



## Meet Your Neighbor

### Ron Webb

By Barbara Johnson

In our incredibly technological and specialized world there are people who do jobs that no one else in the world has ever done. Our neighbor Ron Webb is one of those experts. From 1970 until 1989, Ron worked in Colorado as a mechanic for the world's only gas-cooled nuclear power plant, The Fort Saint Vrain plant.

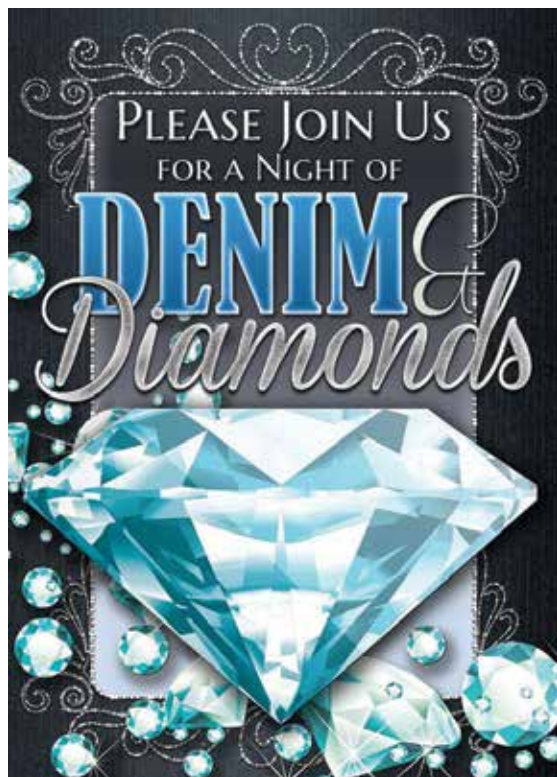
There have been hundreds of nuclear power reactors built worldwide but each one, except the Ft. St. Vrain, were built with water as the coolant. The disaster in Japan several years ago proved the vulnerability of water-cooled plants and today Japan and China both have gas-cooled units on the drawing boards because of their superior safety compared to water cooled facilities. The advantages are two-fold. Water absorbs contaminants and if that water is accidentally released, the radioactive contaminants can spread around the world. Helium, the gas used at Ft. St. Vrain does not absorb contaminants. In a case of accidental release of the helium coolant, the gas is safe coming right out of the reactor core. No radioactivity is exposed to the surrounding air or land. The second advantage is in time. The gas is encased in graphite which will not melt down, and can withstand temperature of

## Denim & Diamonds

By Barbara Johnson

An evening of fantastic food from over 13 local restaurants, an open bar, auction, raffle and music by the Band of Oz will highlight the annual Denim and Diamonds fundraiser on Saturday March 12 at the Crystal Coast Civic Center. Put on your favorite denim and diamonds and enjoy a night out with friends, customers and family while helping the Boys and Girls Clubs of Beaufort, Morehead City and Havelock. It is a fun, relaxed evening and atmosphere. Tickets are \$75 per person and Table Sponsors are \$800 for a table of 10 people.

National Boys & Girls Club Week will be celebrated the week of March 7-12. The clubs are dedicated to helping youth become responsible, caring citizens



Ron Webb

up to 5500 degrees. If the plant loses coolant, the team has hours to take corrective action rather than mere minutes in a water-cooled facility. Personnel working at the plant wore dosimeters to measure exposure to radioactivity, but due to the safety of the plant construction and the helium cooled core, they could work in almost any area of the plant without unsafe levels of exposure.

The ground-breaking work on nuclear power production that occurred at Ft. St. Vrain is only now being recognized for its safety and efficacy for the future of nuclear power around the world. Ron is proud of the work that he did in his years at Ft. St. Vrain. He provided mechanical support for the entire 20 years of that plant's operation; first as a Junior mechanic hired as one of the first employees at the plant and ending in management as the head of all mechanical and electrical operations at the unit, with supervisory responsibilities for 60 to 100 people and all contractors. He explains, "I fully supported

the mission of the plant which read: "Operation of the Fort Saint Vrain nuclear generating station demonstrates the viability and practical advantages of the high temperature, gas-cooled reactor. "

Ron remembers several jobs that were highlights of his unique career. In the first, he personally repaired a compressor that was essential to the function of

(Continued on page 6)

to support and influence their club and community. They create meaningful relationships with others, develop a positive self-image and good character, participate in the democratic process and show respect for the cultural heritage of themselves and others.

Within the club, there are many programs targeting youth by age and interests. These programs help youth create aspirations for the future, providing opportunities for career exploration and educational enhancement. Youth become proficient in basic educational disciplines, set goals, explore careers, prepare for employment and embrace technology to achieve success in a career.

Project Learn reinforces and enhances the skills and knowledge young people learn at school during the hours they spend at the club. This comprehensive program strategy is based on research showing that students do much better in school when they spend their non-school hours engaged in fun, but academically beneficial, activities. Through Project Learn, club staff use all the areas and programs to create opportunities for learning activities, which include leisure reading, writing activities, discussions with knowledgeable adults, helping others, homework help and tutoring and games like Scrabble that develop young people's cognitive skills. Project Learn emphasizes parent involvement and collaboration between club and school professionals as critical factors in creating the best after-school learning environment for club members ages 6-18.

(Continued on page 18)

**NEXT BOA QUARTERLY MEETING**  
**May 22 at 3pm**  
**At the K Club**

# Brandywine residents enjoy the Empty Bowls luncheon!

By Barbara Johnson

There were delightful aromas emanating from a fantastic array of delectable soups, an endless arrangement of gorgeous pottery bowls, music from the West Carteret jazz ensemble, a huge crowd filled with excitement and a serving line of Navy JROTC cadets as the 2016 Empty Bowls fundraiser took over the Civic Center on a cold day in February. For their ticket price, each attendee was able to choose an original pottery creation to take home and had their choice of 2 of the soups prepared by local chefs, complemented by bread, dessert and tea. A silent auction added to the atmosphere of fun and good food.

If you missed this year's event be sure to contact Hope Mission next year in January to get your own tickets. They go fast.



Brandywine residents Debbie Laughinghouse and Donna Geurin, with friend Judy Linebarger, enjoying the wonderful Empty Bowls luncheon, to benefit Hope Mission and Martha's Mission.

What did your community gain from presenting the Missoula Children's Theatre?

**LOTS!!!** The cast of students gain confidence, teamwork, song, dance and fun! They are stretched as they learn the story line and new vocabulary. The other students, parents and community get to see a quality musical production that showcases the students from the local schools.

Laura, Friends of Pacific Beach Secondary, San Diego, California

## Missoula Children's Theatre Arrives in March

Carteret Community Theatre is proud to present the world-renowned Missoula Children's Theatre! As our annual "thank you" to the community, CCT is bringing MCT to town (one of only two stops in North Carolina this year) from March 14 - March 19, 2016. This year's production will be "Alice in Wonderland!" If you aren't familiar with MCT, it is a week-long adventure into the world of theatre arts for children in K-8th grade. Auditions will be at the CCT on Monday, March 14th at 3:45 pm with first rehearsal for most actors commencing immediately thereafter. A full week of rehearsals will be held every afternoon after school through Friday (all participants are required to attend every rehearsal for their particular role). The children learn lines, songs, and choreography in just one week and perform two shows on Saturday at 3:00 pm and 6:30 pm. You will be AMAZED at what they can accomplish in just a few short days! Please make plans to bring your children to auditions or just to come and enjoy the show!! Tickets will be for sale at the theatre. Box office opens one hour prior to each show, auditorium doors open 1/2 hour prior each show. Tickets are \$10/adult, \$5/student. To learn more about Missoula Children's Theatre, please check them out at <http://mctinc.org/>. For additional information, please contact Robin Hamm at 252-247-5838.

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# ALL ABOARD!

By J. Scott Bell

Greetings all,

I realize that this month our BOA board and quarterly meetings are being conducted post press time for the Sound Waves. Accordingly, I thought it might be helpful to relate some of the updates, decisions, and arrangements that have been made.

Many areas on Lord Granville have been marked for repair, with work to begin as soon as weather permits.

The LED light replacement continues with approximately 40 lights completed. There are plans to regrade and clean out the perimeter fence area of the boatyard. The nominations for the upcoming board elections have been obtained. A community wide audit of the gate cards will be conducted next month. Several new drainage projects are to be completed including a resolution of the serious overflow problem at the corner of Fairway and Lord Granville . The board obtained multiple quotes for our property and professional insurance coverage, managing to realize a savings of over 8,000 dollars over last year's premium. The board also plans to address several maintenance requests in Village Green. Residents may have noticed survey stakes arranged on portions of the golf course. The current information the board has is that this is a plotting of the areas owned by the course that are not considered as playable or boundary. More information will be related as it becomes available.

The annual homeowners meeting is scheduled for Sunday, May 22 at 3pm. Please plan to attend as we would like to have a significant turnout.

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Animal Control	728-8585
NC Highway Patrol	800-411-6127
Mosquito Control	504-2107





# Reviewing Your Tax Strategies

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

Minimizing your potential income taxes requires a regular review of your financial picture and the current tax strategies available to you. In fact, tax planning can be a year-round activity.

## Strategies to consider

Although your tax picture is unique to you, there are common strategies to consider and discuss with your financial and tax advisors. Here are a few:

- Minimize taxable income while saving for retirement.
  1. If you are an employee, you make contributions to your 401(k) plan with pretax dollars, thus reducing your current income and possibly your current-year taxes. You can also reduce current-year taxes by making tax-deductible contributions to an IRA, if you qualify.
  2. If you are self-employed, you can use a Keogh, SEP (Simplified Employee Pension), or SIMPLE (Savings Incentive Match Plan for Employees) plan to shelter income.
- Maximize deductions. Some deductible items, like medical expenses, must meet a specific threshold before deductions can be taken. If you fall short of the minimum, you may be able to time discretionary expenses so that you exceed the threshold one year but not the next.
- Consider charitable donations. Depending on your specific tax picture, charitable donations could provide a good source of income tax deductions. One tax-saving strategy is to donate appreciated property. You can take a deduction for the fair market value and avoid capital gains tax on the sale.
- Review interest expenses. If you pay interest that is not tax-deductible (e.g., interest on auto loans or credit cards), consider paying off the debt or converting it to debt that allows for deductible interest (e.g., a home-equity loan, where available).
- Review social security benefits. If you collect social security, you may benefit from strategies to reduce or defer taxable income. If your non-social security income exceeds certain levels, it triggers taxation of a higher percentage of your social security benefits.
- Pay attention to recordkeeping. Keeping complete records may help you save on taxes, especially if it prevents having to locate or recreate information.
- Review Form 1040 for missed tax opportunities. Reviewing your 1040 could help you spot opportunities for making investments that provide greater after-tax savings. Pay special attention to the Taxable Interest, Tax-Exempt Income, and Dividend Income sections of the form.
- Municipal bonds. Tax-exempt municipal bonds are an excellent tax-advantaged investment, especially if you are in a high income tax bracket, or if you have moved into a higher tax bracket after a promotion or career change. Interest earned on municipal bonds is exempt from federal income taxes and, in most states, from state and local taxes for residents of the issuing states (although income on certain bonds for particular investors may be subject to the Alternative Minimum Tax).
- Plan capital gains and/or losses. Determining when to recognize capital gains or losses depends on whether you want to postpone tax liability (by postponing recognition of gains) or recognize capital gains or losses during the current year. If the gains will be subject to a higher rate of tax next year (because of a change in tax bracket), or if you cannot use capital losses to offset capital gains, you may recognize capital gains this year.
- Review IRA opportunities. If you want to maximize the timing and amount of IRA distributions as long as possible for your heirs, understanding IRA rules is critical. If you are retiring or changing jobs, consider rolling over the assets in your company's pension and 401(k) plan to an IRA. If you have a traditional IRA, evaluate whether it would be beneficial to convert it to a

Roth IRA.

- Estate planning strategies. Review and update your estate plan to minimize potential estate and gift taxes.
- Life insurance. Life insurance may provide liquidity to pay estate taxes and could be an attractive solution to other liquidity problems, such as family-owned businesses, large real estate holdings, and collectibles. Life insurance proceeds can pass free of income and estate taxes when structured properly.

These are just a few of the most common tax planning strategies. Your financial advisor can work with you and your tax professional to review your current situation and determine which ideas may be beneficial to you.

*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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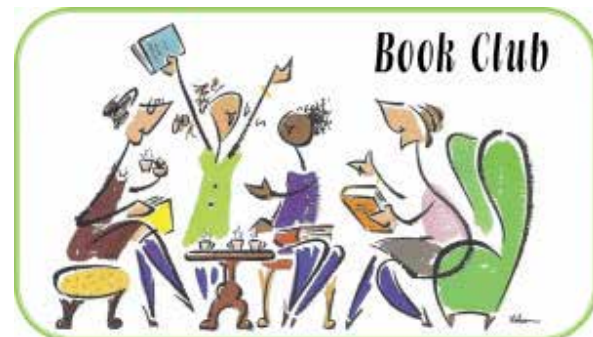


# Meet the Webb Library

Located in downtown Morehead City at 812 Evans St., the Webb library is a gem on our waterfront, full of free books to borrow and an array of activities to satisfy everyone from toddlers to seniors. Take time to visit and check out these events:

## Special Events

**Downton Abby Finale Tea Party, Sunday March 6th from 2 til 4pm.** Enjoy games and a costume contest. Space is limited so purchase tickets in advance at the Library. \$20 Scullery fee for this event.



## Book Club

### Regular Monthly Programs

**Book Clubs:** The 1st Wednesday of each month at 2pm and the 1st Thursday at 6:30pm . Each group has a separate book selection for discussion. If you are interested in either group, please contact Kitty Brawley at the Library.



**Learn to Knit or Crochet:** Bring a current project or receive helpful hints from experienced knitters who meet 10am to noon every other Saturday and 11:30am-12:30pm every other Wednesday.

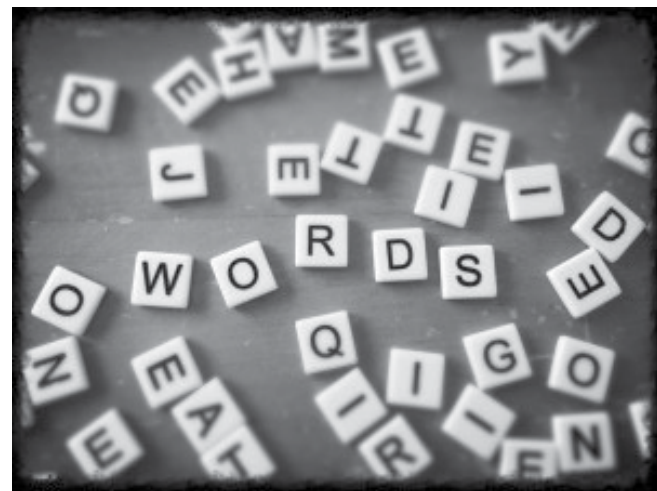


**Children's Storytime** with Ms. Laura is from 10:30 – 11:30am Wednesdays and Thursdays.

**Family Fun Night** is the third Friday of each month.

**Lego Club:** Make awesome creations from the library's Lego collection every 2nd and 4th Monday of the month from 4-5pm in the piano room.

**Scrabble Club** meets every 3rd Monday from 5-6:30pm in the piano room



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*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*

# Paper Shamrock Craft Project

By Monica Sellars

Shamrocks are commonly associated with St. Patrick's Day, but why? According to [www.st-patricks-day.com](http://www.st-patricks-day.com), St. Patrick is the patron saint and national apostle of Ireland and is credited with bringing Christianity to many people in Ireland. It is commonly believed that St. Patrick used the shamrock as a metaphor for the Holy Trinity when teaching about Christianity because a shamrock has three leaves. One reason that St. Patrick's Day is celebrated on March 17 may be to commemorate the date of St. Patrick's death in 460 A.D. Today in the United States, St. Patrick's Day is often celebrated by wearing green clothes and consuming green drinks. A more thoughtful perspective on the day, perhaps, is that it is a day for spiritual renewal and prayer for missionaries worldwide.

Here's a craft for creating decorative paper shamrocks for St. Patrick's Day, found on [www.handsonaswegrow.com](http://www.handsonaswegrow.com).

## Directions:

1. Cut four strips of green paper lengthwise about 1 inch thick.
2. Fold one of the strips in half and then bend the ends together to make heart shapes.
3. Staple the ends together to hold the leaf shape.
4. Repeat these steps with two more strips, creating 3 heart-shaped leaves.
5. Arrange the leaves with the pointed ends together and then secure them to one another by gluing or stapling the sides.
6. Add the shamrock stem by using the last strip of paper and folding it twice about an inch apart (so that inch is approximately centered in the strip of paper).
7. Slip the ends between two of the leaves and staple to hold the stem in place.
8. Punch a hole in the top of one of the leaves and string a piece of yarn through if you would like to hang your shamrock.

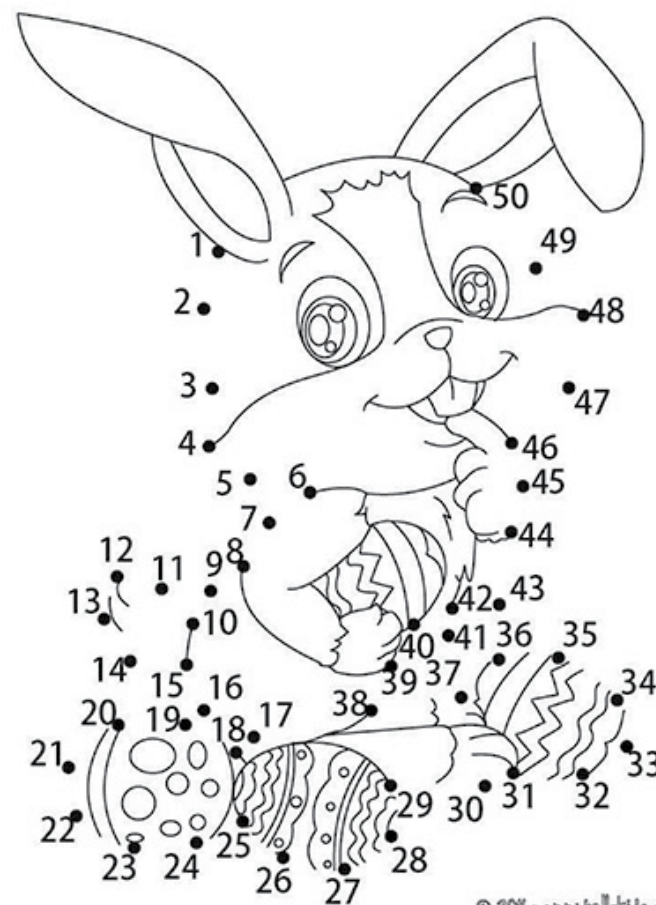


# Meet Your Neighbor

the reactor. It took him 24 hours in a highly radioactive atmosphere to complete the repair. Based on the location of the compressor he had to conduct the repair operation in a confined area using 2 layers of protection against the radiation. His second achievement was being the only person in the world to change out helium circulators when they broke. These circulators weighed 14 tons each and had to be replaced from below. He used a railway car on a track below the reactor to move them and inserted the new circulators using hydraulic pressure. Each circulator took 30 days to replace and he spent almost a year under the reactor making these changes. He once changed the packing around the major valve of the reactor and also devised a way to change broken pipe hangers in the facility using a chain hoist. Ron says of his work, "I lived and loved my job. I always tried to be the person they couldn't do without." It sounds like he did exactly that.

Born east of Los Angeles, Ron grew up on a ranch south of Eugene, Oregon. He joined the Air Force and served as a radar systems mechanic and all-weather jet instructor. But he hated the service, went AWOL to marry his wife Vivian on February 25, 1953 and got out as soon as his enlistment was over. They moved to Colorado and Ron worked in commercial services. They had two daughters Donna and Cynthia. Vivian and Ron recently celebrated 63 years of loving marriage. He retired in 1990, they moved to South Carolina in 1998 then to Brandywine in 2006 to be near their daughter. The love he holds for his wife and family would fill a book.

Ron's advice to the younger generation is "Get an education, and if you don't have an education then try harder." He lived by those words and made a successful career in a truly unique work environment. Most of what he did on the job came not from a textbook but from creative problem-solving. He took what he knew and adapted it to every problem he faced in life and in his work. His legacy will live on in the new nuclear reactors being modeled on the Fort Saint Vrain facility that he personally cared for like his own child.



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# Brandywine Bay Association

By Anne Swindell

Barbara Johnson, Editor of Sound Waves, has asked that I write a column for Brandywine Bay Association and inform all the readers what has been happening on "our" side of Hwy. 24. Barbara has no clue as to the results of what my journalistic capabilities may bring upon this community newspaper. Luckily, there is no Editorial page in the newspaper to file complaints!

Most noticeable change has been our new fencing and gates at our entrance. We also installed a YELP system for emergency vehicles to gain entry on a timelier basis. Along with all of the entrance gate updates, we were able to retrieve approximately 250 access/entry cards and clickers that were no longer in the hands of rightful homeowners and no longer authorized, resulting in better security.

As all of you know, there are times when residents need to be informed of "things" going on in the area. Sound Waves has proven to be a tremendous help with the long-range planning, but for those times between publishing, we all need to have a way of communicating with each other. BBA has had great success in recently creating a BBA email list for those times when residents need to be reached. There are those who do not have a computer and cannot receive the information, but the greater majority of our community has at least one, if not two, email addresses in our mailing list. It certainly makes life easier when we need to get out the word that the Loch Ness Monster has made its way to Bogue Sound and is about to invade the marina area!

I will try my best not to embarrass my neighbors with the contents in this column, so I could use any help I can get in writing this. If you hear of any newsworthy topics that would be rated a PG-13 or over, please let me know. The best way of contacting me is via email at [annetalcongso@aol.com](mailto:annetalcongso@aol.com). Let me know about those "R" rated topics, too, and maybe we can start our own little publication!!!

## Brandywine Street Parking



The Architectural Control Committee (ACC) has received several inquiries regarding the rules for parking on the Shoulder of the Street. This is covered within the covenants and we suggest that you take the time to read the complete regulation on the BOA Website

To answer the specific question, this is covered in point 6 of the regulation:

6. No parking is permitted on the shoulder of the road, except on the shoulder adjacent to the owner's driveway, and for short periods of time of less than four (4) hours.

If you have any questions please feel to contact the ACC.

Charlie Sabathe'  
Chairman ACC

# Not Your Grandma's Knitting

By Barbara Johnson

Knitting and crochet are experiencing a resurgence of popularity in all age groups as the ease and beauty of these hand arts are being discovered by young women and men. Yes men! Sewing, knitting and crochet have always been practiced by both sexes through the ages, although men usually focused on items of value to their work such as nets, bags and sails while women produced clothing items like sweaters, socks, hats, quilts and scarves. Be assured that a man finding himself without a warm item of clothing quickly transferred work skills to clothing when needed. Young boys and girls learned the basic skills in the home as children and used them throughout life.

In a day of mass manufacturing, men and women are finding new satisfaction and joy in making items themselves, choosing the patterns, yarns, needles and hooks to create useful things of exceptional beauty and worth. Children are learning the skills at school or from a family member or neighbor. Knitting and crochet have become a new art form obsession.

Need some help getting started? Morehead City has two groups that are ready, willing and able to get you going on a lifetime of pleasure with yarn. The Webb Library in downtown Morehead City has 2 groups that meet each month. Bring a current project or receive helpful hints from experienced knitters about your project who meet 10am to noon every other Saturday and 11:30am-12:30pm every other Wednesday. Another group is Hands at Prayer that makes knitted or crocheted items for new babies, the sick, military, hospice and refugees. They are a ministry of First Presbyterian Church and meet the 2nd and 4th Mondays from 1-3pm in the youth room just opposite the church office at 1610 Arendell St. in Morehead City. Yarn, pattern and needles are available for those who have none. Experienced crafters can show you how to get started.





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# BUSINESS SPOTLIGHT

## SOFT WATER SOLUTIONS

By Barbara Johnson and Bill Johnson

Coastal Carolina can have some of the most challenging water issues of any location, leaving you frustrated and angry with everything that comes out of your tap. Water is part of your life 24/7, in fact it is life itself. Smelly, yucky, tinged with red, orange, green or blue, your body, home and business are screaming for help with the state of your water.

With 40 years of experience with area water problems and solutions, Soft Water Solutions, LLC. is your local WaterCare Dealer located at 4911-B



## Soft Water Solutions, LLC

Bridges Street Ext. in Morehead City. Owned and operated by Bill Johnson and his son Will, they are a full service water treatment company with sales and service from the NC/VA border to Wilmington. Together, their goal is to provide the highest quality water at an affordable cost. Bill and Will have been active members of our community for years and stake their family and personal reputations on their products and service.

Customer satisfaction, along with personal and professional service, drive their business model. They provide service and repairs for **ALL BRANDS** of water softeners, iron filters, and reverse osmosis systems. Their technicians have been cross trained to repair over 30 models of water softeners and filtration systems. Whatever water treatment system you currently have installed in your home and business, they are prepared to give it the highest level of care and repair.

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Bill Johnson

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At Soft Water Solutions, LLC Bill and Will Johnson understand the need for high purity drinking water, so they provide businesses and homes with state of the art reverse osmosis drinking water systems and



Will Johnson

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Bill Johnson  
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Will Johnson  
Service Coordinator

## It's Not What's on the Outside that Counts... Or is it?

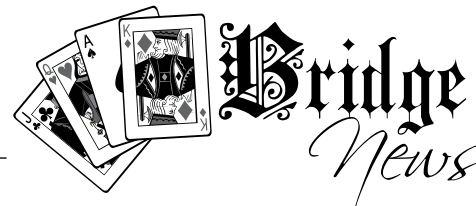
By Amy M. Hahn, Pine Knoll Shores

We have all heard the phrase, "It's Not What's on the Outside that Counts"! Well, I hate to break it to you, but when it comes to selling your home what's on the outside counts just as much as what's on the inside... If not more! Remember, You never get a second chance to make a first impression! You do not need to spend a fortune, but a little cash (and sometimes NO Cash) and a lot of elbow grease can go a long way when improving your home's curb appeal!

- A fresh coat of paint on the front door and a couple of brightly colored flowers in pots can make a big difference.
- Replace the hardware on the front door to make it really shine.
- Fix the broken fence, remove all debris & trash from the yard.
- Keep the yard mowed and the shrubs trimmed.
- A new door mat may just be the perfect touch.
- What about the mailbox? Make sure it is standing up straight, and paint it too!
- Pressure Wash! You can make the driveway and vinyl siding look brand new in a couple of hours. Use caution with wood or other painted surfaces and remember to use Low Pressure to clean those areas to reduce splintering & chipping. If you do not own a pressure washer, they can be rented from most Home Improvement Centers.
- Keep the windows squeaky clean!

When placing your home on the market, keep an open mind. What are the first things you notice when you pull in the driveway? Are the troll collection & other lawn ornaments in the garden a distraction? Are the house numbers clearly visible? Are the gutters clean and properly installed? Can you see the roof through the pine straw? Are the weeds taking over? Are the shutters faded or worse... falling off? Are the window boxes filled with dead flowers & stems? Are the outdoor lights working properly? Try to look at your home as a potential buyer would.

Once the outside looks fabulous, make sure the inside matches! And yes, Sweat the small stuff.... It can make all the difference!



By Jo Mullis

We are very pleased to announce that our meetings will be at our own K Club. The time and playing fees will remain the same. Come and join us at the K Club March 9 at 10:30. For information call Pat McMahon at 726-7994 or Dolly Dimarco at 240-3547.

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# Pet Corner



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

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.

**How was the physical exam?** 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?** 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.

**Why are these medications being prescribed? How long should I give the medication, and should I refill the medication?** As doctors we try to explain what the medication is, 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.

**Are there side effects to medicine?** Pet owners do not intuitively know what side effects of given medications might be. 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. 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?** 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?** 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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# Pet of the Month

By Monica Sellars

This is Izzie, the 10-year old Pekingese who runs the house where Gordon and Janiece Wall also live. Izzie is a tenacious, curious dog. She enjoys greeting visitors who come to her house and bringing a smile to their faces. She also enjoys checking out the wildlife in her backyard. Janiece said that, for a while, Izzie had a routine of going outside in the evening to see the foxes that would walk past their fence. These days, Izzie enjoys taking walks outside on her street and checking the drainage ditches with Gordon. She also enjoys relaxing indoors with her family and getting lots of love and attention.



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# MGA Happenings

By Vince Moreno

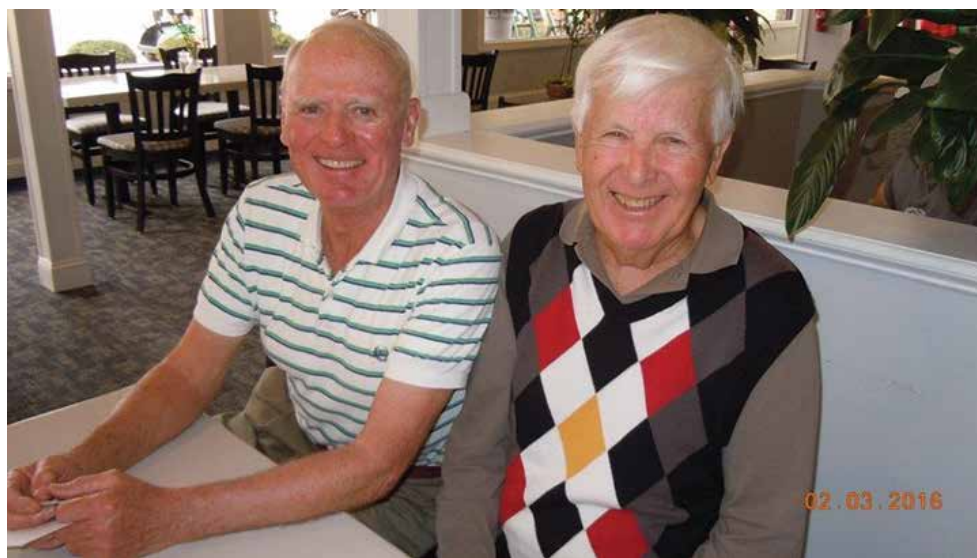
Our MGA monthly tournament was held today and the game was three man teams for Low Gross and Low Net. Our tournament chairman Chuck Muller ran the tournament. It was a very nice day, mild temperature. All 26 of us had a good day. Lunch was great as usual.



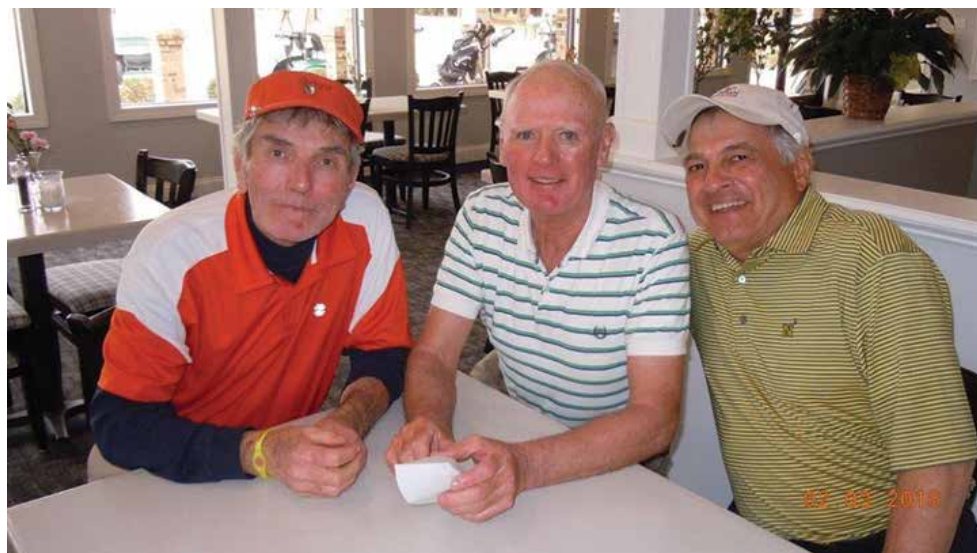
First Place Winners  
John Rennwald / Bob Connolly / Tom Normyle



First Place Winners LOW NET  
Tom Grady / Curtis Litchfield / Ken Ghelli



Closest To The Pin Winners  
Pat Daly / Tom Grady



Second Place Winners LOW NET  
Richie Lieenthall / Pat Daly / Nick Viglianese



Second Place Winners LOW GROSS  
Mark Roche / Buzz Hayes / Bob Michaelis

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.

# Golf Truisms #2

By: Susie Garland

My readers said they laughed a lot  
At the jokes in the last edition  
So just for you my loyal fans  
I created a new rendition

If you can relate to this verse in some way  
Or experienced similar degradation  
Just pay attention to the funny cartoons  
And enjoy my presentation

Out on the course with the Shootout gang  
I was teed off and craved a cold beer  
As I watched my ball sail down the hill  
And into the dang bunker there

I hacked and I swung as the day lingered on  
And fumbled from fairway to green  
At the third I groaned and moaned in dismay  
After losing my ball in the stream

At the eighth my confidence suddenly returned  
But just as my swing reached its peak  
Some fool with a tractor roared past the hole  
My ball headed again towards the creek

But the worst was to come and I wanted to quit  
I fumed and I prayed and I cursed  
My tee shot was not nice with a God-awful slice  
And I ended up back on the first!

The 17th was a ripper and I arrived on the green  
With a drive that was lovely to see  
Then I got into a rut with a lousy four putt  
Smashed my putter in half on my knee

I arrived on the 18th all tattered and torn  
Full of anguish, distress and despair  
I shanked in between and broke Easter's porch screen  
That would cost me big bucks to repair

And so I drove home, feeling sorry and sad  
It's only a game as they say  
I now had no putter and continued to mutter  
Oy vey, oy vey, oy vey!



# A Salute to Barbara Lancaster

By: Susie Garland

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



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

## Shootout Sunday

By: Susie Garland

January 24: Temps were only in the 40s and the heavy rainfall from the previous two days prevented the usual large turnout. Eight players showed up (two foursomes) to play the back 9. The winning team, with a score of 30, was Mike Bradshaw, Tanner Beszterczei, John Colbourne, and Kathy Calling.

January 31: The weather cooperated this time with temps in the 60s, which prompted a large crowd of 34 players. The parking lot was filled to capacity and some people even had to park on the grass. Two 3-somes and four 4-somes competed on the back 9. There was a card playoff for first place, each team having the same score (30), between Ted Beszterczei, Troy Forguites, and Dick Groben and the team of Jay Bohlen, Pudgy Groben, Josh Stutts, and Bob Warren. The latter took the win. All in all, another fun afternoon on the course.

February 7:  
Rain, rain, please go away  
After all, it was Superball day  
The ducks came to visit in our  
man-made pond  
Flew in from the south and way  
beyond



An awesome wonder took shape in  
the rain  
In the form of a smiley face that I just can't explain  
I can only describe this with the word befuddle  
Can you see the outline shown in the puddle?

No golf today with the rain and the cold  
It was TV all day in the Garland household  
A free car wash for our autos outside  
Yep, it was much better to be inside

February 14:  
A picture is worth four words.  
Game cancelled.



# What to Expect for 2016 Primary Election

By Phyllis Makuck

The nonpartisan Voter Rights Coalition of Carteret is continuing its series of educational talks, events and articles on new North Carolina voting laws. For more information, go to <http://www.voterrightscoalition.org/resources/> and click on "Voter Rights Resources."

The March 2016 Primary in North Carolina will have Democratic, Republican, Libertarian and Nonpartisan ballots with candidates for each office listed in random order. If you are registered for one of the parties, you will be given that party's ballot. If you are registered as unaffiliated, you will have your choice of ballots. You may select a Nonpartisan Ballot, but if you do, you will only be voting on the local school board and Connect NC, the Improvement Bond issue. Sample ballots are available at [www.carteretcounync.gov](http://www.carteretcounync.gov).

The main purpose of the primary is to select candidates who will represent the parties and run for office in the November 8 General Election. Since there are more Republican candidates running, that ballot is the longest. Depending on the party you select, there may or may not be multiple candidates for each of the following:

- U.S. President
- U.S. Senate
- N.C. Governor
- N.C. Lieutenant Governor
- N.C. Attorney General
- N.C. Treasurer
- N.C. Secretary of State
- N.C. Superintendent of Public Instruction
- N.C. Commissioners of Agriculture, Labor and Insurance



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- Carteret County Commissioners

Ballots will also have a nonpartisan section for electing a candidate to the Carteret County Board of Education and voting for or against the ballot measure, "Connect NC," a two-billion-dollar Improvement Bond referendum. Seventeen year olds who will be 18 by the November 8 Election will receive a special ballot since they may vote in the March Primary but may not cast votes for the Board of Education or on the bond issue.

General requirements (unless U.S. District Court rules otherwise)

- For the first time in North Carolina, a valid photo ID is required unless you are curbside voting, voting by absentee ballot, have requested an exemption due to religious objections or make a Declaration of Impediment.
- You should vote at the polling place for your precinct on Primary Election Day, but you may cast a provisional ballot in another precinct and have that ballot counted.

Note: U.S. District Court In Winston-Salem could overturn photo ID requirements and/or ratify the 2013 law discounting provisional ballots cast out of precinct.

## Transfer of Real Property Upon Death

By Jane Gordon

Like any other property, your ownership interest in real estate will transfer at the time of your death. Exactly how that transfer occurs depends on how the real property is owned by you (and perhaps others) and what your Will provides.

If you and your spouse own real property as tenants by the entirety, or "as husband and wife," (sometimes referred to as "etux" on the deed), your surviving spouse will take title to the real property upon your death. Likewise, if you own property with another person (or persons) as "joint tenants with rights of survivorship," the surviving owners (called "tenants") will take ownership of the property when you die. In both of these cases, the property will transfer to the surviving owner regardless of what your will says.

However, if you own an interest in property as a "tenant in common" with another person or person, you may transfer your interest in that property independently of your co-owner. In other words, if you own a one-half tenants-in-common interest in real property, you may convey your one-half interest to another person without the consent of your co-owner. Likewise, upon your death, your one-half interest in the property will pass according to your will. If you have only a life estate in a parcel of real property, that life estate will extinguish upon your death, and ownership of that parcel will pass to those who have a remainder interest in that parcel of property.

Under North Carolina law, unless your will specifies otherwise, title to real property will pass to the beneficiaries named in your will (or to your heirs at law if you have no will) automatically upon your death. The significance of this transfer is that those beneficiaries take title to that real estate, and assume all responsibilities therefore, upon your death. It is those new owners who immediately become responsible for the expenses of that real estate (e.g., taxes, insurance, and maintenance costs) and the recipients of income from that property (e.g., rent, proceeds of the sale of the property). In addition, any deeds of trust on the property also pass to the new owners of the property.

Sometimes people are concerned that if they leave their real property to their children, the children will not be able to agree on what to do with the property. If such a disagreement is anticipated, you can specify in your will that your executor is to sell the real property and divide the proceeds of that sale among those named beneficiaries. If you give your executor this responsibility, then the expenses associated with the real estate must be paid by the estate until the property is sold.

# Old Stomping Grounds

By Barbara Johnson

Having grown up in Connecticut and living around the world during a career in the Marine Corps, it was difficult for me to choose just one Old Stomping Ground for this section. Certainly the coldest place I lived was Trumbull, Connecticut where I spent 18 years fighting the snow. The wettest landscape was Whidbey Island, Washington State although I think eastern NC has given that state a run for its cloudy, rainy title since September. The most unusual place I laid my head was the year I lived in Okinawa, Japan and the most urban location I called home was Dumphries, Virginia right outside of Washington, DC. A few years in college added Williamsport, PA to my list. Finally, I made my choice based on the most delightful place (other than Morehead City) where my family lived: Kailua, Hawaii for over 3 years.

Kailua is a gorgeous community on Oahu, situated around a tropical bay and just over the Koolau Mountains via the Pali Highway from Honolulu. We lived in Enchanted Lake, a subdivision that had numerous peninsulas that jutted into a pristine lake. Although as a young family we couldn't afford lakefront property, we had lake and ocean available within steps of our house.

I brought new meaning to the term "barefoot and pregnant" while in Hawaii. Most people don't wear shoes on the island except for business or going into the city. Even the children go to school barefoot so it was easy doing the barefoot thing. We arrived on the island in January with a 9 month old baby and me due with baby #2 in July. #3 arrived exactly 2 years later so I owned the pregnant title. We also kept the diaper business alive at the commissary with 3 wearing them. What a relief to let them run naked on the beach and dump the Huggies for a few minutes.

The sun is intense in Hawaii, far more than here in NC. We stayed out of the sun from 10am until 4pm each day and still sported tans under our layers of sunscreen, hats and oversized t-shirts. We are a fair-skinned bunch but we managed to avoid sunburns while there. Visitors from the mainland were not as careful and rarely departed without peeling skin as a souvenir.

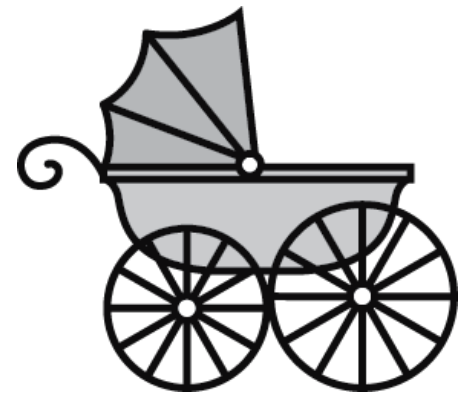
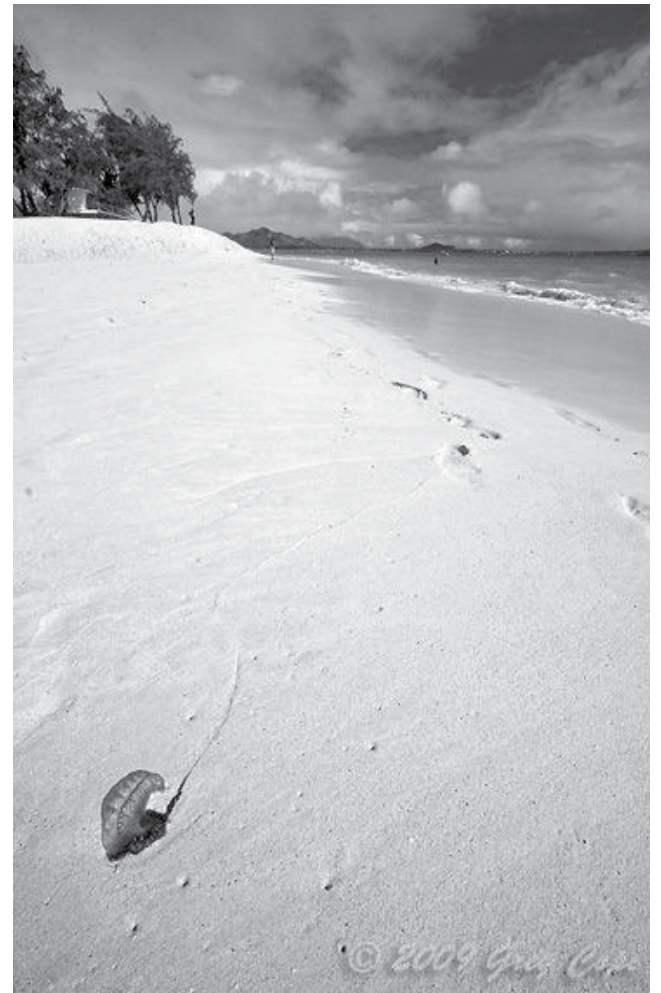
Given the mountainous terrain of Oahu, the vistas were stunning wherever you stood. From my front door the view of the Koolau's was majestic and I often stopped and gave thanks for the beauty and blessings of my life, inspired by those peaks. Rainbows happen every day after the afternoon rains. A few miles away was Kailua Beach with white sands, palm trees for shade and large green expanses of grassy play areas. We lived on that beach. Long and narrow, never crowded, protected by the bay with gentle waves and boasting crystal clear blue waters, it was heavenly. Occasionally we would venture to Hanuama Bay with its fantastic snorkeling, vast coral beds and bright colored fish. Waikiki was for a Saturday evening jaunt to walk the main strip and take in the tourists and bright lights.

Each trip across the mountains to work or play was an exercise in magnificence. The Pali Highway ascends the Koolau range quickly from the windward side and tops out at the Pali Lookout. It is hard to pass this by if you have even a few extra minutes in your day. From this peak, you can see the vast ocean, Kailua and Kaneohe Bays, Chinaman's Hat and far along the coast both north and south. Winding down the old Pali Highway into Honolulu the trees and vegetation threaten to overtake the road, lush and beautiful in a riot of color and foliage. Ahead is the blue sea or "kai" stretching to the horizon with the city hugging the shoreline. At daytime it is spectacular and at night it takes on an ethereal glow with lights forming a necklace holding back the waves. I really could go on forever about the beauty but it would fill many books.

Our home in Hawaii was single wall construction meaning that the inside and outside walls are one and the same. Electrical wiring was hidden in channels on the walls and ceilings. There was no heat or air due to the temperate climate year-round. Electric rates were far too high for any but the richest housing areas to offer climate controlled homes. The most interesting feature of a single wall home was the multiple use of nails and screws. Hammering in a nail for a picture required choosing a shortest and smallest one possible since one too long would show on the other side of the wall in another room. When we added new closets in our bedroom, the screws for the rods were necessarily large and we ended up with protruding screw points in our dining area. Problem solved when we used them to decorate with pictures of our children.

Culturally Hawaii is radically different from any location in the mainland. It is a Pacific island culture with a population that mixes "haole" or white, Hawaiian, Japanese, Samoan and Polynesian into a melting pot that influences every facet of daily life. The food is different, the language is different, the music is different and the pace of life is different. Living in the islands is not like being a tourist there. We sought to learn all we could about the cultures on the island and worked to understand the differences. On a day trip we might go deep into the center of the island and cane fields to find lunch at a restaurant where locals gathered to sing and dance the hula. We tried to learn some Hawaiian and the meaning of dances. The history of the islands was important. We travelled to Molokai and saw the plantation where my mother taught just after World War II and took a donkey ride down the mountain to the old leper colony at Kalapapa. It was a wonderful opportunity to immerse ourselves in a land that is our 50th state yet a world away from eastern NC.

We loved Hawaii, endured being called "haole" or white, had 2 "kamaaina" or local children born there and hated to leave after over 3 years in paradise. We have only gone back once, with our daughter who was drawn to spend part of every day at Kailua Beach where she spent so much time as a baby and toddler. She has the island in her. It is difficult to return as a tourist after having lived there for so long. The true spirit of aloha is in us and we carry it with us always.



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# Meet Your Brandywine Committee Member - Gordon Wall

By Monica Sellars

The Brandywine Bay community has a variety of committees that are coordinated by neighborhood volunteers. Our neighbors are generous to donate their time and talents, and we appreciate their contributions! This column will introduce you to one of our community volunteers each month.

This month's introduction is Gordon Wall, the Chairman of the Drainage Committee.

### Where are you from, and what brought you to Morehead City?

Janiece and I lived in Kinston, NC until she retired from the Lenoir County school system. Then we moved into our condo in Cedarwood Village.

### What are your hobbies, interests, and/or occupation?

I love golf and fishing, but I fish a lot better than I golf! I also enjoy reading. I retired from the University of Mount Olive as Director of Dining Services in 2005.

### How long have you lived in Brandywine Bay?

Janiece and I have lived in Brandywine since 2000 and have loved every minute of it; we like the friendliness of the residents and the beauty of Brandywine.

### What motivated you to volunteer to be the drainage committee leader?

In 2003, I was asked to serve as Chairman of the Drainage Committee, and I accepted. I have remained on the committee, except for two years off. Under duress due to lack of volunteers, Janiece asked me to return to the committee, and we work together on it.

### What else would you like to tell the neighbors about Brandywine Bay drainage?

I would like to ask every resident to help keep our drainage flowing by keeping debris out of the culvert under their driveway and keeping leaves raked out of the swales across their front yard.

More volunteers are always needed to help keep our neighborhood functioning well and looking great – today and in the future. Please consider volunteering your time and talents to our wonderful community! One person giving a little bit of time can

make a big difference.



Gordon Wall



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*at Brandywine Bay*

- March 2 Wednesday Buffet 6pm Call Club for Reservations
- March 3 CARD NIGHT 7pm looking for Poker Players!!
- March 5 KARAOKE 8pm LAST EVENT WAS FUN!!
- March 6 Sunday Shootout 2pm 9 Hole SuperBall
- March 9 Wednesday Buffet 6pm
- March 10 BINGO 7pm \$10 Entry
- March 13 Sunday Shootout 2pm 9 hole Superball
- March 15 **MARCH MADNESS BEGINS LOOK FOR DRINK/FOOD SPECIALS**
- March 16 Wednesday Buffet 6pm
- March 17 Couples Golf Tourney 10:00
- March 20 Sunday Shootout 2pm 9 hole Superball
- March 23 Wednesday Buffet 2pm
- March 24 POTTERY NIGHT 6pm Dinner followed by designing and painting a piece of pottery \$40 per person
- March 25/26 March Madness **GAMES ALL WEEKEND**
- March 27th Sunday Shootout 2pm 9 Hole Superball

**K Club 252-247-2541... Call FOR INFO**

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# Denim & Diamonds

Keystone is the Boys & Girls Club movement's most dynamic teen program. It affords teens an opportunity to gain valuable leadership and service experience. They conduct activities in three areas: academic success, career exploration and community service.

Boys & Girls Clubs of Coastal Carolina serves as fiscal agent and facilitates four juvenile services programs; the Carteret County Juvenile Restitution and Community Service Program, Structured Day Program, Teen Court, and the Craven County Juvenile Restitution Program. These four programs along with a wide array of juvenile agencies and community partners, work together to provide structured environments for youth 7 - 17 to get back on track after making poor decisions in school or in the community and to help restore good character and citizenship by working to repair harm caused by disruptive behavior and or crime in the community. The Boys & Girls Clubs of Coastal Carolina work in accordance with the Department of Juvenile Crime Prevention Council's policies and procedures as they relate to restitution and community service.

The Boys & Girls Clubs of Coastal Carolina are always looking for new volunteers to support their many programs. There are three different volunteering categories that you can choose from depending on your individual interests and schedules. For more information, please contact Susan Propst-Olson at 252-222-3007 or complete the volunteer application.

Information for this article was obtained from the Boys & Girls Club of Coastal Carolina website.



## CHANGES TO 2015 BRANDYWINE DIRECTORY

**February 18, 2015**

### ADDITIONS:

Barnes, Charles & Judy	703 Lord Granville Dr.	240-9864
Colborne, John & Lucinda	203 Slow Lane	816-289-4931
Cristafalo, Pat	208B Reserve Green Dr.	914-391-2439
Lee, Joyce & Ken	208 Westchester Dr.	269-5147
Mort, James & Patty	200A Reserve Green	845-758-6136
Peterson, Stuart & Yuzette	202 Cedarwood Village	336-880-5266
Redfern, Jonathan & Melissa	201 Tree Fern Drive	503-1522

### DELETIONS:

Gannon, Gratt	202 Cledarwood Village	304-522-2014
Korzon, Susan	703 Lord Granville Dr.	648-8396
Morris, Mike	703 Lord Granville Dr.	648-8396
Morris Jessica	703 Lord Granville Dr.	622-6035
Peterson, Debra	201 Tree Fern Dr.	241-1068

### CHANGES:

"Stinnett, Robert & Marybeth"	206A Reserve Green Dr.	503-1522
-------------------------------	------------------------	----------

# Healthy March

By Mary Fournier

During March, Carteret County Health Department urges you to learn more about these important health topics to improve the health of your family:

## National Nutrition Month

A Message from the Academy of Nutrition and Dietetics:

March is National Nutrition Month. Take time to enjoy the traditions and appreciate the pleasures, great flavors and social experience food can add to your life. Develop a mindful eating pattern that includes nutritious and flavorful foods. Your plan should include vegetables, fruits, whole grains, fat-free or low-fat dairy and lean proteins. Limit added sugars, salt and saturated fats. Remember to include physical activity for at least 30 minutes every day. A local Registered Dietitian (RD) or Licensed Dietetic Nutritionist (LDN) can help.

Eat Smart Move More is a North Carolina public health wellness program that provides free information, tools and support for those who wish to improve their dietary and exercise habits. Go to their consumer website at: <http://myeatSMARTmove.com/> for resources, recipes and links to farmers markets throughout the state. Learn how taking small steps can lead to better health. There are resources for faith communities and work sites as well.

## Colorectal Cancer Awareness Month

Colorectal Cancer was the fourth most common type of cancer and the second leading cause of cancer-related deaths in NC from 2008-2013. (Source: North Carolina October 2015 Cancer Profiles – [www.schs.state.nc.us](http://www.schs.state.nc.us).) As with most types of cancer, colorectal cancer can best be treated when detected early. It occurs mostly in women and men over the age of 50 but can occur at much younger ages as well.

A person may be at increased risk if they:

- Are age 50 or older
- Smoke or use tobacco
- Are overweight/obese
- Not physically active
- Eat a lot of red and processed meats
- Have personal or family history of colorectal cancer or benign colorectal polyps
- Have a personal or family history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease

Importance of Early Detection

- Begin screening at age 50
- If you have a high risk, talk to your health care professional about screening earlier and more often
- Talk to your doctor about screening test options

There are many different types of screening tests for colorectal cancer. Talk with your doctor about the best option for you. Carteret County Health Department has brochures and fact sheets available. Call us at 252-728-8550, extension 5758 or 5763 if we can be of assistance. Also, refer to the Prevent Cancer Foundation website at [www.preventcancer.org](http://www.preventcancer.org) and the American Cancer Society at 1-800-227-2345 or [www.cancer.org](http://www.cancer.org).

## Brain Awareness Week!

It's for real and it will be observed March 14-20, 2016. The Dana Alliance for Brain Initiatives' goal is to increase public awareness of the progress and

benefits of brain research. Most of the information on brain awareness is free and downloadable at [www.dana.org/brainweek](http://www.dana.org/brainweek).

It is a very interesting website with lots of great information for all ages. There are games, puzzles, and brain maps for children K-12; a "Staying Sharp" DVD and advanced games for older adults and teaching aids for educators. Brain Week reminds older adults, especially, that we can continue to learn and retain new information and skills – it may just take a little more time and persistence! Scientific research results are available here too, including information about the increase in recreational drug use and its effects on brain function.

## National Poison Prevention Week - March 15-21

Poison emergencies happen all the time! Our NC Poison Center in Charlotte took 80,000 calls in 2015. Some may assume that it is only households with small children that are at risk. Poisoning emergencies happen among all ages and that is why it is so important to always have on hand the 1-800-222-1222 Poison Help Line number which connects callers to nurses, pharmacists and poison experts any time day or night. The service is free and confidential regardless whether the call is a simple question or a poison emergency.

The top five causes of poisonings are prescription pain killers, cosmetics and personal products, foreign bodies, toys and other objects, household cleaning products, and sedatives, hypnotics and antipsychotics. Need more information? Households can order up to four FREE "prevention packs" from the Poison Center by going to: [www.PoisonShop.org](http://www.PoisonShop.org).

Carteret County Health Department is "Looking Out for Your Health." If you have questions on our services or a public health topic, please contact us at 252-728-8550. Go on our Website for a complete description of our services: <http://www.carteretcountync.gov/364/> Health-Department. For Environmental Health call 252-728-8499 and for Animal Control Services call 252-728-8585. Find us on Facebook at: [www.facebook.com/CarteretCountyHealthDepartment](http://www.facebook.com/CarteretCountyHealthDepartment)

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## SALTWATER LIGHT TACKLE FISHING CLUB

By Larry Terry

Established in 1991, we are a club of recreational anglers – both men & women interested in inshore and near shore fishing on the Crystal Coast. While having fun fishing, we also promote good sportsmanship, fair play, protection of our natural resources and good boating practices. Club activities will vary from year to year based upon members interest, but normally include a monthly club newsletter, fishing tournaments, a fishing and tackle techniques workshop, charter trips and tours, Kayak fishing outings, and surf fishing seminars/outings.

We meet the last Tuesday of the month. Our meetings consist of refreshments and dinner. There are member fishing reports and a guest speakers from leaders of local fishing/tackle professionals to tell us when, where, and how to catch more fish.

We would love to have you join our club. Family membership is \$30.00 year. Send us an e-mail at sltfc@mail.com and we will be happy to provide a personal invitation.



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## Salad Shortcut: Marinated Vegetables

By Monica Sellars

Experts say that eating vegetable salad is healthy. Has anyone else heard about this? Apparently vegetables contain vitamins, minerals, fiber, and other good stuff that bodies need. Salads can take a long time to assemble, though, since they require washing and cutting all of those vegetables.

My shortcut to a delicious green salad every day is marinated vegetables! This strategy requires washing and cutting vegetables only once. First, I cut and wash some leafy greens for the salad base. I store it in a salad spinner, a glass bowl, or a plastic bag lined with paper towels. Then, I assemble a marinated salad and store it in the fridge as well. When I want to eat a salad, I just put some of my clean greens into a bowl, spoon on the marinated salad, and eat – the dressing is built in! Try this sweet marinated salad on top of your next bowl of lettuce...

### Velma's Marinated Salad

Step 1:

Combine the vegetables in a large bowl:

- 2 cans French-cut green beans, drained
- 1 can white shoe peg corn, drained
- 1 can Le Sueur green peas, drained
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1 bell pepper, chopped (green, red, orange, or yellow)
- 1 2-ounce jar pimentos

Step 2:

Combine dressing ingredients and heat on the stove or in the microwave until sugar is dissolved:

- 3/4 cup sugar
- 2/3 cup white vinegar
- 1/3 cup salad oil (like olive oil or sunflower oil)
- 1 tsp. salt
- 1/4 tsp. pepper

Step 3: Pour dressing over the vegetables and mix well. Refrigerate at least 12 hours before serving.



# Spring Forward

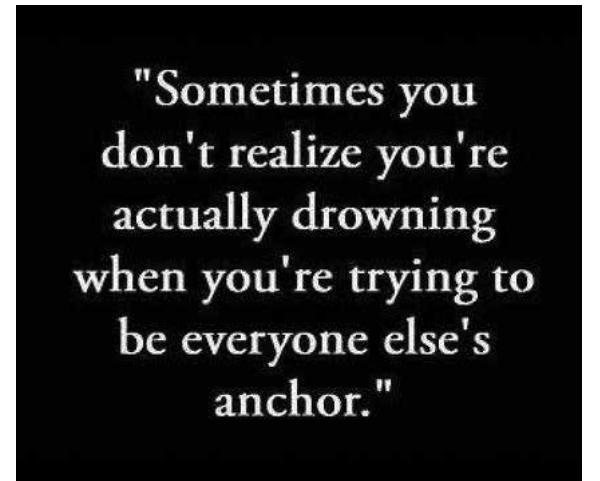
It's that wonderful time of the year when we lose an hour and gain an hour of glorious sunlight. Remember to set your clocks forward one hour at 2am on Sunday March 13th. This is also a great time to change the batteries in your smoke alarm and check all alarms for proper operation.



# Carteret Caregiver Support Group

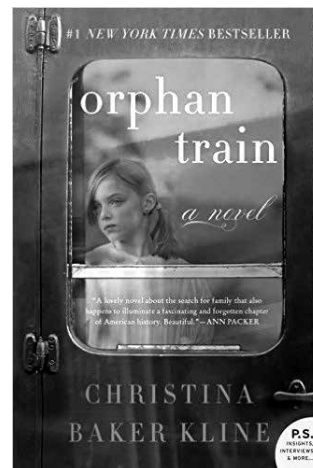
A new group, the Carteret Caregivers Support Group, has formed to help support caregivers. The meetings will consist of learning modules about some aspect of being a caregiver, discussion and resource sharing. They will be the first and third Thursday of each month. Join us on March 3rd and 17th from 2:00 PM to 3:00 PM at the Hospice House, at 100 Big Rock Weigh, Newport. All caregivers are welcome.

For information a contact person is James Webb, 252.571.8097.



# Brandywine Book Club Notes

By Melinda Brown



The Brandywine Book Club meet recently to discuss *The Perfect Son* by Barbara Claypole White. This book provided excellent discussion and we enjoyed a great time socializing and catching up with friends. Our March meeting will be Wednesday March 23rd. Our book discussion will be about *Orphan Train* by Christina Baker Kline. Please join us for future discussions. For more information please contact Melinda Brown at 252-247-1055. We'd love to have you.

# Jewishisms

By Susie Garland

Many Jewish jokes involve a Jew and a Christian, exploiting different interpretations of a shared environment. Often, it goes something like:

A man is walking along a street and sees a little tailor's shop named COHEN and O'REILLY.

He goes in and talks to the typical little Jewish tailor behind the counter, telling him how impressed he is that for once the Irish and the Jews, often at one another's throats, have come together like this.

The little Jewish man seems unmoved... "You sopprized by dis!?" he asks.


"Well, yes" the man replies, still oozing enthusiasm... "I mean...COHEN and O'REILLY working together in the same shop. I mean...It's different! It's heartwarming!"

"Vell," says the little Jewish tailor... "Here's annuder sopprize for you... I'm O'Reilly!"




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**ACROSS**

1. Accumulate
6. Astringent
10. Fur
14. Two-door car
15. Diminish
16. Arab chieftain
17. Significant
19. Type of cereal grass
20. High regard
21. Best seller
22. Anagram of "Ties"
23. Microwaved (slang)
25. Central points
26. Razz
30. Greek god of darkness
32. Thirstily
35. A despicable coward
39. Wind sock
40. Record player
41. Underwrote
43. Strong and proud
44. Voice box
46. Makes lace
47. Normal
50. Connection
53. Confined
54. Letter after sigma
55. Enthrall
60. 53 in Roman numerals
61. Apparent
63. Within
64. Bit of gossip
65. Descendant
66. Adolescent
67. Stringed instrument
68. Affirmatives

**DOWN**

1. Highest point
2. Cow sounds
3. Parental sister
4. Disgorge
5. Seminal fluid
6. Barley bristle
7. Soapsuds
8. Unassisted

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9. Defrost
10. Stubbornly unyielding
11. Gives forth
12. Allowed
13. Tall woody plants
18. Flightless bird
24. It unlocks doors
25. Zest
26. A Star Wars hero
27. Acquire deservedly
28. Prima donna problems
29. Ordinance
31. Headquarters
33. Not urban
34. Lascivious look
36. Operatic solo
37. Lease
38. Accomplishes
42. Family line
43. 70 in Roman numerals
45. Spay
47. Lit to a higher degree
48. A river through Paris
49. Come together
51. A large vase
52. Impudent
54. Hard work
56. Frailty
57. Nile bird
58. Blackthorn
59. Female chickens
62. An uncle

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2	7	4	1	3	8	9	6	5



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# Tinnitus ti-NIGHT-us or TINN-a-tus

(two different pronunciations, both of which are correct and interchangeable)

By Jackie Jaloszynski, Doctor of Audiology

A frustrating noise or ringing in the ears.

According to the Mayo Clinic, American Tinnitus Association and the U.S. Centers for Disease Control it is estimated that more than 15% or 50 million Americans experience some form of tinnitus, making it one of the most common health conditions in this country.

Tinnitus is a serious medical condition that can negatively affect a person's quality of life. It is characterized by the annoying sensation of hearing sound (ringing, whistling, hissing, buzzing, clicking roaring or pulsing) in one or both ears when no external sound is present. These noises may come and go, vary in loudness and pitch from a low roar to a high squeal and can interfere with your ability to concentrate or hear speech.

Tinnitus is most often a symptom of an underlying health condition such as: hearing loss (over 80% of people with tinnitus also have hearing loss), exposure to loud sounds, impacted ear wax, TMJ disorders, head or neck injuries, blood vessel disorders, or the side effect from certain medications.

It is believed that tinnitus results from damage to the inner ear hair cells. These tiny delicate hairs in your inner ear move in relation to the pressure of sound waves and these sound waves trigger a release of an electrical signal which travels from your ears to your brain. If the hairs inside your inner ear are bent or broken, they can "leak" random electrical impulses to your brain, causing tinnitus as well as hearing loss.

Due to the personal unique nature of each tinnitus condition, proper evaluation and specialized treatment is necessary. While there is presently no tinnitus cure, scientific research has proven that relief is possible through a combined management approach focusing on the most common cause of tinnitus, inner ear hair cell damage.

If you suffer from Tinnitus talk to your family doctor about a referral to an audiologist for a complete diagnostic battery of tests (normally covered by your health insurance) and to discuss the available treatment options.


**Sound Waves needs writers. If you like to write and have interesting ideas to share or can follow up on article ideas that fit into our current format we'd love to hear from you. Contact Barbara at editor. soundwaves@gmail.com. We'd love to add you to our wonderful staff. The pay is priceless.**



## March Sudoku

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7						8		

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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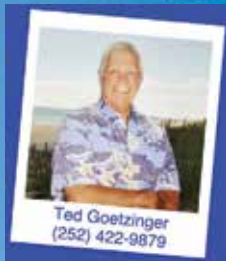
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 R L Y O K T Y N D W K K N X Y Q N D Q K N M Z L T P W

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

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 Hillcrest  
 Pine Valley  
 Oakmont  
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 Spruce  
 Holly  
 Oak  
 Rattan  
 Elm  
 Pine  
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