all ages with wading pools, slides and tubes. This location offers a good value for a day long activity. Parents can keep a watchful eye on children in the observation area at the bottom of the slides. There is food available onsite and the beach is just a few steps away.
- Golfin' Dolphin 134 Golfin Dolphin Dr. Cape Carteret, NC 28584 (252) 393-8131 The Golfin' Dolphin is at the intersection of NC 24/58 and offers miniature golf, driving range, batting cages, go karts, bumper boats and water wars.
- H2O Water Sports 1960 Salter Path Rd, Indian Beach, NC 28594 252-247-7303 If it's water you're after, this place has every way to enjoy it. Rent kayaks, paddle boards, wave runners, banana boats and party boats for your water pleasure. Snacks and drinks on the beautiful Dolphin Deck.
- Atlantic Beach Splash Park 915 W Fort Macon Road, Atlantic Beach, NC 28512 across from the Atlantic Station Shopping Center. In addition to a huge water fountain splash pad, this park has a large playset, a swing set, merry-go-round, basketball goal and more for big and little kids to enjoy.
- Blown Kiteboarding 3205 Hwy 24, Newport, NC 28570 252-269-9843 Kiteboarding and lessons are the hottest thing to do at the beach. You get wet and then ride the wind then get wet again. Great for hot days and wetsuits make cool weather comfortable.
- Brandywine Bay Pool 177 Brandywine Blvd, Morehead City, NC 28557 252-247-2541 Open now for May to October membership. Families \$450, Seniors over 70, active military, police and firefighters \$300.



Water Boggan of Emerald Isle



ALL ABOARD!

By Jerry Levesque

Well, nearly. My name is Jerry Levesque, our new BOA president. My wife Dottie and I live on Fairway Drive East, lovingly referred to as the Venetian Quarter. Fortunately and very thankfully, our Drainage Committee and former board have begun serious actions to eliminate the flooding (please see minutes from the annual meeting for more details). The new board was elected yesterday (May 22nd) and we had our first meeting to elect officers. The meeting started on a sad note as Janiece Wall was forced to resign for health reasons. Knowing Janiece as I do, that was a decision not made lightly. We wish her well. We are left with an open position which we hope to fill in the very near future. Our new board consists of myself as president, Ed Myers – Vice President, Noreen Barrett – Secretary and Bob White – Treasurer, and an opening for Director at Large. We don't know each other well, yet, but from reading their bios and meeting with them, I am confident that we have a very strong team. Our first executive session is on June 13th.



We wish to thank the past board for the fine work they did. Our community and its finances are both the better for their efforts. Kudos. They will be a tough act to follow; but we think we have the talent, on the board and in the committees, to continue the positive trend left us. For those of you who don't know, we are a community of 647 "doors" and close to 2000 people. Those of us on the board and in committees are stakeholders in that community and it is up to all of us (including you) to keep our community safe, beautiful; and to not only maintain property values; but improve those values through our actions and cooperation. We look forward to working together to maintain Brandywine as a prime community to live in.

On occasion, I will discuss, without bloviating, a subject that affects our community. Today, the subject is speeding. We have relatively narrow streets with lots of pedestrian traffic and as the days grow warmer, those pedestrians (including children and pets) will be out at dusk when it's cooler, and they are harder to see. The community speed limit is 20 mph, so please honor it and the posted stop signs; cede the right of way to the pedestrians by slowing down and moving away from them, when possible. Your cooperation is appreciated. May you all have a safe and happy summer.

I am happy to announce the addition of Nancy Beszterczi as our At Large Director. Her talents are a welcome addition to our team. Welcome aboard Nancy. Her phone number is 269-0179 and her e-mail address is tbeszterczi@yahoo.com

Jerry Levesque



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>

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 NC Highway Patrol 800-411-6127
 Mosquito Control 504-2107



BUSINESS SPOTLIGHT

MIRACLE-EAR

By Barbara Johnson

Does your spouse frequently say “Huh” or “What was that honey?” Well it happens more often than you think. Admitting that you or someone you love has a hearing loss is the first step in getting help. At Miracle-Ear in Morehead City they do not just sell hearing aids; they are concerned about your hearing health. They recommend that everyone has an annual hearing test regardless of whether you are aware of hearing deficiencies. Hearing loss can be linked to a number of medical issues and regular testing is as important as an annual physical for your personal preventative health care.

Miracle-Ear offers a free, no-obligation hearing test. Appointments are appreciated but walk-ins are welcomed at any time. Stephanie Rill, Patient Care Coordinator, can schedule a convenient time. Nancy Domanski, the Hearing Instrument Specialist for the Morehead City office was born and raised right here on the Crystal Coast. She welcomes the opportunity to help you or your loved one with your hearing needs. “Miracle-Ear has hearing aids for any budget as well as financing opportunities. There is free lifetime after-care that is good at any Miracle-Ear in the country.”

The stories of satisfied clients are heart-warming. “Now I get out more.” “I can hear my grandchildren now.” “I wake up every morning to the birds chirping.” “I can hear my pastor and the sermon in church.” Don’t you want to be the next one to experience the joy of improved hearing?

Schedule your free hearing test today by calling the Miracle-Ear Center located at 4459 Arendell St., Suite 5 in Morehead City at 252-240-2496. You may also visit their website at miracle-ear-moreheadcity.com for more information.



Nancy Domanski

FAMILY ROOM

FUN WITH KIDS BIG AND SMALL

By Lara Klibansky

With summer nearly upon us, the school year is winding down, playgroups are ending and parents everywhere are looking for an escape. Grandparents have visiting grandchildren to keep occupied. Well, I’m here to help! Our community is bursting with opportunities this summer so get those little angels fed, sun screened and into the car and get ready for an adventure.

Events Around Town

Open Gym Play Date @ Crystal Coast All-Stars (\$5.00 per child)
Every Thursday - 3:00 - 5:15 PM
Phone: 252-247-0066

Kids Story Hour @ The Webb Library (Free)
Every Wednesday and Thursday – 10:30AM
Phone: 252-726-3012 (ask for Ms. Laura)

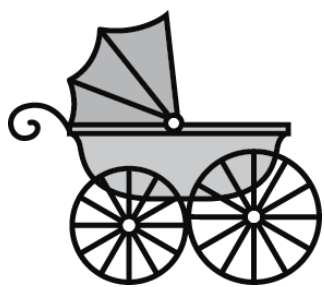
Play Date at the Park @ Shevans Park (Free)
June 8; July 26; August 18 – 10:00 – 11:00 AM
Phone: 252-727-0440 (Carteret County Partnership for Children)

Atlantic Beach Splash Pad @ Atlantic Beach Municipal Park (Free)
June 23, July 13, August 9 – 10:00 – 11:00 AM
Phone: 252-727-0440 (Carteret County Partnership for Children)

Story Time @ Carteret County Public Library
Preschoolers: Every Wednesday – 10:00 AM
Toddler Time: Every Friday – 10:00 AM
Phone: 252-728-2050 (Carteret County Public Library)

In addition to the planned events there are a number of destinations that are kid friendly and open most days. To escape the heat the North Carolina Aquarium at Pine Knoll Shores is always a favorite destination with exciting aquatic life sure to capture the attention of children and adults alike. The aquarium is open seven days a week from 9AM to 5PM and admission is \$8.00 per person. As with most places that attract out of towners, it’s best to get there early or late and during the week to avoid the largest crowds. The Maritime Museum in downtown Beaufort is a wonderful place to explore local history, with hands on exhibits and has a wonderful exhibit featuring artifacts from Blackbeard’s ship Queen Ann’s Revenge. The museum is open everyday until 5 PM, opening times are 9 AM on weekdays, 10 AM on Saturdays and 1 PM on Sundays. Admission is free, but donations of any amount are welcomed.

For those with a love of the outdoors there’s the Beaufort Historical Site located in downtown Beaufort. This features six authentically restored historical buildings, as well as the Old Burying Ground, which are used to depict life in 18th and 19th century Beaufort Towne. Aside from the historical significance of the site, it’s a great place for a family outing. The site is open seven days a week during the summer and admission is free. Fort Macon is also a wonderful place to visit in the summer. The fort itself and accompanying museum are wonderful places to explore and the nearby beaches and newly opened nature trail are great places for kids to work off some energy. The fort and its surrounding areas are also open seven days a week and admission is free.



New baby, upcoming event, fun hobby, great activity for others in Brandywine? We want to get the word out. Tell us at editor. soundwaves@gmail.com

Eagles Tribute Coming to Town

By Barbara Johnson

Playing at Carteret Community Theatre on June 4th at 8pm is the acclaimed Eagles tribute band *On the Border*. I love the Eagles and I love this band. I've paid big money to see them perform in the large venues in Myrtle Beach and it's exciting to have them here on the Coast. Their sound is authentic Eagles and their stage presence takes you right back to the heyday of Eagles domination of the charts. You will melt for *Hotel California*, *Desperado* and all your other Eagles favorites. This band has it all.

Some of the most sought after musicians on the East Coast, this show is gonna rock the house. What sets this EAGLES Tribute apart from any other is they were each hand selected to play the respected member. They were selected not only to recreate the music of that Eagles member, but just as importantly, to emulate their sound as well.

On the Border does just that, and exceptionally well. Prepare to be amazed! For tickets go to www.carteretcommunitytheatre.com.



Local Summer Concert Series Options

The warmer weather and longer daylight hours are inviting us to enjoy outdoor activities! We are fortunate to have loads of entertainment options at the Crystal Coast in the summertime. Don't let the tourists have all the fun – check out these summer concert series options and make plans to attend!

Alive at Five Outdoor Concerts 2016
807 Shepard Street, Morehead City, NC
www.downtownmoreheadcity.com/alive_five.html

EmeraldFest Series 2016
Western Ocean Regional Access Emerald Isle, NC
<http://www.emeraldise-nc.org/emeraldfest-1>

Live on Thursdays (LOTs) Summer Concert Series
Dockhouse Park, Beaufort, NC
<http://beaufortnc.com/?event-categories=ongoing>

Morehead City Parks and Recreation Department –
2016 Summer Concert Series
807 Shepard Street, Morehead City, NC
<http://moreheadcitync.org/home-parks-recreation/concert-series/>

SwanFest 2016 Concert Series
The Pavilion at Olde Town Square, Swansboro, NC
<http://www.seasideartscouncil.com/>



Friends of Fort Macon Summer Concerts 2016
Fort Macon State Park, Atlantic Beach, NC
<http://friendsoffortmacon.org/summer-concerts/>

SOUND WAVES

Our Community Newspaper
EDITOR

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

ASSOCIATE EDITOR
MONICA SELLARS

PRODUCTION LAYOUT/DESIGN
MAGGIE MORRIS

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

ADDRESS & PHONE CHANGES
DORIS ULLMAN
ullmandoris@yahoo.com

CONTRIBUTING REPORTERS

SUSIE GARLAND
BARBARA JOHNSON
VINCENT MORENO
MONICA SELLARS
DORIS ULLMAN
MELINDA BROWN
LENNA EASTER
LARA KLIBANSKY
LORETTA BEAULIEU
ELIZABETH MACDONALD
STEPHANIE EIDSON

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

Commune with Nature in June

By Monica Sellars

Did you ever notice that “commune” rhymes with “June?” It’s a lovely coincidence because June is National Camping Month! Whether this is a retail-sponsored celebration or something that the National Parks Service started, I’m not sure, but the start of the summer is a great time to pull out your camping gear and head into a cool, shady forest.



Have you heard of Shinrin-yoku? It is a Japanese practice developed in the 1980s that means “taking in the forest atmosphere,” or “forest bathing,” in order to improve health. According to www.shinrin-yoku.org, research indicates that spending time in the forest provides calming, rejuvenating and restorative benefits to people. Anyone can practice Shinrin-yoku by simply visiting a natural area and walking in a relaxed way.

If you are interested in visiting a National Forest, there are four of them right here in North Carolina: Croatan, Nantahala, Pisgah, and Uwharrie. We are fortunate to live close to the Croatan National Forest, which is the only true coastal forest in the East. There are a variety of places in the Croatan National Forest where you can enjoy scenic driving, camping, picnicking, hiking, fishing, and many other land and water activities. You can find more information about activities and camping at www.fs.usda.gov/nfsnc.

Quite a few of our Brandywine neighbors have campers and RVs – a sure sign of a dedicated camping enthusiast! If you are thinking of planning a trip, ask an expert in the neighborhood about their favorite places to go and advice for having a good time.

If you are not up for a camping trip, you might like to celebrate Go Barefoot Day instead, which happens on June 1. Like Shinrin-yoku, walking barefoot anywhere outdoors is also said to have health benefits. The terms Earthing or Grounding are used to describe the practice of making direct contact with the surface of the Earth in order to connect with its energy. The website www.earthinginstitute.net says that the regular practice of Earthing is “a foundation for vitality, health, and healing.” Earthing is easy to do! Just take off your shoes and socks and walk around in your yard, or take a barefoot walk on the beach.

Forget not that the earth delights to feel your bare feet and the winds long to play with your hair. ~Khalil Gibran

Hearing With Your Ears, Listening With Your Brain

By Dr. Jackie Jaloszynski

The ear is a compilation of many parts which collect, translate and transmit sound to our brain (via the cochlea of the inner ear directly to the auditory cortex of the brain). It is here in the auditory cortex of the brain where sound is processed.

Scientists in recent years have grown increasingly aware of the integral role cognition plays in communication. It is the relatively new field of Cognitive Hearing Science which is now examining the way our mind processes the ears' auditory signals sent to our brain and significance this holds for people with even mild hearing loss.

It is well known that our brain relies on both of our ears to collect sound, and it is our brain which compares the incoming sound data and decides what to focus on. In an individual whose hearing is within normal limits this comparison helps our brain decide which information is important for understanding speech and enables us to focus on that sound source while ignoring background noise at the same time. In an individual with even a mild hearing loss, data to the brain is missing. This missing data inhibits our brain's ability to decide what information is important for understanding speech and limits our ability to focus on a sound source and ignore the background noise.

Untreated hearing loss not only affects our quality of life, but it also affects the brain's ability to remember and understand common everyday sounds. Research has shown that the brain's center for hearing has the ability to store sounds and noises for up to three years following the onset of a hearing loss, but after this time, the memory becomes weaker and the brain “forgets” the sounds and becomes unable to understand these sounds.

While most people know that the brain shrinks with age, what we are now learning is that the shrinkage of the brain is accelerated in those with hearing loss. According to research conducted by John Hopkins and the National Institute on Aging, older adults with untreated hearing loss, lost an average of a cubic centimeter of brain tissue each year compared to those with normal hearing. MRI's from the study participants showed atrophy of the brain in the regions responsible for speech and sound.

To keep your brain healthy, medical professionals recommend getting a good night's sleep, regular exercise and engaging in mind-challenging activities. To keep your hearing healthy, audiologists recommend having a baseline hearing test at age 55 or sooner if you suspect you have hearing loss and to address any diagnosis of hearing loss immediately.

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Bunco Challenge

By Susie Garland

A very special thanks to Myra Roche who arranged and supervised our first Bunco Challenge held at the K-Club on May 12th. Twenty players hooped and hollered while tossing the dice for points and Bunco. Many played for the first time but got the hang of it in no time.

In case you are unfamiliar with Bunco, here's a brief synopsis: The game is played in two to four sets, with six rounds in each set. A player at the head table rings a bell to signal the beginning and end of each round. During the game, players at each table take turns rolling three dice to try and earn points. All tables play simultaneously. Divide each table into teams. People sitting across from each other are teammates. However, keep in mind that this will change every round. After all of the rounds are over, each player counts up the number of buncos they have, as well as how many wins and losses. (I had to look all this up on the Internet as I was one of the "newbies.") The person with the Most Wins at the end of the game is the winner.

Here are the results: This "newbie" (ME) took the win! (Show me the money!). Most Buncos: Bernie Moreno (5). Last person to make a Bunco: Cecilia Lynes. Hey, they even give a prize for Most Losses: Carla Swanson. For a \$10 entry fee, we were served a delicious chicken Caesar salad and an assortment of chips with cream puffs, lemon and key lime bars for dessert. We all had a great time and look forward to the next Bunco Challenge.

Selling Your Home and Protecting Your Pets in The Process!

Amy M. Hahn, REALTOR®/Broker

Are you in the process of selling your home or considering selling your home? Do you have pets? There are many ways you can make the process easier for everyone, including your four legged family members.

One thing to remember when placing your home on the market is that the easier it is to show, the easier it is to sell. When my husband and I sold our home in Florida, we had a 3 week old baby, five cats and a large dog. We sold the home in 2005 (when the market was booming), which means it was being shown on average 2-5 times per day. While it was a real pain in the bum sometimes to clear everyone out, we made it possible. Buyers are more likely to look at a property if the seller is not hovering around.

When showings were scheduled (sometimes just minutes prior to the showing), we would put the dog on a leash, the baby in the stroller, and each cat in a kennel... then we took a stroll around the neighborhood. We left blankies and water in each kennel and placed them in the laundry room so they were always available for quick access. We then closed the door, left photos and manuals for the washer/dryer just outside the door, and it worked really well. Most people didn't even open the laundry room door, except the buyers that were really interested in the property. And our kitties were not stressed out by having strangers around them.

By placing the cats in the kennels and taking the dog for a walk during showings, we never had to worry about them sneaking out the front door. Most Real Estate agents are very careful about pets, but some pets (mine included) can be very quick & sneaky.

With cats, ALWAYS keep the litter boxes clean. If you aren't already (and you should be) scooping them twice a day, start as soon as you place the home on the market. If a potential buyer walks in to a stinky house, they may not even consider looking past the front door. If your dog is barking at growling at potential buyers, they will probably run back to their car as fast as possible...and may not ever look back.

If you are not present when a showing is scheduled, make sure that your agent is aware of all pets and any special instructions. When we couldn't be present for showings while trying to sell our home, we would leave our cats in the Laundry Room and lock the door. If a buyer was serious about the property, we could always schedule a second showing if necessary and make sure that our pets were locked up and safe. Cats especially don't handle change or stress very well, and these precautions made life much easier for them as well as us and the real estate Agents showing the property.

BRANDYWINE COMMUNITY UPDATES
DAILY AT [WWW.FACEBOOK.COM/
SOUNDWAVESBRANDYWINE](http://WWW.FACEBOOK.COM/SOUNDWAVESBRANDYWINE)

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Here's to a Healthy Summer!

By Elizabeth Macdonald

Brandywine is once again looking lush and green, and as our yard work is calling, we can feel summer fast approaching. The thought of grilling season, time in the garden and beach walks is something we all get excited about, but for many of us summer time also makes us think about our health. Maybe we have a few of those winter lbs left to shed, maybe we have a specific fitness goal, or maybe we simply want to be able to enjoy the season in the most healthy way possible. Whichever it may be, in this beautiful part of the world, it needn't be an intimidating task! Here are a few top tips for staying fit and healthy this summer.

1. Exercise

We all know that exercise is good for us, that it dramatically lowers the chances of heart disease, high blood pressure and much more, however statistics show that 80% of us do not do enough. So what is enough? The American Heart Association recommends a minimum of 150 mins of moderate exercise a week. One of the best habits you can start this summer is doing just a short walk every day. Some days you might feel like walking for longer, and some days it might only be 10 mins, but it all adds up, and pretty soon you'll be regularly hitting your 150 min goal. One complete lap of Brandywine (Lord Granville and Brandywine Blvd) is 2.3 miles, which is a 40-45min walk for most of us. Doing this just 3 times a week would bring us almost to our target already!

After eating dinner, the couch and Netflix may be calling, but just a 10-15 min walk will prevent that after-meal slump. Strolling to the end of your street not only keeps you feeling refreshed, but has also been shown to help with digestion. If you have a dog, try walking them after your meals rather than before, and see how it helps your productivity.

One of the best ways of making exercise enjoyable is to do it with other people. Apart from the obvious social benefits, having a walking buddy(s) also keeps you accountable, as you are far less likely to skip a workout if someone else is counting on you. Setting up a group walk once or twice a week will give you a great opportunity to catch up with friends, while clocking up those minutes! We are also very lucky to have some great gyms close by – if you want to try something different, Gold's gym has a great selection of classes, from Bootcamp circuit training for those who want a challenge, to their SilverSneakers class, which is a low impact but fun energising program designed to empower older adults to take greater control of their health. Over the summer, if you ask for Terri Ellis at Gold's, you will be able to try any class you like one time for free, to see if it's for you. Be sure to check with your doctor about starting any exercise program if you have any risk factors for heart disease or have had a previous heart attack or cardiovascular event.

2. Food

In my opinion there are few things better than getting together with friends and family, to share in a good meal in the home, in the yard or on the beach. Unfortunately, while exercise is vital for a healthy lifestyle, our weight is about 80% governed by what we eat, so with this in mind here are few things that we can do that will help prevent those extra lbs creeping up on us, without cramping our style too much.

(Continued on page 16)



Elizabeth Macdonald. Marathon runner, fitness instructor at Gold's Gym and baking enthusiast.

Make Your Own Father's Day Goodie Bags

From <http://www.freekidscrafts.com/paper-bag-goodie-bags-for-dad/>

Have the kids make their own gift bags for their Father's Day gift for Dad. The fun begins as soon as he sees his present.

Supplies

- Scrapbook paper
- Brown paper lunch sacks
- Glue
- Scissors
- Tape

Instructions

Using scrapbook or other colorful paper, cut out a necktie shape and glue it onto the top of a paper bag.

Before doing the next step, fill your bag with the goodies of your choice.

Then cut 2 slits into the sides of the bag, about 1-2 inches down from the top. Consider the position of the "knot" portion of your paper tie to decide how far down you need to make your cut. Fold the flaps inward, overlapping the tie, to resemble the collar of a shirt. Secure them down with clear tape so that the bag can be opened by simply taking the tape off.

Have a wonderful time with Dad on Father's Day!



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Paying the Bills: Potential Sources of Retirement Income

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

Planning your retirement income is like putting together a puzzle with many different pieces. One of the first steps in the process is to identify all potential income sources and estimate how much you can expect each one to provide.

Social Security

According to the Social Security Administration (SSA), more than 8 of 10 people aged 65 or older receive Social Security benefits. However, most retirees also rely on other sources of income. For a rough estimate of the annual benefit to which you would be entitled at various retirement ages, you can use the calculator on the Social Security website, www.ssa.gov. Your Social Security retirement benefit is calculated using a formula that takes into account your 35 highest earnings years. How much you receive ultimately depends on a number of factors, including when you start taking benefits. You can begin doing so as early as age 62. However, your benefit may be approximately 25% to 30% less than if you waited until full retirement age (66 to 67, depending on the year you were born). Benefits increase each year that you delay taking benefits until you reach age 70. As you're planning, remember that the question of how Social Security will meet its long-term obligations to both baby boomers and later generations has become a hot topic of discussion. Concerns about the system's solvency indicate that there's likely to be a change in how those benefits are funded, administered, and/or taxed over the next 20 or 30 years. That may introduce additional uncertainty about Social Security's role as part of your overall long-term retirement income picture, and put additional emphasis on other potential income sources.

Pensions

If you are entitled to receive a traditional pension, you're lucky; fewer Americans are covered by them every year. Be aware that even if you expect pension payments, many companies are changing their plan provisions. Ask your employer if your pension will increase with inflation, and if so, how that increase is calculated. Your pension will most likely be offered as either a single or a joint and survivor annuity. A single annuity provides benefits until the worker's death; a joint and survivor annuity provides reduced benefits that last until the survivor's death. The law requires married couples to take a joint and survivor annuity unless the spouse signs away those rights. Consider rejecting it only if the surviving spouse will have income that equals at least 75% of the current joint income. Be sure to fully plan your retirement budget before you make this decision.

Work or other income-producing activities

Many retirees plan to work for at least a while in their retirement years at part-time work, a fulfilling second career, or consulting or freelance assignments. Obviously, while you're continuing to earn, you'll rely less on your savings, leaving more to accumulate for the future. Work also may provide access to affordable health care. Be aware that if you're receiving Social Security benefits before you reach your full retirement age, earned income may affect the amount of your benefit payments until you do reach full retirement age. If you're covered by a pension plan, you may be able to retire, then seek work elsewhere. This way, you might be able to receive both your new salary and your pension benefit from your previous employer at the same time. Also, some employers have begun to offer phased retirement programs, which allow you to receive all or part of your pension benefit once you've reached retirement age, while you continue to work part-time for the same employer. Other possible resources include rental property income and royalties from existing assets, such as intellectual property.

Retirement savings/investments

While working, you hopefully have saved through retirement accounts such as IRAs, 401(k)s, or other tax-advantaged plans, as well as in taxable accounts. Your challenge now is to convert your savings into ongoing income. There are many ways to do that, including periodic withdrawals, choosing an annuity if available,

increasing your allocation to income-generating investments, or using some combination. Make sure you understand the tax consequences before you act.

Some of the factors you'll need to consider when planning how to tap your retirement savings include:

- How much you can afford to withdraw each year without exhausting your nest egg. You'll need to take into account not only your projected expenses and other income sources, but also your asset allocation, your life expectancy, and whether you expect to use both principal and income, or income alone.
- The order in which you will tap various accounts. Tax considerations can affect which account you should use first, and which you should defer using.
- How you'll deal with required minimum distributions (RMDs) from certain tax-advantaged accounts. After age 70½, if you withdraw less than your RMD, you'll pay a penalty tax equal to 50% of the amount you failed to withdraw.

Some investments, such as certain types of annuities, are designed to provide a guaranteed monthly income (subject to the claims-paying ability of the issuer). Others may pay an amount that varies periodically, depending on how your investments perform. You also can choose to balance your investment choices to provide some of both types of income.

Inheritance

An inheritance, whether anticipated or in hand, brings special challenges. If a potential inheritance has an impact on your anticipated retirement income, you might be able to help your parents investigate estate planning tools that can minimize the impact of taxes on their estate. Your retirement income also may be affected by whether you hope to leave an inheritance for your loved ones. If you do, you may benefit from specialized financial planning advice that can integrate your income needs with a future bequest.

Equity in your home or business

If you have built up substantial home equity, you may be able to tap it as a source of retirement income. Selling your home, then downsizing or buying in a lower-cost region, and investing that freed-up cash to produce income or to be used as needed is one possibility. Another is a reverse mortgage, which allows you to continue to live in your home while borrowing against its value. That loan and any accumulated interest is eventually repaid by the last surviving borrower when he or she eventually sells the home, permanently vacates the property, or dies. (However, you need to carefully consider the risks and costs before borrowing. A useful publication titled "Reverse Mortgages: Avoiding a Reversal of Fortune" is available online from the Financial Industry Regulatory Authority.)

If you're hoping to convert an existing business into retirement income, you may benefit from careful financial planning to minimize the tax impact of a sale. Also, if you have partners, you'll likely need to make sure you have a buy-sell agreement that specifies what will happen to the business when you retire and how you'll be compensated for your interest. With an expert to help you identify and analyze all your potential sources of retirement income, you may discover you have more options than you realize.

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

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

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LIONS CLUB

By Barbara Johnson



Morehead City is the home to one of the 45,000 Lions Clubs around the world. Lions meet the needs of local communities and the world every day because they share a core belief - to serve their community. Lions Clubs International is the world's largest service club organization. There are 1.35 million members in more than 206 countries and geographic areas.

Lions have a dynamic history. Founded in 1917, they are best known for fighting blindness, but they also volunteer for many different kinds of community projects - including caring for the environment, feeding the hungry and aiding seniors and the disabled.

Lions give sight. By conducting vision screenings, equipping hospitals and clinics, distributing medicine and raising awareness of eye disease, Lions work toward their mission of providing vision for all. They have extended their commitment to sight conservation through countless local efforts and through the international SightFirst Program, which works to eradicate blindness. Last year a Lions mobile eye clinic visited Beaufort under the sponsorship of the Morehead City and Beaufort Lions Clubs.

Lions serve youth. Their community projects support local children and schools through scholarships, recreation and mentoring. Lions award grants. Since 1968, the Lions Clubs International Foundation (LCIF) has awarded more than US\$700 million in grants to support Lions humanitarian projects around the world. LCIF was also ranked the number one nongovernmental organization in a 2007 study by The Financial Times.

Lions help during disasters. The Foundation and Lions Clubs help communities following natural disasters by providing for immediate needs such as food, water, clothing and medical supplies - and aiding in long-term reconstruction.

Lions are active. Their motto is "We Serve." Lions are part of a global service network, doing whatever is necessary to help our local communities.

For more about Lions Clubs, go to www.lionsclubs.org You are invited to visit the Morehead City Lions Club any first and third Tuesday evening at 6:30pm at the Golden Corral, 4060 Arendell St.

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WRITE AN ARTICLE FOR SOUND WAVES AND FORWARD TO
US AT EDITOR.SOUNDWAVES@GMAIL.COM**



May 9-Hole LGA Sound Waves Report

By Lenna Easter

The morning of April 26th was absolutely gorgeous to enjoy a game of golf! Five members teed off on the back nine to play the game of the day, "Count Par Fours Only". After totaling the Par 4 holes, total score was determined by subtracting half of the player's handicap. Sue Verdon took first place, Lenna Easter came in second and Anne Gilbert was third.

May 3rd was called because of very cold and damp weather!!-The game was to be "Count 6 Blind Holes". Guess we will play that later in the season!

Lee Hayes and Anne Gilbert were the only two nine holers who played on May 10th. It was a great day, but our other members had other things to do. It must have been important to miss golf on such a beautiful morning. The game was low net and low putts which Lee won with a net 39 and 16 putts.

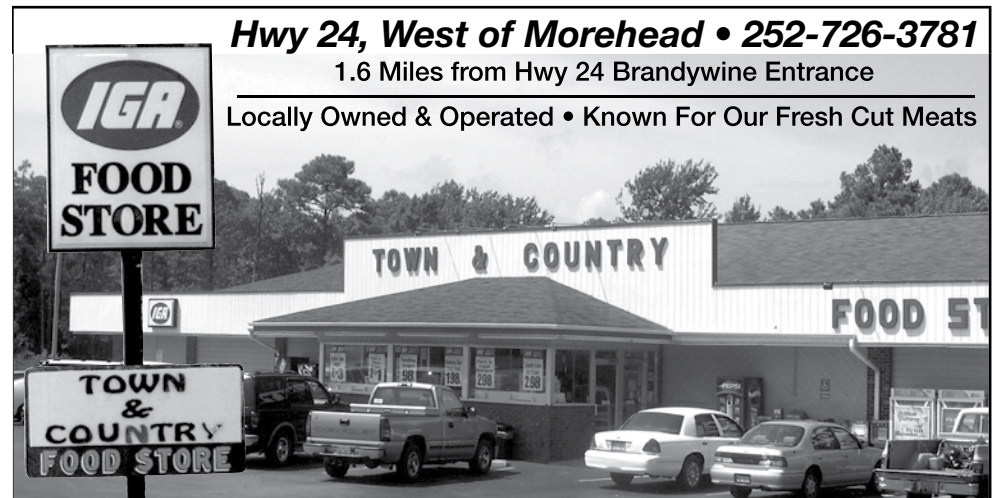
Five of us played "Bingo! Bango! Bongo!" on May 17th. We teed off on the front nine with the scoring starting around the green. Three points were available for each hole: one for being the first on the green (Bingo!), one for being closest to the pin once everyone got on the green (Bango!) and one point for being the first in the hole (Bongo!). The advantage of this game is that each players individual score for the 9-holes can be posted. There was a tie for first between Lee Hayes and Anne Gilbert and a tie for second between Lenna Easter and Sue Verdon.

Our games are fun and the fellowship is even more so. Handicaps are applied to even the field. We welcome more ladies to come out and join us on Tuesday mornings. Please sign up to play by Monday afternoon. Tee off is at 9:00 AM (gather at 8:30 at the clubhouse). We welcome beginners and experienced players. The golf is fun and anyone can win some of the "crazy" games we play.

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9-Hole LGA Sound Waves Report

By Lenna Easter

March 1 was our Kickoff event for the 2016 golfing season: nine holes of Superball hosting the 18 hole LGA ladies, followed by a delicious lunch at the K-club. We teed off on the front nine in perfect weather – a bit cool with lots of sunshine! There were four



teams playing with each having the exact handicap! When the scores were tallied, there was a tie for first place with a team score of 38. Team 1 - Mickey Friend, Rosie Angel, Ruth Zurn and, Marilyn Ryder, and Team 2 - Ginny Reinhardt, Susie Garland, Lee Hayes and Sue Verdon (see photo). The other teams had scores of 39 and 41. Louise Cronin, Jean Chappell and Dolly DiMarco joined the group for lunch after the competition. A good time was had by all!

March 8th officially started the 9 hole season. Six members played Low Gross/Low Net on a beautiful early March morning as we teed off on the front nine. Anne Gilbert won low gross with a 57 and Lenna Easter won low net with a 42. There were three ladies that scored a 43 low net, but with a card play-off, Marilyn Ryder took second low net.

Five 9-holers teed off on March 15th on the back nine for a game of modified Blitz points. Our points are earned by getting a birdie (4 points), par (3 points), bogie (2 points) and one point for a double bogie. After a careful tally, the winner was Barbara Lancaster who earned 8 points, Marilyn Ryder came in second with 7 points and Anne Gilbert nailed third with 5 points.

“Tee to Green” was the game on March 22nd. We played the back nine with only four members who braved the cooler temperatures this morning although we delayed the start by 30 minutes. Thank goodness for the Sun! In this game only the strokes used to get to the green were counted, less one-half of each person’s handicap. Lee Hayes came in first place and Anne Gilbert took second. Lenna Easter and Marilyn Ryder scored very close to each other in play today. A good time was had by all.

“Alibies!” was a new game played on March 29th. It was a beautiful morning to be out on the back nine of the course. There were 6 nine holers and one 18-holer playing this morning. Each player’s Alibi was determined by half their handicap. This number was the amount of ‘mulligans’ to be used anywhere during play. Since we are NOT used to having any mulligans, it was interesting to see when and how they were used. Lee Hayes finished the round on the back nine in first place with Lenna Easter in second and Anne Gilbert in third.

9-Hole Ladies Golf – April

By Lenna Easter

The months of March and April certainly got their weather confused. Golf was cancelled on April 5th due to frigid conditions! April 12th was not much better but we did get to play. The game was “Penalty Points”. Each player ‘earned’ a point for a) going out of bounds, b) hitting into a hazard, c) finding a sand trap, or d) three putting. Of course, the person with the least number of points won the game. Only four ladies played and Lee Hayes and Barbara Lancaster came in first place with each golfer earning only two points. Way to go!!!

On April 19th summer put in an appearance. Eight players came out to play on

the front nine on an award winning day! The only drawback was that the round was played with only 5 clubs, including your putter! Sue Verdon vowed to play with 5 clubs for the rest of the season as she finished in first place with a net 29!! Marilyn Ryder came in second with a net 37 and Anne Gilbert took third with a net 38.

We had a beautiful morning on April 26th to play our game of “Count Par Fours Only”. We had 5 members playing the back nine which has four Par 4 holes. After totaling the scores, half the handicap was subtracted to determine winners. Sue Verdon took first place, Lenna Easter came in second and Anne Gilbert was third.

Our games are fun and the fellowship is even more so. Handicaps are applied to even the field. We welcome more ladies to come out and join us on Tuesday mornings. Please sign up to play by Monday afternoon. Tee off is at 9:00 AM (gather at 8:30 at the clubhouse). We welcome beginners and experienced players. The golf is fun and anyone can win some of the “crazy” games we play.

18-hole LGA news

By Susie Garland

April 28: Brandywine Bay hosted East Carolina Senior Golf Tournament on this date. Instead, Steve arranged for the LGA to play at Carolina Colours. There were 10 players car-pooling and though rain was predicted, it turned out to be a beautiful bright and sunny day. The game was to “Guess Net Score.” Brenda Leinthall and Bernie Moreno guessed their net score precisely. (What does that tell you?) Susie and Pat Ludwig were one point off for guessing their net score. And the low net of the day (62) was achieved by Loretta Beaulieu. Way to go!

May 5: In golf, a hole-in-one is also known as an ace. Ann O’Connor not only defined this feat today by acing the 14th hole, but also earned the title of Ace of the Month with her net score of 70. The drinks tasted especially good as 15 players celebrated this accomplishment. Congrats and kudos, Ann, and what a nice Mother’s Day present! You done good! Close behind with a net score of 72 (“if only she could putt”) had my playing partners, Jean Hunsinger and Brenda Leinthall, tying for second place. Me? I won the 50-50 and got my lunch paid for. And my other team member, Pudgy Groben, shot an 86 and put us all to shame, earning low putts (31) along with May Ace, Ann, and Brenda.

May 10: 13 players participated in the Home & Home tournament hosted by Country Club of the Crystal Coast. This is a blitz point tournament where points are earned towards your quota by making bogey or better on par 3’s and 4’s, with an extra point on par 5’s. We are happy to announce that Pat Barber got closest to the Pin and also came in first with blitz points for Brandywine and was awarded a sleeve of balls for each feat. Loretta Beaulieu came in second, with Brenda Leinthall achieving third place. Way to go girls. You done good!

May 12: The game was Bingo, Bango, Bongo, where three types of achievements are rewarded with a point: 1. The first player in a group to get her ball on the green gets a point (Bingo). 2. The player in the group whose ball is closest to the pin once all balls are on the green gets a point (Bango). 3. And the player in the group who is first to hole out gets a point (Bongo). Add up the points at the end of the game, and high points wins. There was a tie for third place, each having 21 points: Margie Bailey and Jean Hunsinger. With 22 points, Pudgy Groben captured second place. The winner: Mickey Friend, achieving 23 points.

May 17: Crystal Coast league played at The Emerald Golf Club in New Bern with three of our members coming in on the winning side. In the second flight, Myra Roche won first gross honors. Angela Zieleck achieved second gross in the third flight, with Pat Barber earning second net kudos in the fourth flight. Ladies, you done good!



(Continued on page 14)

MGA Happenings

By Vince Moreno



Closest to Pin -
Curtis Litchfield
and Chuck
Muller



First Place -
Lyle Vogel,
Mark Roche,
Nick Viglienesi
and Bill
Springsteen

Our monthly tournament was held, and our tournament chairman Chuck Muller as usual did a great job. The game was a “scramble” and we all had a great time. But this day was a special one because we had our memorial tournament remembering the deceased MGA members and also we had our annual meeting after lunch at the “K” club. At this meeting we elected our officers, and those elected were, Mark Roche President, Steve Kirwan VP and John Miller Secretary and finally Vince Moreno Treasurer, and Chuck Muller as our tournament chairman. Yes it was another good day for the MGA.



Second Place -
Richie Lienthall,
Ken Ghelli,
Steve Kirwan,
Pat Daly

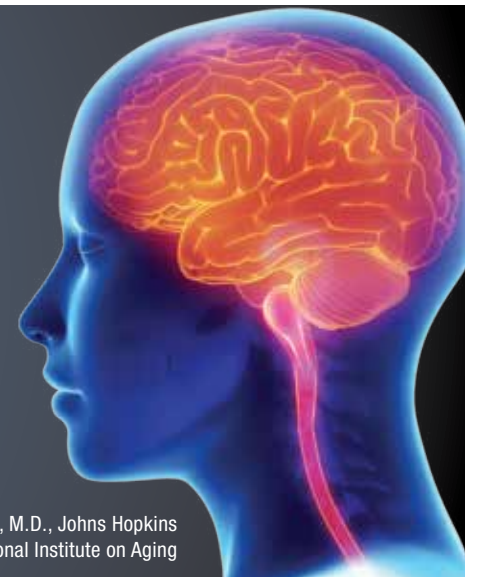


Third Place -
Bob Michaelis,
Joe Kirk, Curtis
Litchfield, Allen
Beaulieu

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Pet of the Month

By Stephanie Eidson

It's been said that money can't buy happiness, whoever said that clearly has never paid the fee for an animal adoption. My house is a circus with two cats and two dogs running around.

My first pet adoption in 2013, was an orange Tabby cat from the Carteret County Humane Society, Alfalfa or Alfie for short. Alfie's first family was moving and could no longer keep him. It was love at first sight! Alfie now lives a life of luxury sitting in his favorite window in the front of the house, playing with the laser pointer and receiving affection when he feels up to it.

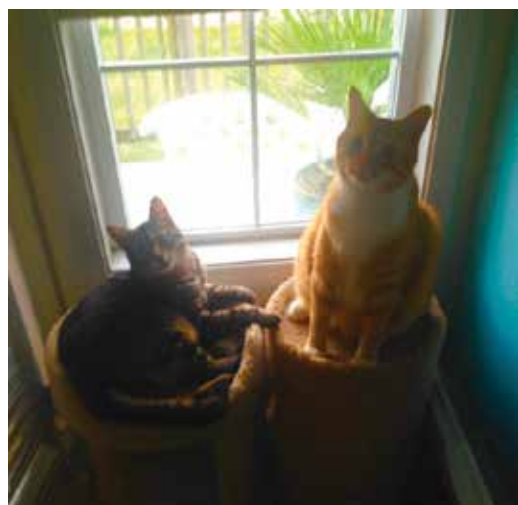
Later that same year, George was the second pet brought home. George is a gray and white tabby who previously resided with a family of animal hoarders before he was moved to Austin Veterinary in Beaufort. George's new life consists of laying in his favorite window in the back of the house watching the birds at the feeder, eating often, and loudly waking his mama up at 4:30 am in the morning.

In 2014, both cats were in for a rude awakening when their canine sister Olive was brought home. Olive, a hound mix, was adopted from Austin Veterinary having been left at a construction site at 5 weeks old. When first brought home she was a tiny little thing. A few short months later, she grew into a large dog who is now affectionately called "The Beast". Olive is a very energetic dog who loves to spend time at the park chasing a squeaky ball, playing with her favorite toy, and going to Beach Paws for doggie daycare.

This past April (and much to the cat's chagrin), another dog Hank was brought home. Hank is a Border Collie who was left at Beach Paws by his previous owners after being too energetic. Hank is a perfect addition to our already crazy house. When he's not lounging around the house or backyard,

Hank loves playing at the park with his fur sister Olive and hanging out the window while on a car ride.

My house is truly a circus, but I wouldn't have it any other way!



18-hole LGA news

May 19: Our first major tournament, The Memorial, was held for both 9-hole and 18-hole players. Three 9-hole and twelve 18-hole players participated. In the 18-hole league, congratulations to Margie Bailey who took the win with a net 65. Close behind in second place with a net 66: Bernie Moreno. And close behind Bernie with a net 67: Pudgy Groben. A close race, as you can see, to the finish line. In the 9-hole division, Barbara Young came in third (net 53); Lee Hayes took second place (net 44). Another tribute to 84-year-old Barbara Lancaster who took the win with a net 41. Way to go, young lady. You done exceptionally good! Congratulations to the winners and for the efforts of all who participated in this memorable event.

Pat Barber read the invocation in honor and tribute to Brandywine Bay members who are no longer with us: ALICE ELEY; JEAN HAHN; LOIS KARNSTEDT; JAN SONNENBERG; PRISCILLA SCHMALBACH; PHYLLIS KASH; HARRIET WATERS; HELEN GRIFFITH; FRANKIE STAKES; HILDA ROSENGREN; BETTY SLATTERY; NATHALIE SOUTHWICK; MARY ANN SMITH; GENEVIEVE LINDSAU; HELEN WAYANT; JEANE BURRIS; MARY MALON; JOAN FEAMAN; WINNIE McELLYN; JEAN ALBRECHT; IRENE JOCHEN; ZOLA BROWN; PAT SHAMBLIN; ANN TOOHEY; ERIKA PASKMAN; JO HARNED; TEDDIE LYONS.

A tasty luncheon of chicken salad, garden salad, coleslaw, rolls, and delicious apple pie and ice cream was served for dessert.



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Team-it-up Tuesday

By Susie Garland

April 26: Beautiful weather in the 80s encouraged 36 players (9 foursomes) to participate on the back 9 in the superball format. With a score of 31, the team of Linda Gilbo, Dave Naugle, Ryan Maurer, and Ruth Zurn came in first place. Kudos!

May 3: Today was a pain with much heavy rain; cause to complain so there was no game.

May 10: Six foursomes (24 players) played the front side. The winning team, with a score of 32: Ray Boulanger, Pudgy Groben, Dave Naugle, and Mark Roche.

May 17: Seven foursomes (28 players) played the front 9 again as the back 9 was being aerated. In a card playoff between Chris Calling, Susie Garland, and Chris's guests Jeff Levine and Tom Vendetta, the team of Nelda Kessler, Dave Naugle, Mark Roche, and Frank Wentworth took the win with a 32 score. After typing "Dave and Mark," I just realized that the awesome twosome had two consecutive wins, with Dave being on the winning team in the last three games. Way to go!



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At Large - Louis Weil louis@starteamrealestate.com	726-6695
Walton Joyner wjo620@aol.com	919-787-0704
Ross Camorlinga rosscam@centurylink.net	726-2392
Mark Wojciechowski cecwojo@gmail.com	726-8726
Property Mgr. - Terry Barbour tkbarbour2@gmail.com	728-0626

BRANDYWINE BAY ASSOCIATION

OAK BLUFF Jimmy Campbell jimmycampbell@gmail.com	919-413-5016
BAY CLUB CONDOS Tom O'Keefe	726-4638
BAY CLUB at BRANDYWINE BAY Vacant	
BAY HARBOR VILLAGE Bettie Calloway allencalloway@yahoo.com	240-4215
BOGUE VILLAGE William Elmore wgelmore@hotmail.com	247-3589
BRANDYWINE PLACE Shorty Edwards	646-2361
PINE BLUFF Tripp Mudge trippmudge@yahoo.com	726-1955
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CHANGES TO 2015 BRANDYWINE DIRECTORY

May 18, 2016

ADDITIONS:

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DELETIONS:

Cruz, Celine 511B Village Green Dr. 704-796-4070
Rauhauser, Pat 209 Oak Dr. 727-9408

CHANGES:

Bell, Scott 102 Wisteria Circle "203-623-1968"
Kelly, Pete 402 Cedarwood Village "561-734-3620"

Update on June 7 Congressional Primary

By Phyllis Makuck

Voter Rights Coalition of Carteret County A NonPartisan Organization

Because so many aspects of North Carolina's June 7 Primary and 2013 voting law have been under review by various courts, it has been difficult to keep up with what one should know about this election. The Congressional Primary is itself the result of a court ruling against the redrawn U.S. congressional districts that

were in place for the March 15 Primary. If you voted in March and had a ballot with congressional candidates, those votes did not count. If your primary ballot did not have congressional races in March, it may in June because there are now two Democratic Party candidates running in the newly redrawn District 3.

As of this writing, the court-ordered redrawn districts in place for the June 7 Primary are still under court review, but the election is scheduled to go forward.

Another recent court hearing, this one concerning a 2015 retention law calling for a yes/no vote for a one-term North Carolina Supreme Court justice up for re-election, ended in a 3-to-3 tie vote by the North Carolina Supreme Court. Justice Edmunds, who was up for a retention vote on this court, recused himself. The tie vote means an earlier Superior Court ruling against the retention law stands. Therefore, four judicial candidates are on all June 7 Congressional Primary ballots: Michael R. (Mike) Morgan, Daniel Robertson, Robert H. (Bob) Edmunds and Sabra Jean Faires. The two getting the most votes will compete in the November General Election for the available associate justice seat.

For the upcoming primary, Carteret County will have Republican, Democratic and Nonpartisan ballots. Unaffiliated voters may choose either one of these ballots or may choose a nonpartisan ballot and vote only for a North Carolina Supreme Court associate justice.

Running for U.S. Congress on the Democratic ticket are David Allan Hurst and Ernest T. Reeves. On the Republican ticket are Phil Law, Taylor Griffin and Walter B. Jones. In November, winners from each party will compete to be the 3rd District U.S. congressional representative.

In yet another court decision, Judge Thomas Schroeder produced a 425-page ruling in favor of the state on all aspects of the 2013 voting law under U.S. District Court review. That ruling has already been appealed to the 4th U.S. Circuit Court and, no matter what the decision, another appeal is likely to go to the U.S Supreme Court. A decision is expected by November.

However, for the June 7 Primary, Judge Schroeder kept in place the same rules that applied to the March 15 Primary. Therefore, contrary to the 2013 law, voters may register and vote during Early Voting and may, on June 7, vote out of precinct and have their votes counted. However, North Carolina's 2013 and 2015 Photo ID laws will be in effect.

In Carteret County, Early Voting will be at the Carteret County Board of Elections in Beaufort, 1702 Live Oak Street, Suite 200, from May 26 to June 3, M-F, 8 a.m. to 5 p.m., and on Saturday, June 4, from 8 a.m. to 1 p.m. There will be no Early Voting on Memorial Day, May 30.



We want your talent. If you like to write and would like to be a Sound Waves reporter contact us at editor.soundwaves@gmail.com

Healthy Summer

1. Sugar. Sugar is a false friend. Eating a donut tastes great at the time, but an hour later you're starving. This is because sugar causes a spike in insulin, which when it drops causes us to feel hungry again, even if we did eat 1000 calories for lunch... Try to keep sugar as a treat rather than a daily dose. Having little rules like "no dessert on a weekday" will help, as will reducing or cutting out soda from your diet. Try replacing soda with flavoured seltzer water for a month and see the difference!
2. Carbohydrates. While carbohydrates are a staple part of our diet, we should still be careful how we eat them. Always choose those that are unrefined, rich in nutrients and high in fiber, avoiding too many in the evening before going to bed. Good carbs are root vegetables such as sweet potato, yams, taro, turnip, nugget or yellow flesh potatoes. Choose russet potatoes less often, and always opt for whole-wheat over white bread/pasta.
3. Fruit and Veg. Eat plenty of Vegetables: a minimum of 1/2 a plate at lunch and supper which can include vegetable soups, raw, or lightly cooked. This is a great way to keep feeling full, while getting in key nutrients. Also enjoy fresh or frozen fruit - 3-4 servings a day, but preferably not as juice.

So Brandywiners, let's head into summer with a healthy outlook. Changing just a few small things can make a big difference. Choose your own health goal for the summer, make it achievable and go for it. Remember to have fun, and take heed of what my Father-in-law (who's still running full marathons in his mid 60s) tells me: "Everything in moderation, including moderation!"



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COMMUNITY FOCUS

By Barbara Johnson

Family Promise

A huge need in our community to provide housing for homeless parents with children or pregnant women is being filled by Family Promise of Carteret County (FPC). Thirteen host congregations aided by support churches and Camp Albemarle provide lodging, meals, and compassionate assistance for homeless families.

FPC's day center provides residents with access to phones, the internet, and a network of social service agencies, which are vital tools to FPC's intensive case management services. The day program allows Family Promise of Carteret to equip families with the skills and resources necessary to live independently within a period of about 60 to 90 days. The families are then given counseling and support for a year by Family Promise staff to ensure their success in managing family, jobs and home.

Each partner church has a volunteer site coordinator(s) to handle all the details of families staying in their facility for a week. Brandywine resident Gail Howard acts as one of the two coordinators for First Presbyterian Church in Morehead City. Four times a year she organizes a team of volunteers who ensure that the facility is secure and families have breakfast and dinner for 7 days, linens are clean, activities are available to the children, the Family Promise beds and equipment are efficiently

moved, set up and broken down each week and that all family needs during the night and early morning are addressed.

Gail has served in this role since Family Promise started and she is heavily involved with all facets of the program. She is happy with their move to a new day center on Arendell St. which gives them more space and a visible face in the community. She has a heart for all the families she has met and cared for in the program and follows their progress to full independence.

Gail was asked what motivates her to take on so much and continue serving through Family Promise. She said, "The words of the Bible in Matthew 25:35-40 are my guide, "For I was hungry and you gave me food, I was thirsty and you gave me

(Continued on page 18)



Gail Howard at Family Promise

Family Promise

drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.....as you did it to one of the least of these my brothers you did it to me.”

How can you get involved with Family Promise?

Make a Meal: Help cook breakfast or dinner with one of our Host congregations! As an individual or a group serve our families a hot meal and share your compassion through your food.

Overnight Volunteers: Exercise your talent for sleeping and stay overnight with our families from 8:30pm-7am in a local church or Camp Albemarle.

Office Angels: Volunteers are needed to help around the office. We are more than happy to work with your schedule! Shifts are available Monday thru Friday 7-10, 10-1, and 1-5.

Kids Care Program: Do you have a school, youth group, girl/boy scout troop, or sports team that wants to help homeless kids of all ages? A staff member at Family Promise would love to talk to your class, team, or group about the realities of child and family homelessness and provide a service activity for kids to make a difference!

Get your Church Involved as a Host or Support Church with the Interfaith Hospitality Network shelter program!

Donate money. There are many needs that Family Promise must address for their families. Your donation allows their program to immediately fund everything from lights and staff to new beds, counseling and transportation. Your dollars make an active difference in the lives of homeless families right here in Carteret County.

For more information please visit www.familypromisecarteret.org or call 252-222-0019.

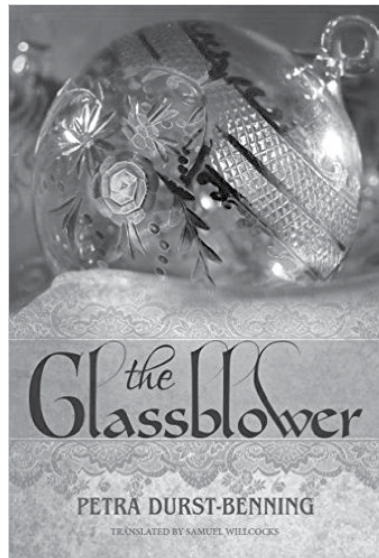
Brandywine Book Club Notes

By Melinda Brown

The Brandywine Book Club recently met for our monthly meeting and discussed the book, *The Girl on the Train*, by Paula Hawkins. It is a bestselling psychological thriller about a divorced woman who becomes enmeshed in solving a murder in her former neighborhood. We were all glad that our neighbors are so much nicer than the ones in the book.

We look forward to our next book, *The Glassblower*. It is the first book of a trilogy written by Petra Durst Benning.

Our next meeting will be on June 14 at 7 pm. Guests are always welcome! If you would like more information, contact Melinda Brown at 247-1055.



Banana Pudding

By Monica Sellars

Banana pudding is a classic summer dessert. Does anyone disagree? I didn't think so! A bowl of cool, creamy banana pudding sounds to me like the perfect follow-up to a plate of juicy barbecue and crisp coleslaw. Of course, there are different ways to make banana pudding – likely due to differences in regional traditions. For example, I understand that true southern banana pudding is topped with meringue and browned in the oven. Another popular version is to top layers of pudding, Nilla Wafers, and banana slices with Cool Whip. I love how the wafers soften in the pudding to create banana perfection. Here is the website for the recipe I have used successfully in the past: <http://www.meals.com/recipe/banana-pudding-32191>



If you are short on time, you can dress up some instant pudding mix (banana or vanilla flavor) with banana slices, whipped cream, and other tasty toppings. If you are looking for a low-calorie option, you could use “lite” ingredients in the recipe above. If you are looking for a dairy-free version, I suggest searching online for recipes made with coconut milk.

Now, I have to confess...I was going to share a banana pudding recipe made with almond milk, but when I made the pudding, it was an epic fail. I think the problem was that I did not cook it long enough; the pudding should have been pudding consistency before I removed it from the heat because it did not thicken at all as it cooled. But I decided not to try the recipe again because the almond milk gave the pudding an unappetizing gray color as well. So I called it banana soup and ate it for breakfast. It tasted fine, but I think the coconut milk version would be a more appealing dairy-free choice; just make sure you cook it long enough!

After the almond milk pudding disappointment, I started to wonder about other desserts inspired by banana pudding, so I went online again and sure enough – there are recipes for banana pudding cakes, muffins, cookies, pies, ice cream, and more. I thought the cookie recipes that use pudding mix as an ingredient sounded particularly moist and chewy. However, I did not test any of those to share with you; instead I'm suggesting this no-fail, easy-to-assemble banana-pudding inspired sweet treat:

Banana Pudding Inspired Yogurt Parfait

- 1 banana, sliced
- 1 cup vanilla or banana flavored yogurt
- 3 spoonfuls of crunchy goodness, like granola, chopped walnuts, or mini Nilla Wafers
- 8-10 blueberries or strawberry slices

Layer some of the banana slices, yogurt, and crunchy goodness in a bowl or cup, creating 2 or 3 layers. Top with the remaining banana slices, berries, and crunchy goodness.

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Bill Johnson
Owner



Will Johnson
Service Coordinator

May 24, 2016 Letter to the Community:

There is a long held belief that there are two sides to every story.

So imagine our surprise when we read an article about us in the April issue of the Sound Waves, that was written in a slightly biased and negative way.

Why wouldn't the reporter call and ask us to explain the reason for the stakes on the golf course?

We would have been more than happy to share our information. And in all likely hood, it would have alleviated any worries that we were doing something "illegal".

Luckily, when a resident got up to speak about the stakes at the most recent BOA meeting, Chris was able to present our side of the story. For those in the community who did not attend the BOA meeting, here is a quick recap:

With over 140 acres of PRIVATE property within our golf course, we wanted to survey some of the larger areas to see where our golf course property boundaries lie.

Do we have any plans to build anything? NOT as of right now

Will we build anything in the future? Don't know...BUT should we decide to do something with our land there is a process that needs to be followed that includes presenting any proposals to the BOA for a vote.

Which we will do if that need ever arises. We look at the BOA as a partner in our endeavors, working together only ensures a greater success for both the course and the community. We have an open communication with many members of the board and look forward to working together in the years to come.

We want nothing more than for the course and club to be something the community can be proud of, to make it an attractive place to live, keep our property values up.

So if anyone ever has future questions about the course or clubhouse....our door is always open.

Sincerely,
Chris and Kathy Calling

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Brandywine Garden Club

By Angela Zieleck

On April 8th, members of the garden club hit the road to visit the gardens at Tryon Palace in New Bern. It was a beautiful spring day. We meandered through the various gardens enjoying the day. We especially enjoyed the kitchen garden with its many edibles.

Tyron Palace was holding their annual plant sale and of course we couldn't resist picking up a few plants to bring home. Afterward we enjoyed a stroll downtown and had lunch at Morgan's Restaurant. A great day for all. Please join us at our next meeting.



Brandywine Chicago Bridge Celebrates

By Loretta Beaulieu

The Brandywine "Chicago" Bridge ladies had their annual end of season luncheon. It was held at the K Club. Barbara Lancaster was this year's winner. Our new season will begin the 1st Wednesday in October. Anyone interested in information on being a regular or a sub can call Loretta Beaulieu at 252-726-5648.



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3	4	9	7	1	5	6	2	8

ACROSS

1. Steam bath
6. Slothful
10. Office fill-in
14. A cook might wear one
15. Pearly-shelled mussel
16. Operatic solo
17. A belligerent mongrel dog
18. A religious figure
19. Certain card games or liquors
20. Magnificence
22. Air force heroes
23. Many millennia
24. Slowly, in music
26. Surpassingly good
30. Highly favored
32. Unlocks
33. Dampener
37. A girl's toy
38. Valleys
39. Easy gait
40. Anti-malware software
42. Slips
43. Thresholds
44. World
45. Deadly
47. Caviar
48. Strong and sure
49. Inadvertent
56. Wings
57. Jail (British)
58. A keyboard instrument
59. Small slender gull
60. Sea eagle
61. Panache
62. Immediately
63. Sow
64. Bobbins

DOWN

1. Not in danger
2. Pinnacle
3. Relating to urine
4. Schnozzola
5. Deciduous horns
6. Unit of luminous flux

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7. Nameless
8. Brass component
9. Unburdened
10. A lively whirling dance
11. Spew
12. Mimeograph
13. Overtake
21. Toss
25. Eastern Standard Time
26. Fizzy drink
27. Atop
28. Fur
29. Tour of duty
30. A large pill
31. Untruths
33. A crumbling earthy deposit
34. Person, place or thing

35. Type of sword
36. A musical pause
38. Hamlets
41. By means of
42. Roomette
44. Detachable container
45. A boneless steak
46. A kind of macaw
47. Angered
48. Lipids
50. Concern
51. Ice cream holder
52. Agreeable
53. Story
54. A Freudian stage
55. Plenty

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BOA Board Meeting Minutes

The annual Brandywine Home Owners Association meeting began with opening remarks by departing board member Scott Bell thanking fellow board members, committee members, and residents for their service and support.

-Annual meeting was called to order and previous meeting minutes were approved.

1) Old Business

- Road Repair: Damaged asphalt removal, excavation, and resurfacing has been completed in Hammocks Place and Village Green. There have been multiple positive comments regarding the new roadway lines on Brandywine Blvd.

- Gate Card Audit: Due to the expense of recent mailings, the gate card audit has been rescheduled for June. Letters are to be sent to all residents to determine the inventory of cards and micro clicks.

- Carolina Water Road Access: The utility is in current negotiations with a nearby land owner to obtain an easement needed to construct an alternate access road to their treatment facility in our neighborhood.

2) Treasurers Report:

- Submission of association dues are ahead of schedule
 - The new budget has been formulated and approved for submission to the new board. There was a surplus of approximately \$41,000 remaining from last fiscal year.

3) Committee Reports

- Drainage : Ditch clean outs and re-routing has been completed in several areas. Recommendations and cost estimates for the project to improve water flow at the Lord Granville/ Fairway intersection could include complete reconstruction of the intersection and cost up to \$100,000. It has been decided to undertake the initial step of ditch enlargement, and installation of new pipe that may provide immediate improvement. This phase of the project will be started in the next few weeks with an estimated cost of \$8,500.

- Boat Yard: There are two openings that will be filled from the waiting list of approximately thirty. The cleanup of the fence line has been completed with visible improvement. The next project will involve grading and additional gravel.

- Security/Cameras: Repairs and replacements effected this year were reviewed. All cameras are currently operational. Camera coverage of the recreational area was discussed.

- Recreational Area: Minor repairs have been completed with all aspects functioning and safe.

- Gates: Major expenditures have included replacement of a control arm and several circuit boards. Several lights were recently replaced with LEDs and all are now on sensors.

- Beautification: There have been several new plantings, both entry walls have been power washed, and the 70 wall spot painted.

- ACC : No current submissions

- Mosquito: The county representative reports he has received additional spraying equipment and will continue to treat our neighborhood on a regular and as needed basis. We may be able to obtain biocidal tablets in bulk that residents can

June Sudoku

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use to treat areas of standing water.

4) New Business:

- Postage Machine: Due to rising costs of up charges implemented by local mailing businesses, options such as a postage machine are being considered.
- Hydrant Repair: Fire hydrant at 307 Emery Wood out of service, reported to Carolina Water for repair.
- Art Tour: It has been approved to have the second annual Brandywine Art Tour coincide with the community yard sale date.
- Reserve Sign: It has been approved to have a horizontal directional sign placed at the North entrance to the Reserve.
- Illicit Activity at the Recreation Area: Residents have complained of possible marijuana use /sales by juveniles at the park area. This activity has been reported to the Sheriff and residents are urged to report similar occurrences.
- Sound Waves Contributors: Residents are encouraged to submit articles to our community paper.
- Board Election Results: Congratulations to our new board members;

President: Jerry Levesque, glevsque@ec.rr.com 648-8504

Vice President: Ed Myers, mke123@twc.com 726-5276

Secretary: Noreen Barrett, noreenbarrett89@gmail.com 422-3646

Treasurer: Bob White, switegah@ec.rr.com. 622-4634

Meeting adjourned.

Submitted by

J Scott Bell, President

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