

## Meet Your Neighbor

### A Lifetime of Adventures, Challenges and Achievements Thanks to Girl Scouting.

By Muriel Thatcher



Muriel Thatcher, Co-Leader, Cuernavaca, Mexico, Pyramid of Teotihuacan.

Brandywine resident Dr. Muriel Thatcher, has been a lifelong Girl Scout. Beginning as a Brownie, in first grade in Maplewood, NJ she continues to be active in Scouts today. Her Scouting friends, from grades K-12, remain close (not geographically) and try to get together every other year.

Muriel's experiences throughout life have been incredibly varied. In Maplewood Girl Scouting as Senior Scouts, the troops camped monthly on Friday nights (not as many weekend conflicts then) at a local camp or in Stokes State Forest by the Appalachian Trail. During High School years, she attended both of the first two G.S. National Round-ups (Vermont and Michigan). As her family could not afford fees for Mariner Girl Scouts or GS Camp in NY State, she helped found a Panorama troop as a career exploration troop, participating as candy strippers or teacher aids.

Continuing as a leader in that troop during college, Muriel conducted 100 mile bicycle trips (5 day) in Pennsylvania Dutch country, Williamsburg, Cape Cod, Nantucket. Travelling by train or car to a destination, the 10-15 girls stayed in youth hostels, cooked their food, visited local and exploring all tourist sites. And, Muriel began chaperoning Mariner Scout Troop sailing trips on the 48 foot schooner, the Starlight, and enjoyed the sea for years. Five years ago, through a Maplewood Mariner Scout colleague who works at the Long Beach Maritime Museum in California, Muriel, and four of her HS Mariner friends, sailed to Catalina Island on one of two replicas of the Yankee Clipper Ship inaugural events.

Throughout her college years, Muriel also was the leader of a Brownie, then a Junior troop, and at age 19 received the Thanks Badge, the highest adult honor bestowed by GSUSA. All of the Scouting experiences helped mold Muriel's adventuresome spirit, accepting challenges, striving to "help other people at all times ... and do my best" prepared Muriel to have the "joie de vie" she has enjoyed throughout her lifetime. Summers were spent working as a counselor or assistant director at a church camp during College and after, while teaching Junior High math. She also showed her spirit as youth group advisor in her church during college and while teaching. The group was fortunate to go on ski trips in PA, retreats, traveled into NYC for mission work, and even met at the minister's home to watch the first Beatles' performance on the Ed Sullivan show.

Urged by her mentor, Scout advisor and lifelong friend, Muriel applied to be an adult volunteer for International events, and recalls a rainy Saturday spent complet-



## 80th Birthday Celebrations

By Susie Garland

On February 17th, 25 party goers—members of the LGA, friends and family—paid tribute to three lovely ladies on their 80th birthdays: Pudgy Groben, Sue Verdon, and Barbara Young. The festivities were held at Circa 81 in Morehead City where all the food was simply delicious, served with a variety of meat and fish, and a special birthday dessert for the honorees. Barbara's daughter, Tracy, and Sue's daughter, Ginger, also attended on this very special occasion.

*Hallelujah for the most wonderful time.  
For a birthday party that was truly sublime*

*A celebration held especially for you  
Thanks to Bernie and Myra who knew just what to do.*

*As we celebrated and rejoiced on this day  
And remembered you in the fondest way  
With humorous cards passed around to view*

*Made especially for Pudgy, Barbara, and Sue*

## New Sound Waves Editor Needed

With my move out of Brandywine a new editor needs to be found among the talented and caring residents of Brandywine. Here's a brief description of the fun you'll have.

- Keep your ear to the ground and find interesting people and events to feature.
- Be the central person to gather all the monthly articles written by other people and get them to the News-Times for layout.
- Work with associate editor to check layout for errors.
- Hold a monthly editorial meeting to make the next issue interesting and relevant to the season.
- Write any articles you have an interest in sharing.

If your gifts and talents tend toward writing and editing this is your call to service. Please contact me by email at [editor.soundwaves@gmail.com](mailto:editor.soundwaves@gmail.com) or at 252-241-1152 for questions or an interview.

continued on page 2.



## Meet Your Neighbor...continued from page 1.

ting the application form. At that time, she had been a math teacher (her passion) for 3 years, in Junior High School at Scotch Plains-Fanwood, NJ.

That application opened her life to incredible opportunities, and the ripples were many, for years to follow. In the first ever, GSUSA conducted, Juliette Low session, held at the 2nd WAGGS (World Association of Girl Guides and Girl Scouts) World Center "Our Cabana" in Cuernavaca, Mexico, Muriel was asked to be the co-leader, at age 25. The GS conference included 22 girls from nine different countries who bonded incredibly while in Mexico together for one month.

The theme of the JLS conference was service, reflecting the thoughts of Dr. Albert Schweitzer, "Open your eyes and look for some man, or some work for the sake of men, which needs a little time, a little friendliness, a little sympathy, a little toil. See if there is not some place where you may invest your humanity." The conference followed the mission of (WAGGS): "To enable girls and young women to develop their fullest potential as responsible citizens of the world." Time flew as hours were spent sharing experiences and feelings, performing service with an orphanage and a Girls' Home for Troubled or Abandoned teens. The Girl Guide and Girl Scout participants came from great ranges of income and every continent except Australia! It was the most rewarding, inspiring and life-changing event imaginable, for all participants!! The goal, set by WAGGS, was to embrace the entire concept of what a "small world" we live in, by exploring the importance of building friendships and understanding on a personal level, around the globe.

Remarkably, fifty years later, in 2015, thirteen of the original 24 participants, joined together in an amazingly powerful reunion, which reflected on the impact of that experience on their

lives, and the leadership roles they had experienced in their home countries following their original Juliette Low Session, at that very same WAGGS center, Our Cabana, in Mexico. Others were unable to attend because of political restrictions, or lack of medical coverage. So, in September 2017 the majority will re-unite in London, at the WAGGS Pax Lodge (the 3rd world center) for one week. As co-leader, Mu-

riuel cites that the experiences she had at the very first Juliette Low Session set a tone for her lifetime' of service to others, and promoting international friendships and understanding through associations international students throughout her lifetime.

Five years after that experience, Muriel was invited to be one of the first two white women volunteers to travel throughout Micronesia where they conducted five day workshops for women, on six islands in the Pacific. The sessions included leadership, child guidance, nutrition, and First Aid through Girl Scouting. The women spoke only their native island languages, and traveled from surrounding out-islands, often by outrigger canoes, to attend the workshops. The languages seemed to have nothing in common, and perhaps one or two of the participants might have been to Hawaii for a few months and learned some English!! So, charades, demonstrations had to be the communication mode.

Finally, five years later, Muriel was hired by GSUSA to be the author of three Girl Scout Badges: Math Whiz, Computer Fun, and Miss Fix-It, used by GS throughout the world. In addition, Mrs. Thatcher was cited in Who's Who in American women in Girl Scouting.

Personally, Ms. Thatcher continued her adventuresome lifestyle, travelling, skiing, heli-hiking in the Canadian Rockies, while she continued teaching math and pursued



2015 GS Juliette Low 50 year Reunion; ( 13 of 22 participants from 6 of 9 original countries

Masters and Doctorate degrees over an extended time. Muriel married Dr. Glenn Thatcher, college professor and Department chair at Keane University, NJ. At 35, she had an instant family of two children, daughter Laura, 11, and son, Scott, 8. As a family, they continued the adventures, travelling, skiing in Vermont and survival camping (Wilderness Family style) in Canada for 17 summers. Muriel and Glenn lead 10-day Wilderness Survival Courses for the college for 12 summers. Over many years they hosted students from Scotland, Kenya, Nigeria, Argentina (twice), Canada, and recently, France and the Basque country in Spain. Muriel also hosted two Burmese refugee sisters whose family was granted religious and political freedom by the U.S. State Dept. and sponsored by First Presbyterian Church of MHC.

Life has been an incredibly rewarding, dynamic and exciting one. Muriel is upbeat, enthusiastic, and energetic, and most of all a faithful believer and active in her church life. She feels very blessed as a result of her family, Girl Scouting and church, which opened her life to many opportunities and beliefs.

## Coastline A Division of Carteret Heating and Cooling

### Business Spotlight



I always love to spotlight businesses in our community who not only provide top-notch service to their clients, but who are generous in donating time and money to area non-profits. Coastline, a division of Carteret Heating and Cooling fits this profile.

Founded in 1991 by John and Janel White, this company provides thorough and professional care for each client. They designed and installed my unique 4 zone system just 2 years ago and we have been very pleased with their work and service. Their goal is quality at an affordable price and they certainly do deliver on this promise.

While heating and cooling are in the business name, this business is very diverse in the products and services they offer. They handle both residential and commercial needs. Here are some of the many good reasons to give them a call:

- HVAC Design and Installation: Coastline installs Carrier, Trane, Westinghouse and geothermal GeoPro products.
- Repairs: Whatever system you have in your home or business, Coastline can provide you with professional repairs.
- Preventive Maintenance: Before you have a problem, consider a preventive maintenance plan that will keep your system in top condition and identify issues before you



# Coastline

are faced with a loss of valuable time or comfort due to a malfunction. Coastline has a variety of plans with one that is perfect for your system.

- **Sheet Metal Fabrication:** From new duct systems to a unique sheet metal requirement, the designers at Coastline can design the perfect solution.
- **Duct Cleaning:** In our moist coastal environment, duct work can become filled with dust, mold and mildew and dryer vents can easily get clogged causing a fire hazard. Arrange for regular duct cleaning to keep your home healthy and safe.
- **Crawlspace Treatment:** Our coastal land practically floats on ground water that is just inches from the surface. Crawl spaces can easily fill with moisture in this climate. Protect your crawl space with a moisture barrier and have a professional evaluation of conditions to determine if a dehumidifier will protect your home from moisture deterioration.
- **Generator:** Storms hit our coastal area regularly from nor'easters to hurricanes and tornados. Power outages are frequent occurrences. A Generac generator can ensure uninterrupted electric service to your home when power fails.

With so many great services, we all can find reasons to call on Coastline for our homes and businesses. Here are some 2 helpful tips from Coastline as spring approaches. When you pay your power bill, change your air filters and have your system inspected in spring and fall before times of heavy usage in summer and winter. I personally like to do business with companies that use their time, talents and finances to give back to the community. Coastline has a strong reputation for community service. They support youth baseball, are active in local Boy Scout units, are Chamber members, volunteer for Habitat for Humanity, are members of several Rotary Clubs and the Crystal Coast Optimist Club, support the EMS and help Croatan and Swansboro High Schools. Part of every dollar you spend with Coastline is returned to the community.

If you would like to get a quote or more information about their services, contact Coastline, a division of Carteret Heating and Cooling at 252-247-5900 or visit them online at [carteretheatingandcooling.com](http://carteretheatingandcooling.com)

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# Investing for Major Financial Goals

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

Go out into your yard and dig a big hole. Every month, throw \$50 into it, but don't take any money out until you're ready to buy a house, send your child to college, or retire. It sounds a little crazy, doesn't it? But that's what investing without setting clear-cut goals is like. If you're lucky, you may end up with enough money to meet your needs, but you have no way to know for sure.

## How do you set goals?

The first step in investing is defining your dreams for the future. If you are married, spend some time together discussing your joint and individual goals. It's best to be as specific as possible. For instance, you may know you want to retire, but when? If you are already retired, what would you like to do in retirement this year or next year or in the next 5 years? What family trips and vacations would you like to take, when, and how much will they cost? If you want to send your child or grandchild to college, does that mean an Ivy League school or the community college down the street? When will you need to buy another vehicle? Where do you plan on living 10 years from now?

You'll end up with a list of goals. Some of these goals will be long term (you have more than 15 years to plan), some will be short term (5 years or less to plan), and some will be intermediate (between 5 and 15 years to plan). You can then decide how much money you'll need to accumulate and which investments can best help you meet your goals. Remember that there can be no guarantee that any investment strategy will be successful and that all investing involves risk, including the possible loss of principal.

## Retirement

Here are some points to keep in mind when planning a retirement saving and investing strategy:

The more you do now, the more ability you have to let time do some of the work of making your money grow.

Plan for a long life. Average life expectancies in this country have been increasing for many years, and many people live even longer than those averages. Think about how much time you have until retirement, then invest accordingly. For instance, if retirement is a long way off and you can handle some risk, you might choose to put a larger percentage of your money in stock (equity) investments that, though more volatile, offer a higher potential for long-term return than do more conservative investments. Conversely, if you're nearing retirement or in retirement, a greater portion of your nest egg might be devoted to investments focused on income and preservation of your capital.

Consider how inflation will affect your retirement savings. When determining how much you'll need to save for retirement, don't forget that the higher the cost of living, the lower your real rate of return on your investment dollars.

## Facing the truth about college savings

With college costs typically rising faster than the rate of inflation, getting an early start and understanding how to use tax advantages and investment strategy to make the most of your savings can make an enormous difference in reducing or eliminating any post-graduation debt burden. The more time you have before you need the money, the more you're able to take advantage of compounding to build a substantial college fund. With a longer investment time frame and a tolerance for some risk, you might also be willing to put some of your money into investments that offer the potential for growth.

## Investing for something big

If you are like most, you probably have some large purchases on your list of goals. It may be a family trip, second home, new vehicle, college expenses, or something else. Although they're hardly impulse items, large purchases often have a shorter time frame than other financial goals; one to five years is common. Whether looking at something slated for this year or ten years from now, the time to begin planning is now. Budget your investment and savings dollars wisely, and be intentional about your financial future in order to realize your goals. Lastly, don't hesitate to seek help. A financial advisor can sit down with you to assist in the process, offer advice, and make sure that action is taken.

*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 Adviser. He can be reached at 252-515-7800 or at [greg@myatlanticwealth.com](mailto:greg@myatlanticwealth.com).

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# Have Fun Supporting Your Community

## 26th Annual Emerald Isle St. Patrick's Festival

By Barbara Johnson



Enjoy the 26th annual St Patrick's Day Festival sponsored by Transportation Impact with fun for the whole family on Saturday, March 11 from 9:00am to 6pm at the Emerald Plantation Shopping Center, 8700 Emerald Drive, Emerald Isle.

This year's festival will feature over 75 arts and crafts vendors, food vendors, clowns and static displays along with amusement rides, a climbing wall, face painters, and many other fun, family-oriented activities. As always, the festival will feature delicious foods such as corned beef and cabbage, shrimp burgers, hamburgers and hot dogs, Mediterranean cuisine, BBQ, funnel cakes, fried peanuts, cotton candy and much, much more. Festival goers can also enjoy a beer garden. Please remember that pets are not allowed at the festival site and no strollers can enter the beer garden.

The Little Ms. & Mr. Leprechaun Contest will take place on the main stage at 10am. The contest is for boys and girls ages 2-3 and 4-5 with each participant being judged on the originality and creativity of their costume and overall stage presentation. Contest organizers require pre-registration by 12pm on Friday, March 10th and ask that participants be under the main stage's tent by 9:30am on the day of the event. Please contact (252) 354-6350 to register. Visit [www.emeraldisle-nc.org](http://www.emeraldisle-nc.org) for more information.

## Denim and Diamonds Supporting the Boys and Girls Clubs of Coastal Carolina

Join in the fun on Saturday, March 11, 2017 at the Crystal Coast Civic Center from 7:00-11:00pm. An evening of fantastic food from over 13 local restaurants, an open bar, auction, raffle and music by the Band of Oz! Put on your favorite denim and diamonds and enjoy a night out with friends, customers and family while helping the Boys & Girls Clubs of Beaufort, Morehead City, Havelock, and New Bern. It is a fun, relaxed evening and atmosphere. Tickets are \$75 per person at [www.bgccc.net/denim-diamonds/](http://www.bgccc.net/denim-diamonds/)



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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](mailto:editor.soundwaves@gmail.com)



# Pet Corner



## Pet Docs Laboratory Tests & Your Pet

Pets can't say how they're feeling—it's usually how they look or act that tells you something is wrong. As pet-owners, we play a key role in helping our pets combat illness and stay healthy. Awareness of the warning signs and regular preventive health screens, including a physical exam and blood work, are the best ways to ensure that our pets live long, healthy and happy lives.

When is blood work necessary?

- Sick and emergency situations. Blood work provides a valuable picture of your pet's health and is often the first step when pets are brought to a veterinarian because they are sick or in an emergency situation. It helps your veterinarian make immediate decisions, so they can act quickly to help your pet.
- Preanesthetic testing. Blood work is routinely done prior to your pet's surgery, dentistry or other procedures that require anesthesia. It lets your veterinarian know if anesthesia is safe for your pet and allows them to make adjustments if they see anything abnormal. These tests are often performed the same day as anesthesia is scheduled.
- Preventive care screening. Because the signs that your pet is sick are not always obvious, preventive care testing is often recommended as part of your pet's annual exam. Preventive care screening can uncover disease before it's too late, and also helps avoid significant medical expenses and risks to your pet's health.
- Medication monitoring. Some medications have side effects. Periodic laboratory tests while your pet is being treated can find these problems early and allow your veterinarian to make necessary changes. With other medications, blood tests are needed to ensure that the dosage is appropriate.

What tests might my veterinarian run?

There are tests that are routinely performed when blood work is recommended. They include:

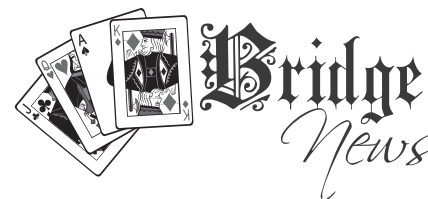
1. A complete blood count (CBC) tells you if your pet has an infection, if inflammation is present or if your pet is anemic.
  - Red Blood Cells: Red blood cells (RBCs) are the most numerous and longest-living of the different types of blood cells; they typically make up almost half of the blood's volume. RBCs contain a special protein called hemoglobin (HGB) that binds to the oxygen in the lungs and enables the RBCs to transport oxygen as it travels through the rest of the body.
  - White blood cells: White blood cells are primarily responsible for fighting infections. There are five different types of white blood cells and each one performs specific functions to keep the body healthy.
  - Platelets: Platelets play a critical role in preventing bleeding.
2. A complete blood chemistry panel including electrolytes provides information about your pet's liver (processes the blood by removing both bacteria and toxins as well as further breaking down many of the complex nutrients absorbed during the digestion of food into much smaller components for use by the rest of the body), kidneys (responsible for filtering metabolic waste products, excess sodium and water from the blood stream, which are then transferred to the bladder for excretion) and pancreas; as well as other key indicators, such as blood sugar and electrolytes.

3. A urinalysis identifies an infection or inflammation in the urinary tract. Although not a blood test, it is essential for a comprehensive evaluation of kidney function. A urinalysis includes physical, chemical and microscopic evaluation of urine.

4. A thyroid function test detects whether or not your pet's thyroid gland is functioning properly. The hormone produced by the thyroid gland, is essential for growth and metabolism. As your pet ages, thyroid function can become abnormal and cause signs of illness.

When can I expect results?

Many of the tests routinely recommended can be performed in-clinic, providing results quickly and allowing for immediate treatment of your pet. In-clinic blood testing also lets you be more involved in your pet's care, since you can discuss test results with your veterinarian while you're still at the clinic. Normal results can rule out certain diseases immediately, so you can worry less. If results are abnormal, your veterinarian can make fast decisions about next steps, including treatment and additional tests.



By Jo Mullis

The Brandywine Bridge Club met Feb 8th at the K Club. There were 5 tables playing. Winners were 1st place Betty Yankey, 2nd place J.J. Johnson, and 3rd place Rosie Angel. The hostesses decorated with a valentine theme and a special strawberry desert was served.

New members are always welcome. For more information call Pat Barber at 240-1713 or Dolly DiMarco at 240-3547. Come join the fun.

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# Restaurant Review

## Dinner at La Ceiva

By Monica Sellars



Winter is wrapping, up folks! Why not prepare for entertaining your summer visitors by trying out the restaurants in Atlantic Beach? When they arrive, you'll already know which restaurants are your favorites! When you are making your list, be sure to add La Ceiva Seafood and Mexican Restaurant.

The atmosphere inside La Ceiva is cozy, comfortable, and family friendly. When you enter, the bar is up one step on your right, and the main dining area is straight ahead. You can enjoy your drinks and meals at the bar, at a bar table, or at one of the tables or booths in the main dining area. La Ceiva also has an outdoor patio in the front, which will be great for sipping cool drinks and snacking on appetizers when the weather warms up.

We arrived around 7:30 on a Friday night. Several tables were wrapping up their dinners, so it seemed we had missed the big dinner rush. We decided to sit at the bar, where there were a few other customers eating, drinking, and chatting. There was pleasant music playing in the background, and the atmosphere was relaxed and welcoming. The staff members were attentive and genuinely friendly. We never felt rushed; we felt comfortable taking our time with our drinks and savoring our meal. The menu at La Ceiva includes a nice variety of appetizers, seafood, salads, traditional Mexican dishes, and daily specials...a little bit of everything, but not an overwhelming number of choices. They also serve mixed drinks, wine, and beer. While we were perusing the menu, we munched on a basket of crisp tortilla chips and delicious salsa. I ordered a big ol' margarita on the rocks – it came in a sturdy glass mug with a handle, just the way I like it! My dining companion selected a frosty bottle of beer. For dinner, I ordered the Choripollo, which is grilled chicken with crumbled chorizo on top and rice on the side. My dining companion had a Sincronizada, a Mexican-style sandwich with chicken, cheese, and jalapenos, also served with rice. Our meals were served quickly, they tasted fresh, and they were delicious. We enjoyed every bite!

I did consult some Yelp reviews before heading to La Ceiva -- all of them were very complimentary, so I had much confidence going into the evening. From reading Yelp, I also learned that the portion sizes are large at La Ceiva, so when I ordered, I asked for my dish without beans and tortillas. This special request was no problem, and my dish came out exactly as requested. It was still plenty of food, for sure! La Ceiva Seafood and Mexican Restaurant is located at 1010 West Fort Macon Road in Atlantic Beach. It's in the same shopping plaza as the Food Lion, located between the Food Lion and the Dollar Tree. They are open 11AM-10PM daily. The dining area could accommodate a large group, but it would be best to call ahead because they would need to push some tables together.

For other Atlantic Beach restaurant ideas and information, visit [atlanticbeach-nc.com/eat](http://atlanticbeach-nc.com/eat).

The bottom line: We give La Ceiva Seafood and Mexican Restaurant two thumbs up! Check it out!



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# Teen Scene

## History in the Making

By Amber Sermarini and James Vettichira



North Carolina Veteran, James Hendrix, at Inauguration. (Left to right: Amber Sermarini, James Vettichira, James Hendrix, Prestin Skiba)

The 45th presidential inauguration was one of the most memorable experiences for us and the country. While the campaign was brutal and often times scandalous, the unity our country had had those hours was truly great. As members of a Youth and Government, we were able to tour the capitol, historic buildings, and interview a motley group of people. Our three day trip was quite an exciting experience for all of us.

We all felt a bit nervous heading up to the capital, anxious to see the inauguration of a vicious election cycle. We toured much of the Capitol including the Russell building and the Washington Monument. We all saw Trump in person for the first time when he gave his address at the Welcome Celebration. We also saw Toby Keith in concert, which we enjoyed. In the Russell building we met our senator, Thom Tillis who was gracious enough to give us prime tickets even especially since he only had 400 to hand out and a waiting list of over 2500. Senator Tillis advised and encouraged all of us to do what you are most passionate about, including his own personal memories such as being class president his senior year and meeting his conservative future wife. We were also met with Daniel Keylin, the Communications Director for Thom Tillis, who expressed an extreme amount of enthusiasm for Trump. "He uses social media to get his point across which is very interesting for me as a comms director" Keylin remarked. Keylin also expressed he was excited for "things to get done with a Trump presidency". During Trump's address there was chaos with all the people, protesters, supporters, and just neutral Americans who wanted to see history being made.

On the day of the inauguration we woke up early and traveled by the D.C Metro system to get to the National Mall and secure a comfortable spot for the inauguration. Security was tight and the lines were long, but eventually we made it inside the gates. The atmosphere was tense with supporters and protesters in the midst of all of us. While we were waiting, we decided to interview several of the people who were also attending the inauguration. Many including Gadwyn Bridges, from Auburn, Alabama, said that he was "excited for change", ready to "drain the swamp," and to get America "back to work." However, a few expressed regret and negativity. Some women, whose names they wished to keep private, told us they "feared a Trump presidency" and that "Trump will have no positives". A North Carolina veteran, James Hendrix, believes Trump will "turn around and work on veteran affairs and support our law enforcement." We were even able to interview another school group from Austin, Texas who were "excited for the experience of attending an inauguration" and not exactly interested in politics. However, with all of the reactions we experienced it was clear that the majority were hopeful for positive change in the country.

The actual experience of being at the inauguration was extremely awe inspiring. Attending the inauguration changes your entire perspective rather than seeing it on the TV. We were able to see more of the audience's reaction. To be able to see thousands of people in the iconic red MAGA hats cheering and others booing for President Trump was quite the scene. Hundreds of thousands of voices rang out "we want Trump!" and "U.S.A!" constantly and when the time came for Trump's swearing in the noise erupting from the crowd was deafening. It felt unreal that we were able to attend such a historical event. While there was disrespect, especially when the House Democratic minority leader Chuck Schumer spoke, there was a sense of unity that all of us felt when Donald J. Trump finally took the oath of office; something that we all had been anticipating since Trump had won the 2016 election on Nov 8th.

Our original plan on Saturday was to travel into D.C. and visit the Holocaust Museum, but we should have been alerted by the the large amounts of pink hats at the breakfast buffet. When we arrived at the metro station there was a very long line of women's march protesters as far as the eye could see, eager to get to the capital and we realized it would take hours to get in the city. Thankfully we were able to make other plans, namely visiting Old Town Alexandria, the waterfront and an art museum. Saturday evening we were fortunate to be able to attend the North Carolina Society of Washington D.C. Inaugural Ball. This was an incredible experience where all the Youth And Government members were able to talk to congressional members, donors to the presidential campaign, and establish relationships that intrigued many of us on the complexities of the American political atmosphere. We also had a great time dancing on the dance floor with N.C congressional members. On the metro trip back to the hotel we encountered a man who was very threatening to our group, calling us "a bunch of racist Trump supporters" and for us to "go back to the suburbs". This experience was very harrowing for some us, though we all understood this was a part of the city life.

Finally, on Sunday the group headed back to North Carolina. All of us woke up early in order to pack all of our laundry, extra goodies, and mementos we picked up along the 3 day trip. In fact, it was the first day everyone actually showed up on time to leave for our destination. The trip back was bittersweet as while many members were reluctant to leave while they were having so much fun, we were all very glad to return to our little old home of Carteret County.

The memories that all of Youth And Government's members collected along the way was definitely worth the trip. The amount of political persuasion from both the right (with Trump supporters at the Inauguration and political pundits at the ball) and the left (with protesters at the inauguration and participants of the women's march) was a great experience for many of YAG's impressionable members. This experience changed our perspective of government, showing us that the government was really for the people and by the people. All in all this was a great experience for all of us, and we were very lucky to be able to go for this great event!



Gadwyn Bridges from Auburn, Alabama at the Inauguration.



Communications Director, Daniel Keylin, at Russell building



# Share a Month with an Exchange Student from France or Spain

By Muriel Thatcher

It is truly a “small world,” and you can be an ambassador of the best kind, for international friendship and understanding. Open your heart and home to host a great teen from France or Spain for 4 weeks during June or July through the Terre des Langues/Terra Lingua (TLTL) program. Please consider this wonderful opportunity for your children, family, and the students who are anxiously waiting to hear from a host family!! Hosting families can have children of any age, no children, or be grandparents. The international students apply for acceptance in France or Spain during the winter, and then they wait eagerly for placement in host homes, and the welcoming reputation of coastal NC is widespread. An ECU professor, Frederic Fladenmuller, places students throughout Eastern NC. The prerequisites for hosting include enjoying enthusiastic, responsible, academic and responsible teens, as well as appreciating the importance of individual international friendships, which are nurtured with open hearts and minds. Students are eager to live with an American family, to experience our lifestyles, to improve both their English spoken language fluency, and international understanding on a one-to-one basis. The French students from Lyon receive their own HS credits for the experience. French and Spanish students may enjoy a variety of activities such as sports: ranging from fencing, swimming, golfing, horseback riding, hiking and camping, to sailing; dance, guitar or other instruments; reading, art, singing, videos and music, and so on!!! There’s sure to be a fit for someone you know!! Potential host families can review the students’ individual summaries to determine a good blend. The goal is to match an applicant individually (according to age, interests and activities) with the family and his/her full profile will be provided. The family is then encouraged to contact the student by email or Facebook prior to their trip, to introduce themselves, and welcome the student to the USA.

In some instances, hosting might be for two weeks, shared with another host family, in case there is an unavoidable schedule conflict. If a host family’s child is attending a camp or a church mission trip, the student might be able to attend as well. Hosts and the exchange student’s parents (through the professor) make the connections for fees and registration. Such an opportunity is a very meaningful experience for all, including the hosting camp or church. Also, some NC students’ families may not be able to host, but the student acts as a co-host with the actual host family. In 2016, we had four very successful host families with young children, 2-3+ yr. olds, up to 10 or 11- and no teens!! They just go along with daily family plans, visit workplaces, or join in neighborhood or church activities.

Special opportunities might arise for families to share, such as a picnic at Fort Macon for all host families and students in Carteret and Craven County. Stuart May at the Aquarium has hosted one individual French student who shadowed an intern. Stuart also conducted a special “behind the scenes” tour of the Aquarium at Pine Knoll Shores, ranked in the top 25 aquariums in the nation. The students, and families, were overwhelmingly appreciative of the special opportunity.

Local businesses might offer to day-host one or more students. For example, in 2015, at Southern Air Airport, Beaufort, three students from France were extremely excited to have a tour of the Southern Air Aviation facilities by Dave Walczak in Beaufort. Through Ryan Segrave, former owner of Segrave Aviation, they experienced a flight over Carteret County from Cape Lookout to West Carteret High School. Following that excitement, they visited Food Lion for Krispy Kreme, and then visited Purvis Chapel in Beaufort, where they were greeted by the congregation with welcoming gospel music. The entire experience fostered their love of flying (as a career) and found them discussing all of the aviation career options ahead for them.

Please open your heart and your home to an unforgettable experience for your family as you join hands around the globe! Have an experience of a lifetime, for your family and for the international exchange student!! They want to absorb our American family life and culture in a personal way and it’s fun for all! Please call immediately! Time grows short too quickly and the kids are eager to hear they have an American family placement ASAP!!



## Summer of 2017

**French students visit:**

June 13-July 14

July 14-August 3

**Spanish students visit:**

June 22 to July 23

For more information about TLTL and an application, please contact, without delay:

- Local Representative, Muriel Thatcher at 252-422-1803 or [murielthatcher@gmail.com](mailto:murielthatcher@gmail.com)
- ECU coordinator for Terre des Langues/Terra Lingua, Professor Frederic Fladenmuller at 252-754-2136 or [FladenmullerF@ecu.edu](mailto:FladenmullerF@ecu.edu)

Visit the TLTL website: [www.tlthost.com](http://www.tlthost.com)



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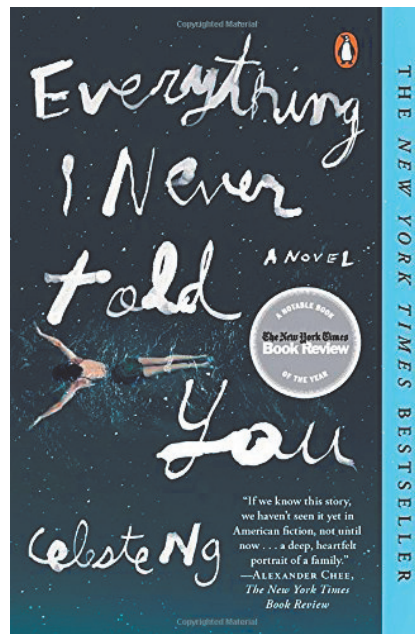
# Brandywine Book Club Notes

By Melinda Brown

At our recent Book Club meeting, we discussed the book, *Brain on Fire* by Susannah Cahalan. It is a memoir about the author's experiences recovering from a very rare brain inflammation and her family's struggles to save her. Although it is difficult to understand her experiences, we all felt the book was intriguing.

Our next book selection is *Everything I Never Told You* by Celeste Ng. It should also produce some wonderful discussion about family dynamics and the secrets sometimes kept even from those closest to us. Come and add your voice to our discussion!

Our next meeting is on March 14 at 7 p.m. New members are always welcome! Contact Melinda Brown at 247-1055 for further information.



## Morehead City Beer & Wine Festival

The Morehead City Noon Rotary Club's annual Morehead Beer and Wine Fest is a great way to support a wide variety of local charities and enjoy an evening of locally brewed beers and a diverse sampling of wines. Eight breweries will be on hand this year featuring 16 of their best brews. Join us on April 1 at the Carteret County Civic Center from 7:30 to 11pm.

Entertainment for the night is local favorite band Spare Change. From rock, funk, pop, country, rap, beach and classic rock, this band has a reputation for pleasing everyone on the dance floor.

All funds from this event are used to support local charities through a generous grant program. Past grants have benefitted Hope Mission, Salvation Army, WCHS and CCC student scholarships, Broad Street Clinic, Boy Scouts of America, Project Healing Waters, Carteret Literacy Council,

Get your tickets for just \$40 from Brandywine residents and Noon Rotary members Dan McMahan, Rich Truax, Bill Hayes, Preston Garner, Barbara Johnson or online at [www.moreheadbeerfest.com](http://www.moreheadbeerfest.com)

## Jambalaya in March

By Jane Edwards

St. Andrews Episcopal Church women are having a jambalaya luncheon on March 10th from 11:30 am to 1:30 pm in the parish hall of the church. It promises to be delicious as well as fun.

Come and bring your friends! You can call St Andrews Church at 252-727-9093 for more information.

# Regenerative Medicine Offers Hope and Healing

By Barbara Johnson

One month your neighbor hobbles to the mailbox each day and can barely make it back to her house with her stiff, painful, bone-on-bone knees. Two months later she is confidently striding to that same mailbox and jumps in her car for a day of errands around town. What happened?

New knees without surgery? Yes, it is possible and it is available right here in Morehead City. Just ask Brandywine resident Jean "JJ" Johnson who had a procedure done last summer. JJ was bone-on-bone in one knee and was severely limited in her life. She was waiting for knee replacement when a friend told her about stem cell or regenerative medicine treatment. She followed up with her own doctor who confirmed the treatment and its availability locally. Within weeks she had an appointment for the procedure.

JJ relays what happened, "The first step was having a test tube of blood removed from my arm just like a standard physical. Next the doctor performed a mini liposuction on my abdomen, removing a small amount of body fat. These fat cells contain adult stem cells and they were combined with my blood in a special process and after the administration of a local numbing agent, injected into my knee where the cartilage was gone. I walked out of the office with no walker and no cane. Initially I had some pain but it was no more than I experienced with my bad knee. Within a week I was walking normally and after 3 months all my pain was gone. " JJ is enthusiastic about the results of her procedure. "It totally gave me back my life. One year later I feel great and have a busy life. It is a lifetime miracle and worth every penny."

JJ cautions that this procedure is not for everyone. It is not covered by insurance, Medicaid or Medicare and requires self-pay. Anyone having the procedure must be in good general health as reported by their primary physician. Afterwards, a patient has some limitations; they cannot do deep knee bends or kneel on their knees. Getting up off the floor may be difficult or impossible.

Regenerative medicine is used by physicians around the world. It helps the body renew itself by using blood plasma and adult stem cells from your own body. Far less invasive than standard surgery, it involves much less risk and recovery time is far shorter. Using a mini laparoscopy, fat cells are removed from the abdomen or thighs and the blood plasma and stem cells are injected into the site where damage has occurred and repair is necessary. Within weeks the treated area is regenerated and can be like new. "Lead" cells determine what kind of cells the stem cells will grow into. If they are injected in cartilage they become cartilage, if they are injected in ligaments they become ligaments. It is amazing what they can do.

If you suffer pain from joints, bursa, tendons or ligaments, you may want to investigate regenerative medicine. Pain in the knee, hip, shoulder, elbow, ankle, heel or foot can be treated using the body's own amazing capacity to heal itself. A Google search provides a wealth of information.

This writer has no medical background and has no personal experience with this new medical technology, but I do know several people who have undergone successful treatment and I felt the need to share this news so that readers can investigate this on their own.



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# Community Focus

## Girl Scouting USA- There's a lot more to it than cookies!

Girl Scout cookie time is extremely popular – for the customers and the girls! Behind the smiles and happy faces of girls in uniforms are girls who are learning to manage money and how to speak to people. Did you know that the first GS cookies were shortbread and thin mints, and were sold to neighbors for 25 cents a box? Cookies are what



people see, and they are delicious, unique cookie recipes baked just for Girl Scouting. Looking beyond cookies, there is a world of unseen, incredible life experiences!

For more than 100 years, Girl Scout and Girl Guide programs, internationally, have offered girls opportunities to learn how to be good citizens and to live by the Girl Scout Laws and Promise. Scouting provides opportunities to grow in knowledge and experience, through badges and higher awards earned by exploring new topics and, by building healthy friendships. Girl Scouts are offered a wholesome life style of honesty, trust, kindness, responsibility and trying to do your best at all times. Friendships are bonded for a lifetime, and memories are treasured as they grow into young adults.

On the national level, Girl Scouts USA says, our proven “approach by GS USA gives girls the opportunities to unleash their inner G.I.R.L. (Go-getter, Innovator, Risk-Taker, Leader)™, prepare for a lifetime of leadership, and change the world.



(above) "Dog with Fish"  
(left) "Turtle"

## The Arts Council of Carteret County

By Susie Garland

More than three decades of service to the arts and the audiences who support them, the ACCC is a nonprofit organization whose mission is to encourage and support the development, promotion, and expansion of the arts in Carteret County. They are responsible for managing and sub-granting Grassroots Arts Program funds for local arts programming. Through this program, local nonprofit art associations obtain funding to bring the arts to the county.

The Art from the Heart 2017 will have its annual show and sale of original artwork from February 17 to March 4, and is open to artists 18 years or older who reside in Carteret, Craven, Onslow, and Pamlico counties.

Recognition is given to Brandywine resident, Diane Mantho, a talented artist who has been painting for many years. I am fortunate enough to have one of her portraits hanging on the wall in my living room that was painted from a picture of my beloved Golden Retriever, who went to the big doghouse in the sky several years ago. Diane did her magic and created a wonderful remembrance of Tucker and one that I will always treasure. Here are two of Diane's paintings from this year's show.

## Live Oak Lumber Becomes Art

By Monica Sellars

The Celebration of the Live Oak 2017 is an exhibition and competition sponsored by Carteret Health Care (CHC). It will feature works made of the lumber of local Live Oak trees that were damaged in a storm in 2013 and others that were removed during the construction of the new CHC facilities. Art work on display may include sculptural work, mixed media, carvings, turned pieces, and simple furniture.

According to the CHC website, live oak wood is not an easy material for artists to work with. It is the densest native American hardwood and has unique grain patterns. It will be very interesting to see what the talented artists in the exhibition are inspired to create!

To open the Celebration of the Live Oak 2017, a public reception and awards ceremony will take place on March 17 at 5:30 in the Specialty Pavilion at Carteret Health Care, on the corner of Arendell and 35th Streets. In addition, the art display will be open for visitors during hospital business hours from March 18-March 25. For more information, visit [www.carterethealth.org/giving](http://www.carterethealth.org/giving).



Leaf detail of *Quercus virginiana*, live oak. Photo courtesy of K. Hill, Smithsonian Marine Station.



# Vexation, Frustration, Irritation

By Susie Garland

I've been in this spot a time or two  
When my golf game falls apart  
Then I brush past the horrors and say to myself  
"This time I'll play it smart"

I use my driver from the tee  
The ball heads to the right  
While I watch with great frustration  
As it disappears from sight  
Behind a tree, I find the ball  
This shot must be precise  
I choose my weapon, aiming left  
Not counting on a slice  
Lifting my head, I chunk the shot  
It's only halfway to the pin  
I slam my club and curse and yell  
"Oh shit, you did it again!"  
So now I have to chip once more  
I get my mind on track  
But I blade it just a wee too much  
And the ball rolls off the back  
My confidence is dwindling  
While my ears begin to ring  
My mental game is shot to hell  
Not to mention my poor swing  
I'll just chip it close and two-putt  
That's not too much to ask  
No big deal I tell myself  
I can do this easy task  
I continue talking to myself  
And tell the ball "get near"  
But I baby the shot like a novice  
My nerves shattering with fear  
Now I've left a tester  
It must be four feet shy  
I slap my migrained forehead  
(Insert picture: Me putt 1-inch from cup)  
When the ball does not comply  
I check my stance and view the line  
My sweat begins to drip  
I stroke the putt, then curse again  
As it rolls just by the lip!!!!



"You always tell me it's only a game."

## Golf Stuff

By Susie Garland

Just a couple of tidbits for you folks on upcoming course events. First to mention is that the golf crew is hard at work preparing the course for adding an additional grass tee area, further back from the current one; also adding a "hard line" (astro-turf) tee area for those who choose to hit off a mat and/or when the ground is damp.

The Super Bowl party and Valentine's dinner were a huge success. Please let Troy or Lori know if you have any ideas for fun activities that you may want to have in the future.

Be sure to mark your calendar for Tuesday, March 14th when Team-it-up Tuesday will begin again with a start-up time of 5pm. Last day for Sunday Funday will be March 5.

Also, please mark your calendar for Friday, March 17, for the annual Couples St. Paddy's Day golf tournament. Sign-up sheet is posted in the clubhouse. This is always an enjoyable, fun outing, and we hope to see you—Sure and Begorrah.



Closest to the Pin; Fred Ludwig, Tom Normyle

Congratulations to  
our new Teen Reporter  
Amber Sermarini!



# Join Us



By P.J. Barclay

Young Life is a world-class organization for adolescents. Our staff and volunteers enter the world of kids, focusing on what matters to them- fun, adventure, friendship and a sense of significance. In doing so, we earn the privilege of talking to them about something that we believe matters most of all- the truth about God and His love for them.

Young Life has more than 6,400 ministries in 95 countries worldwide. It is in more than 1,100 communities across the United States. It is involved with more than 2 million students annually.

In the Crystal Coast, we average 35 students at our weekly outreach event called Club. Club is an hour long “party with a purpose”. Within that time, we play crazy group games, sing funny songs, do ridiculous skits and in the last 7-10 minutes, share the gospel of Jesus Christ to them in a relatable way.

We average 15 students at our weekly Bible study that is called Campaigners. Campaigners is a time for our high school friends to be in community together, have fun, talk about what is really going on in their lives and take a deeper look at the word of God.

Adults can get involved in a number of different ways:

We need volunteer leaders. Being a leader is being a missionary to high school students. We step into their worlds with the purpose of building an unconditional friendship with them and sharing the love of Jesus through our actions first and then our words second.

We also need people who would want to be a part of our committee. The committee is a group of adults in the community who help serve alongside the Area Director in helping raise the yearly budget, being advocates in the community for YL and helping serve in whatever way they can to introduce adolescents to Jesus Christ and help them grow in the faith.

If anyone feels led to become a financial partner with us in ministry, any amount of money would be such a gift to us. They can give by either going to our website and looking for the giving link or sending a check made out to ‘Young Life’ to PO Box 954, Beaufort, NC 28516.

Lastly if someone would want to help provide a meal for our leaders before club or for campaigners, please let me know. My email is [barclaypj.yl@gmail.com](mailto:barclaypj.yl@gmail.com).



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# MGA Happenings

By Vince Moreno

Today was our first Wednesday tournament. Our Tournament Chairman Chuck Muller got all 25 of us off to a game of Low Net Hole by Hole. It was a perfect day for golf. The first place winners with a score of 117 was Bob Warren / Pat Daly / and John Miller. Second place was taken by Chris Calling / Charlie Sabathe / Guy Rouse / and Tom Grady with a score of 123. Third place with a tie score of 123 were Buzz Hayes / Fred Ludwig / Lyle Vogel. Closest to the pin was Tom Normyle and Fred Ludwig.

I must mention that lunch at the “K” club was great as it always is. And yes it was another good day for the MGA.



John Miller, Pat Daly, Bob Warren (not in pic)



Tom Grady, Guy Rouse, Charlie Sabathe, Chris Calling



Fred Ludwig, Buzz Hayes, Lyle Vogle



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**Perfectly Imperfect**

By Hannah Nielsen

A few months ago, I mentioned that I had braces put on as a young adult. By the time this issue hits your driveway, I am hoping to have had my braces removed and the permanent retainer installed, and I'm quite excited.

My treatment has been carried out at the very aptly named Smile Makers orthodontist in Medical Park. I've always had friendly and informative service, and I'll miss getting a complimentary cookie once I stop having my regular appointments.

The last time I was there the skilled assistant commented, as she adjusted my brackets, how envious she was of my big teeth. She said that big teeth make for the brightest and prettiest smiles. It's true that my teeth are a little big for my petite mouth, and throughout my life people have commented on how much they love my smile, but it's a feature I've always had mixed feelings about.

Back in middle school, my mouth had started getting over-crowded, and my top teeth had even begun to overlap in the front. I didn't start my orthodontic treatment until I was an adult with a full-time job (and a paycheck to match). I went for a free consultation back in May, realized that I could actually afford corrective treatment, and had the braces put on a few days later. It was a surprisingly quick turn around, but then I had spent years being self-conscious about my teeth.

For years I withstood ridicule, feelings of insecurity, or being overlooked by the opposite sex. But overall, I'm glad that I had those years of waiting. It was actually a great experience. It was by no means easy, but I learned a lot. I learned not to rely on my appearance as my source of feeling valuable. I learned that sincere friends see the worth that I have, no matter how I look. I learned to admire the uniqueness of my teeth, as well as my other unique features- whether internal or external.

I'm glad that I had the opportunity to process all of that as I grew up, because it helped me to learn that I would still be beautiful inside and out, even if I never had braces. And I think that once I realized that, then I was ready to straighten my teeth. The braces should ensure that I don't have problems speaking or eating in the future because of an overlap in my teeth. And I do think that my smile looks even prettier now. I can't wait to see my teeth without these brackets and rubber bands blocking my view! But I'm even more excited to know that I'm the same person whether my teeth are crooked or straight. And so are you!

You don't have to wait until you've formed into some unrealistic, Photoshopped version of yourself before you can have meaning, purpose and significance. And we shouldn't wait for others to achieve perfection before we value them either. We are all perfectly imperfect.

I truly believe that we were all made by God, are all cherished by God, and have all been equally offered grace and forgiveness by God. So if you think that you need makeup, or braces, or fancy new possessions to have worth, I want to encourage you. You are already a masterpiece. You are already significant.

I hope that you will find that to be true before looking for a cover-up or easy fix that won't really heal the heart wounds of insecurity. I hope that you can embrace the imperfections that make you more interesting. I hope that you can recognize that you have meaning, beauty and purpose that lasts, and that it doesn't come from what you see in the mirror, or what other people think about you.

*"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new!" (2 Corinthians 5:17)*





# Captain Jerry's Fishing Report

By Capt. Jerry Dilsaver

The majority of fishing reports are coming from inshore right now. Most are specks, puppy drum, and black drum but occasionally someone catches a flounder or some sea mullet show up around Beaufort Inlet.

Even though it isn't as cold as most winters at this time, the water is cold and fish are moving slowly. The water is warmer near the backs of creeks, so check them out if the bite is slow near the mouths. A good looking bait with good action will produce, but must be fished slowly. A stationary natural or live bait or a slowly moving live bait will usually get eaten more often.

The most readily available live bait is mud minnows and red and black drum will readily hit them, pieces of cut bait, pieces of shrimp, and Fishbite chunks. They will also hit lures retrieved slowly, just not as reliably. Specks will occasionally pick up a dead bait, but they will hit live mud minnows and lures retrieved slowly, also not as reliably as with live baits. One key to increasing strikes with lures is to use lures with scent or add scent.

Puppy drum will move into shallow water to warm up and feed. Several fishermen have reported catching pups in water so shallow it barely covered their backs. This water is a little warmer and the pups get a little more active. Trout will occasionally move into the shallows to feed, but usually like to prowl the edge of the first deeper water near a warm flat to take advantage of the warmer water and bait that gathers there. Fishing the edges of shallower areas will often produce specks. Black drum will move wherever there is food and are often caught as extras when fishing for pups or specks.

They aren't consistent, but every few days someone will hit a school of sea mullet/Va mullet/whiting around Beaufort Inlet or in the lower Cape Fear River near Southport. They shouldn't be there yet, but I don't hear any complaints. The warm weather is nice and some occasional fresh sea mullet for dinner are even better. A double drop bottom rig or speck rig tipped with small pieces or shrimp or Fishbites artificial bloodworms will catch them if they're there.

Stripers are biting in most coastal rivers. Often there are also some specks and pups mixed with them or in the bays and creeks near where the water changes from Coastal to Inland. All are hitting a variety of soft plastics and hard lures. Shad are beginning to arrive and there have been both hickories and American shad in the mix. Hickories are smaller and jump a lot, while Americans can run to 5 or more pounds. Shad usually prefer small bucktail shad darts and spoons, but will also often hit small curtail grubs.

Moving off the beach there is an occasional report of a bluefin encounter, but all but a few stragglers appear to have moved on. There haven't been many fishermen headed offshore, so there haven't been many reports. Expectations are there should be some scattered wahoo and blackfins at the edge of the Gulf Stream. A rip, color change or temperature break where the water temp is in the low 70s would be a good starting point. High speed trolling allows for covering more water and increasing the chances of finding wahoo, but limits the appeal to blackfins.

A little inshore of the break there should be bottom fish and king mackerel. Bottom fish actually start at the nearshore artificial reefs and hard bottoms with black sea bass and add grunts, porgys, beeliners and more as you get deeper. Water around 100-150 feet deep should hold a good mix. Baited rigs and jigging should both produce. Remember that grouper season is closed until May 1.

Kings should be in some of the same water as bottom fish. They like water just a little warmer, but may be found any time the surface temp is above 65 and there are baitfish, especially if the baitfish are suspended higher in the water column. These will be mostly school kings of 5-10 pounds, but they are usually very willing biters when found. These kings will hit trolled spoons, sea witches, and swimming plugs, plus slow trolled cigar minnows. Kings can also sometimes be caught while drifting a light line off a boat while bottom fishing.

# NC Seafood Festival Bites and Blues

Bite through the night at the fifth annual Bites & Blues on Saturday, April 1 from 5 - 8:30pm! Use your ticket as your guide as you walk the Morehead City Waterfront, stopping at each waterfront restaurant or host business to taste a delicious "bite" from each locally-owned participating restaurant. Blues music will fill the air as bands and solo performers entertain attendees along their waterfront route.

At the end of the night, attendees will choose their favorite "Bite Of The Nite". The winning restaurants will receive monetary prizes and our overall winner will receive the prestigious White Plate!

Tickets can be purchased beginning Wednesday, March 1st for \$40 per ticket (including tax). To purchase tickets, visit The North Carolina Seafood Festival office at 412- D Evans Street, Morehead City or call (252) 726-6273. A portion of the proceeds will benefit Carteret Community College Culinary Arts Program.

This sell-out event has become a Carteret County favorite among locals and visitors alike, so don't miss out on the chance to "Bite Through The Night" on the beautiful Morehead City waterfront!

# Small Town Construction

By Hannah Nielsen

Well folks, an extra dose of civilization is coming to the Morehead City area. Don't worry, we'll still be keeping the relaxed atmosphere you've come to know and love; we'll just have a few more businesses and restaurants for you to enjoy. The downside to all this recent, and simultaneous, construction is the traffic. The traffic is a headache. It slows down commutes, has caused a lot of wrecks, and seems to make everybody a little more tense. But it's not all bad. It's definitely a positive foreshadowing for the area that the highway is being upgraded and that more businesses want to move here. And beyond that, it's just plain exciting. It's fun to watch the progress of something new being built and to speculate about what it will be.

Every day on my way to and from work for the past few months, I've monitored the progress of Moore's Barbeque, Zaxby's and Lidl. Before any signs were up at any of these locations, I learned the identity of the new spots from co-workers and friends at church. Small towns are like that.

They're good for spreading news.

I've noticed about three other construction sites in their early stages along highway 70, but I haven't heard what those will be yet. And I've heard from multiple sources that a Cracker Barrel is coming to Morehead, but no

one seems to know when and where. If anyone can confirm this rumor or has more information, please notify the staff of the Sound Waves, because I would very much like to know more. I just can't figure out where we'd have room for a Cracker Barrel! Of course... I never claimed to know everything. But what I do know is that it's pretty exciting to have construction in a small town. Don't you think so too?





# Safe Listening Tips When Using Headphones

By Barbara Johnson

If you suspect hearing loss only happens to the elderly, you will probably be surprised to learn that today in the US 1 out of every 5 teenagers has some extent of hearing loss. Furthermore, the rate of hearing loss in today's teenagers is 30 percent higher than it was in the 1980's and 1990's.

It should come as no great surprise, that this has captured the attention of the World Health Organization, who recently released a report that dangerous listening habits such as going to noisy sporting events and concerts without the use of hearing protection along with the unsafe use of headphones and earbuds now place 1.1 billion teens and young adults worldwide at risk for hearing loss.

But, it is the use of headphones and earbuds that may be the greatest threat. Reflect on how often we all listen to music. We listen in the car, at work, at the gym, and at home. We listen while out for a walk and even while falling asleep. We can integrate music into nearly part of our lives.

That quantity of exposure – if you are not cautious – can gradually and quietly steal your hearing at an early age, leading to hearing aids down the road.

And given that no one is prepared to give up their music, fortunately, there are simple preventative measures we can all adopt.

Here are 3 vital safety tips you can make use of to preserve your hearing without compromising your music.

## 1.) Limit Volume

Any sound louder than 85 decibels can trigger permanent hearing loss, but you don't need to invest in a sound level meter to measure the decibel level of your music.

A useful rule of thumb is to keep your music player volume at no more than 60 percent of the max volume. Any higher and you'll probably be over the 85-decibel threshold. Normal conversation occurs at about 60 decibels. So, if while you are listening to your music you have to raise your voice when talking to someone, that's a good sign you should turn down the volume.

## 2.) Limit the Time

Hearing damage is not only a function of volume; it is also a function of time. The longer you expose your ears to loud sounds, the greater the damage can be.

The useful rule of thumb for this tip is the 60/60 rule. I previously recommended keeping the volume at 60% of its maximum volume. The other component is making sure you limit your listening time to under 60 minutes a day at this volume. Taking regular rest breaks from sound is also important. 60 decibels without interruption for 2 hours can be much more damaging than four 1/2 hour intervals distributed throughout the day.

## 3.) Pick the Right Headphones

The reason most of us have a hard time keeping our music volume at under 60% of maximum volume is because of background noise. As background noise increases, like in a crowded gym, we compensate by increasing the volume of our music.

The solution to this is the use of noise-cancelling headphones. If background noise is reduced, the music volume can be lowered and believe it or not, high-quality music can be enjoyed at lower volumes.

It is well worth the money to purchase a pair of high quality headphones, ideally ones that have noise-cancelling capabilities. This way you can adhere to the 60/60 rule without compromising the quality of your music and more significantly, your hearing.

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# Day Trippin': Ocracoke Island

By Barbara Johnson



The beauty of our area is unsurpassed with ocean, sound, rivers and creeks within minutes of every home in the county. It's hard to believe that there might be a better place to escape to, but I've found that Ocracoke Island offers a daytripper's delight even for those of us who find great joy in our own hometown.

The island pretty much shuts down in the winter from November until March so plan your trip according to the season. Personally I like the quiet months but most of the shops and restaurants do close for at least some of the time. Spring and fall are wonderful times to visit since the weather is mild and the tourist crowds are low. Summer finds Ocracoke bursting at the seams but island residents are used to the crowds and businesses are staffed to handle the visitors. I've even dropped in during the week of July 4th and found the island to be bustling yet pleasant.

Best accessed by the Cedar Island to Ocracoke ferry, the first step in a day trip to the island is a check of the ferry times. If you want to bring a car over, a reservation is necessary, especially during peak season. You may also park and walk-on with no reservation. Many visitors bring bikes with them. Arrive at least 30 minutes before departure to guarantee your space aboard. A leisurely 2 hour and 15 minute ride carries you across Pamlico Sound and through "The Ditch" to Silver Lake at Ocracoke, a 22 mile long coastal barrier island with a tiny village and miles of pristine beaches. Certainly Ocracoke begs for more than a day of your time with adorable cottages, hotels and apartments for rent, but a day trip can give you a delightful taste of the island. From the ferry a single road leads through the village and out along the length of the island toward Hatteras. Use your time wisely. If you are driving I'd advise finding a parking spot and walking or renting a bike. The streets are narrow and parking is at a premium so moving a vehicle from place to place is not a good idea. If you intend to visit the beaches that span the length of the island a bike or car is the best choice.

Shoppers will love the unique shops that are scattered throughout the village. You can spend an entire day just checking out the pottery, jewelry, clothing, art, souvenirs and collectibles offered for sale. Off-season many shops offer significant discounts that make it worth a visit. Scattered around the village are restaurants and cafes that create marvelous dishes from local seafood and creative entrees served alongside traditional favorites. Dine along the waterfront or seek out the backroads where lovely restaurants are tucked under towering oaks. I've never been disappointed in a meal on the island.

The beaches on Ocracoke have recently earned national recognition as among the best in the country. Where else do you find over 22 miles of unbroken, uncrowded and pristine public beaches? The closest beaches to the village can be reached on foot but to reach those further down the island a bike or car is a necessity. Four wheel drive vehicles are allowed on the beaches and you'll see them loaded down

with fishing gear or surfboards and paddleboards year-round. Fans from around the world come to Ocracoke to surf the waves or fish from the shore. The village offers charters to deep sea fishing areas, kite sailing, sailboat cruises and kayak rentals. If you want to enjoy the beach and the sea, Ocracoke offers endless ways to fulfill all your desires for adventure.

Know the time of the last ferry departure and have a reservation or you may be looking for a hotel room at the end of the day. In the winter the last ferry can be as early as 4pm so watch your clock. Peak schedules give you a longer day to explore. There is nothing like watching the sunset from the bow or stern of a ferry. As you leave the island aboard one of the state ferries, take a moment to toss a coin into Silver Lake. Legend says that if you toss a coin into the waters of Ocracoke you will return to enjoy the beauty of the island on another visit.

## Cooking Gadget #3: Slow Cooker

By Monica Sellars

My slow cooker and I got into a rut for a while. We were just making soups and stews together, which are great, of course. But one can only eat so much stew before feeling the need for something crunchy. Lately, though, I've discovered a new way to use the slow cooker that saves me effort and time – cooking whole vegetables!

Wait, before you turn the page, hear me out. Did you know that you can put any whole winter squash into the crock pot (given that it fits the dimensions, of course)? And that this means you do not need to wrestle with an unruly raw squash in an effort to peel or cut it prior to baking it in the oven? This is a game changer for winter squash lovers – butternut, buttercup, acorn, and spaghetti – yum! With the slow cooker, I just put the squash in the pot, add about 1/4 cup of water, turn it on low, and then go on with my day. Three or four hours later, the squash is soft and I turn off the slow cooker. I leave it there until it is cool enough to handle, and then proceed to easily cut it in half, scoop out the seeds, and then scrape the cooked squash into a dish for serving, storing, or use in a recipe.



You don't have to stop at squash, though! You can also use your slow cooker to cook whole sweet potatoes. Sweet potatoes this way are moist and tender, as opposed to the microwave method, which leaves them dry. To make sweet potatoes, simply rinse them in the sink and then put them in the pot wet. The moisture from the skin is enough to produce the steam needed for cooking. You can stack them on top of each other too, if you want to make a large batch. These cook to perfection in about 3-4 hours.

Do you have a whole head of cauliflower in your fridge? You can put that in the slow cooker too! Just trim the bottom flat so the head stands up. Add 1 cup of water and cook for 4-5 hours, depending on how soft you like it. This is much less messy than trying to chop cauliflower and then steam the pieces. When your cauliflower is cooked and cooled, you can practically pull it apart with your hands for big chunks or chop it into smaller bites.

These are just three examples of veggies that can be cooked whole in the slow cooker. Can you and your favorite veggies benefit from this cooking strategy? If you do not have a slow cooker, or if you are thinking of buying a new one, I've heard of a new gadget called a Multi-Cooker that you should investigate. As its name suggests, it can be used as a slow cooker, pressure cooker, rice cooker, yogurt maker, and more.







# BOA Board Minutes:

## General Meeting, February 15, 2017 The K Club

Ed Myers opened the meeting at 7:00pm.

The meeting was called to order at 7:02 PM by Ed. Executive Board Members in attendance were Bob White, Noreen Barrett, and Nancy Beszterczei.

Ed asked for a motion to accept the minutes as written by Noreen Barrett from the January meeting. Nancy made the motion, Bob seconded and all board members agreed.

**Secretary's report:** None

**Treasurer's Report:** Bob reported that everything is right on schedule. Homeowner Dues invoices will be sent out mid-late March. 2016 saw 100% return of dues. Outstanding! The board met before the meeting to discuss moving money from 2 other line items on the budget, Holiday Decorations and Beautification to help pay with on-going drainage issues as per Scott Carpenter's request.

### Old Business:

**Gate Card Audit:** Noreen and Nancy have contacted about 75% of the outstanding non-responsive homeowners on the spreadsheet given to them by Doris Ullman. They will continue contacting the remainder and will update Doris before any card cancellations are put into effect.

**Phone Tree Service:** Noreen reported that the same database that is used for the gate card audit is needed for the phone tree service. As soon as the board feels comfortable that the database is accurate, this will also come into effect.

**Carolina Water New Road Access:** The creation of the new road documents is still in attorney's hands. Overall, this road will be of great benefit to Brandywine as it will limit trucks putting extra hardship on the roads.

**Additional Speed Bumps:** Ed is still researching appropriate speed bumps. One in particular that is cost effective requires drilling into the road and further studies need to be conducted to make sure it does not damage the road. Drivers are still not adhering to the speed limits posted and not stopping at the stop signs. This is most evident at the intersection of Brandywine Blvd and Lord Granville.

**Repainting of Speed Bumps:** The painting will begin with the addition of reflectors as soon as the weather co-operates.

**Street signs, road repairs and committees:** Nancy has done a lot of research into the various road signage on the market and has collected several quotes of same. She has a meeting on 2/16/17 with one candidate and he is placing a sample sign on the corner of Lord Granville and Spruce. It will be a 4x4 wooden post with a black PVC sleeve. The sign itself will be ivory background with black non-reflective letters that apparently show up better at night. Some signs are missing in the neighborhood. Once the board gets a final cost, they will decide if the project will be done all at once or in phases considering the signs are over \$300 each.

### New Business:

**Damages to gates and walls:** Both parties involved in the damage to the Hwy. 70 and Hwy. 24 gates have agreed to pay for total repair. The cameras were most effective in helping the Sheriff's Department find the parties involved. The camera folks are checking for blind spots to ensure complete coverage with back up cameras included. The total damage to the Hwy. 70 gate was \$2275. The 24 gate repair is \$3575.97. It was noted and discussed that 4 cars witnessed the Hwy. 24 incident and not one person notified the police or any board members. The board asks that, as homeowners, be vigilant to your surroundings and contact a board member or your neighborhood rep if you see anything out of the ordinary.

**Contract for Lawn Maintenance:** The annual contract was reviewed by the board and was renewed with Mike with no changes from last year.

**Sign Ordinance:** A discussion was held regarding the placement of temporary directional "open houses" signs by realtors for the 2-3 hour period during the actual open house. It was pointed out that this was in violation of the present covenants. Over the years, residents

advertised yard sales and birthday parties and this got out of hand as the signs were not taken down. Covenants now state that contractors can leave their business sign on a property for the duration of the work on site. It was suggested that the covenants be amended to allow the realtors to put up these direction open houses with the view to immediate removal after the open house. An amendment to the covenants requires more than 60% of homeowner's agreement. It was discussed that it may be introduced to homeowners for final decision. There was also a brief discussion on adhering to the parking guidelines and enforcing those guidelines.

**Other:** Dumping: The board was informed that there has been several incidents where dumping of trimmings, a Christmas tree, grass cutting etc. have been dumped in Brandywine's common area property and empty lots. THIS IS STRICTLY PROHIBITED. Soundwaves: An editor is needed to keep the Sound Waves magazine going! The current editor and assistant editor will keep things going for the next couple of months. Please consider volunteering for this wonderful position. A discussion was had regarding an alternative to the Sound Waves, perhaps in a website/on-line format.

### Committee Reports:

**Drainage Report:** Scott Carpenter submitted the following report and the Board approved funding as mentioned above.

Due to collapsed drainage pipe along Lord Grandville and cart path to #16 hole, therefore this has caused a major sink hole. This is a safety concern.

Since recent weed spraying along ditch by gate 70, the weeds need to be cleaned out of the ditch and debris in front of multiple culverts.

Since recent weed spraying along ditch by Hammock Place, the weeds need to be cleaned out.

If funds are available, please fund minimally these three projects so that our rain water will continue to flow out of Brandywine. I am attempting to get ahead of the upcoming spring rains. Presently, I have an action plan to maintain the areas of our responsibilities to our wonderful community.

ACC: JANUARY APPROVED ALTERATIONS: 221 Brandywine Bl. Add Upper Deck 1/6/2017. 109 Beechwood Dr. Extend Deck with Handicap Ramp 1/17/2017. 206 Westchester Dr. Remove Damaged Trees 1/19/2017. 208 Westchester Dr. Remove Damaged Trees 1/23/2017. 311 Eastchester Dr. Take down Dead / Leaning trees 1/28/2017. 311 Eastchester Dr. New Fence 1/28/2017

Beautification: George Haskins reported on the dumping. (see above). Flowers will soon be planted at the 70 entrance.

Gates: Hwy. 70. is actually using the spare gate while the regular gate is being repaired.

Cameras: As mentioned above, the cameras have saved the association nearly \$6,000 in the past month alone due to identifying folks responsible for damaging the gates. They are a great investment! It was noted that the underground wiring is very old and needs serious updating. Water is getting into the conduits. A budget will be prepared for replacement to begin in the next fiscal year.

Boat Storage: Jerry Garner reported that things are good! 2 spots opened in the yard and were immediately filled by those next in line on the waiting list.

Recreational Area: There are 2 new swings. Tom stained the wood and new mulch will be spread in the spring.

It was noted that only 7 people showed up to the quarterly board meeting. Board meetings are typically held to one hour. Many decisions are made regarding Brandywine and its substantial budget that require discussion among homeowners. Board vacancies need to be filled. If the board cannot continue to go on without replacement volunteers, alternative methods will have to be considered such as the hiring of an outside management company. This would be a very expensive option with considerable due increases. Please consider volunteering for the board and help oversee our wonderful community.

The meeting was adjourned at 8:10.

The next Executive Board meeting will be March 7th 2017 at Cedarwood Village Clubhouse. The next general meeting will be announced at a later day.

Respectfully submitted by Noreen Barrett, February 16, 2017.





# Pet of the Month Honey Johnston

By Linda Johnston

Hello! My name is Honey and I live with my very well-trained furless parents, Ron and Linda Johnston, on Fairway Court. I am a dilute tortoiseshell Persian rescue who had been abused, but thankfully those times are long past. These days I am living a very comfortable life, and some say I am quite spoiled. Although I am 15 years old, I have been told I have a lot of energy for a senior girl. I wander about in my lovely, fenced backyard where I have a great time finding friends for my humans to enjoy. It is so much fun catching lizards, cicadas, moles, birds, and even live baby bunnies to take inside with me. It is quite amusing to watch Mama and Daddy chasing their new friends around the house. Although they praise me for my awesome skill at bringing new friends to visit, I will never understand why they take them outside and let them go after all my hard work. When I am not hunting for new friends, I am sleeping peacefully in my chair, Daddy's chair, Mama's chair...you get the picture. This house belongs to me, but I am nice enough to let my parents stay here, too. Life is good on Fairway Court. I wouldn't change a thing!



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## Formal Wear Donations Needed for Project Prom 2017

By Monica Sellars

Do you have any formal dresses or shoes languishing in your closet, never to be worn again? Give them another big night on the town by donating them to the lovely young ladies in our area who need help getting outfitted for the prom!

The Pure Indulgence Organic Day Spa and Hair Lounge, located in the Brandywine Crossing shopping center, is collecting gowns and shoes for the 15-20 students that they are sponsoring for Project Prom. The students will also receive a day of pampering at the salon, including a manicure, pedicure, make-up, and hair styling.

You can help create special memories for these young ladies by dropping off your gowns and shoes at Pure Indulgence this month, during business hours: 10AM-6PM, Monday-Saturday. Donations in any size are welcome. Wouldn't it be great if these young ladies had so many dresses to choose from that they had a hard time deciding which one to wear?!





# I AM MY MOTHER!

By Susie Garland


I was sitting at the computer making a birthday card for my husband. At the same time, I decided to make an Italian meal for dinner and pored oil in the frying pan to fry up the meatballs, setting the burner on low (I think!) Ahh, it'll take a while to get hot. In the meantime, I'll go back to my office and finish making the birthday card I started and return to the kitchen in a few minutes after the oil gets hot.

You already know what's coming next. Yep, I forgot about the frying pan as I got absorbed with my card making. Next thing I heard was a loud piercing sound. Hmm. Must be a fire in the neighborhood, I thought. But what is that awful smell permeating into my office? Yowsa! The fire alarm continued screeching. I walked into the kitchen and saw that it was in flames. (At least the alarm worked; I always wondered if it did or not). The blaze had burned down half the kitchen, destroyed the oven, the walls, the nearby toaster-oven, some other appliances, and all the cabinets. The alarm would not shut off and the loud noise continued screeching for about 15 minutes. I thought my eardrums would burst. I doused the flames with water and was later told that that was the worst thing I could do to put out a fire. What did I know! Nelson, who always does 99% of the cooking, just so happened to get a carpentry gig, so I thought I'd surprise him and cook up a nice meal for us. "What's that screeching sound and smoke I smell?" he inquired from his truck upon returning home.

"Er, um, I had a stomach ache while I was cooking and couldn't get out of the bathroom in time," I fibbed with my fingers crossed. Nelson then walked in the house and his bypass heart almost had another heart attack. But he's a mild-mannered man and instead of murdering his wife, for which he had every reason to do, took the devastation in stride and began to view the damage. "Well," he said, "I guess we need a new oven and a new hood since there's nothing left of the old one. I will also have to paint the ceiling, scrape and re-varnish the beautiful kitchen cabinets I made, and also replace the burnt floor."

So, over \$1000 later, the credit card now had a huge balance. We bought a new oven and hood, special paint and varnish to clean up the damage, and tossed items that could not be salvaged into the dumpster, not to mention having to endure the awful smell from the smoke that spread throughout the house for several days. With very hot temperatures outside, we had to open all the windows and doors and roasted to death along with the oven, the cabinets, the floor, and the ceiling. "Don't bother cooking anymore," croaked Nelson, as he tossed out the beautiful new \$50 frying pan I just bought that fried itself to death along with all the other debris. I then remarked, "Well, while we're at it, we could use a new refrigerator. For some reason, it doesn't seem to be working anymore and the food is getting moldy." While Nelson was repairing the kitchen, the frig started to make strange noises and finally conked out. I wonder if the fire had anything to do with the refrigerator collapsing. (What do you think?) Back to Lowe's Home Improvement store we went, where we added another thousand dollars to the credit card and bought the new appliance. A few days later: "Nelson, I hope you like the birthday card I made for you. Cost us thousands of dollars, dontcha know. But some good news. Guess what? We accumulated a thousand points on the American Express card for all the money we just spent that we can use towards a credit on the next bill. Isn't that cool?"

This fiasco did get us a new refrigerator and an oven that replaced the old piece of crap anyhow. There were 10 pages of instructions that came with the oven: Use this dial for this, that dial for that, this burner for large pots, that burner for small pots, the other burner for pre-heating; press this button to bake, that button to broil, set the timer, and so on. I was pulling my hair out. Nelson said we'd have a "trial run" and demanded that I pay close attention to his instructions. He read them from top to bottom, at the same time knowing that I wouldn't pay attention anyhow. I am completely self-taught in everything I tackle and learn by trial and error -- even on the computer, in which I am considered a guru. I do not read instructions! Period! So, that's my story and I'm sticking to it. Keep in mind that fine line between comedy and tragedy and stay tuned for the next chapter. Omigod, I am becoming my mother. I AM MY MOTHER!



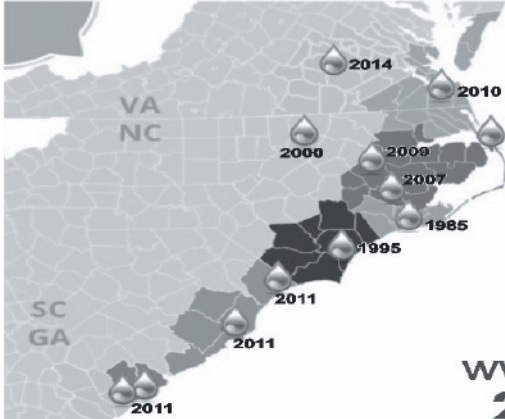
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3. System has two softening tanks. ....	Yes.....	No
4. Conditioned water is used to regenerate the conditioner during all phases of the regeneration process. ....	Yes.....	No
5. Conditioned water is available for use during regeneration. ....	Yes.....	No
6. Control valve parts operate in clean, conditioned water. ....	Yes.....	No
7. System provides an uninterrupted supply of conditioned water. ....	Yes.....	No
8. No unnecessary reserve capacities are required to handle additional demand for conditioned water. ....	Yes.....	No
9. No special cycles or by-pass adjustments are required when you have guests or before you leave for vacation. ....	Yes.....	No
10. System regenerates only when necessary based on water usage and not at a preset interval. ....	Yes.....	No



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**ACROSS**

1. Antiaircraft gun
5. H  $\odot$
10. Ale
14. Shoestring
15. Throw with effort
16. 66 in Roman numerals
17. Ignorant
19. Frosts
20. Craze
21. Extraterrestrial
22. Licorice-like flavor
23. Fissionable
25. Classifies
27. One or more
28. Converting into ions
31. Make into law
34. In shape
35. Petroleum
36. Choose
37. Twinges
38. Blind (poker)
39. And so forth
40. Cabs
41. A friction match
42. Mystical
44. Glass container
45. Sped
46. Fire opal
50. Breadth
52. Gladden
54. Pair
55. Death notice
56. A bottom fish
58. Six-stringed instrument
59. Regale
60. Margarine
61. Feudal worker
62. Wanderer
63. What we sleep on

**DOWN**

1. Any light downy material
2. Hawaiian veranda
3. Corrosives
4. Barbie's beau
5. Completely
6. Eagle's nest
7. Docile
8. Vespers
9. Crimson
10. Type of battercake
11. Deletions
12. Nights before
13. Ascend
18. Lose consciousness
22. Desiccated
24. Big bag
26. 1 1 1 1
28. Classical Greek
29. Anagram of "Tine"
30. Delight
31. Type of sword
32. Pesky insects
33. Squeeze box
34. Mounting of animal skins
37. Cut back
38. Emanation
40. Engineering school
41. Got along
43. Be a snitch
44. Minibus
46. Magnetic induction unit
47. Attendance counter
48. Possessed
49. Corporate symbols
50. Interlaced
51. Nile bird
53. French for "Wolf"
56. Muzzle
57. Toss

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**Last Month's Solutions**

C	I	G	A	R		I	T	E	M		T	S	A	R
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G	E	S	T	E		T	W	I	T		O	A	T	S
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9	2	4	5	8	6	3	7	1
2	9	1	7	3	8	6	4	5
7	6	3	9	5	4	1	8	2
5	4	8	1	6	2	9	3	7

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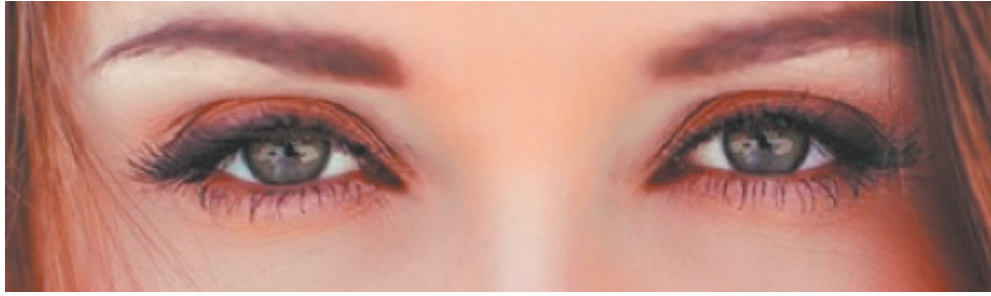
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# The Eyes of March

By Hannah Nielsen



Our eyes are a very complex and important part of our bodies, but they are often overlooked in our efforts to improve our physical health. Commonly experienced eye problems range from dry eyes and neck pain to cataracts and Macular Degeneration. Some of these issues are age-related, and some are work-related, but all of them can be met with preventative care.

- Surprisingly, other health concerns such as Type 2 Diabetes, and even smoking, can have seriously negative impacts on our eyes. So implementing good habits such as quitting smoking and eating a healthier diet can strengthen your eyes from the inside out. Carrots as well as a variety of dark green vegetables (and even green tea!) have important nutrients that our eyes crave. And adding some oily fish such as tuna and salmon, as well as other non-meat proteins such as nuts to your diet will also help support your ocular health.

- Another way to look out for your eyes is by protecting them from external threats. If you work in an environment with a lot of airborne dirt and dust, start wearing safety goggles. Another form of protective eyewear that we should all use more often is sunglasses. Aside from being a cool accessory, sunglasses protect our eyes from harmful UV rays. Make sure that your shades come with a sticker from the American National Standards Institute; those are the best for your eyes. And you might even look for lenses that have been polarized, especially if you're planning to

spend a lot of time in the sun. And of course, don't underestimate the benefits of wearing a brimmed hat to cut down on glare.

- Speaking of glare, possibly the biggest external threat facing our eyes today is our increased use of devices with screens. Not only are most people using computers for their nine-to-five jobs, but we are also using a large number of screened devices (such as smart phones and tablets) for recreational purposes. This increased use should also translate into an increased vigilance over the health of our eyes.

- The first step you can take is to back away from the screens. You should be about an arm's length away from your computer, and about sixteen inches away from your smart phone. Increase the font size on these devices if the text becomes too difficult to read at a healthy distance. Also try to cut down on glare by darkening your screens and positioning them a little lower than eye level.

- To put even more distance between yourself and your screens, actually take breaks from them every now and then. My optometrist recommends the 20/20/20 rule: every twenty minutes, look at least twenty feet away for about twenty seconds. You could even get up and walk a lap around your office building a couple of times a day, if your boss will allow you. Try to look at varying levels of distance as you walk. Another important tip to remember is: don't forget to blink! Taking breaks to blink provides much-needed moisture for our eyes, but we blink fewer times while we're staring at our screens. Therefore infrequent blinking is a key cause for dry eyes and other common eye problems.

- And last but not least, don't forget to schedule your annual eye exam. Your eye doctor is the best person to update you on any potential health concerns in your eyes, and let you know if you've been wearing an outdated prescription of glasses or contacts.

- In light of all of this information, I want you to take a minute to think about what your day might have been like today if you hadn't been able to use your eyes. Coincidentally, after writing my draft for this article I sustained an injury to my left eye, which helped me to remember just how important our eyes really are on a day-to-day basis. March is just as good a month as any to start taking your ocular health seriously, so start enacting some preventative care today.

Information for this article was gathered from the following sources: Real Simple, The Atlantic and WedMD.

## Two Spring Concerts

By Marilyn Zmoda

The Crystal Coast Choral Society, under the direction of Finley Woolston will present two concerts in early April.

On Saturday, April 1 at 7:30 PM, at Cape Carteret Presbyterian Church, 100 Yaupon Drive (off Hwy 24) in Cape Carteret, the first performance of 'A SPRING BOUQUET OF POETRY IN SONG' will be presented.

The program will be repeated on Sunday, April 2 at 3 PM at All Saints Anglican Church, 292 McCabe Road in Newport.

General admission is \$10 and tickets will be available at the door or from choral society members.

These programs receive support from the NC Arts Council, a division of the Department of Cultural Resources

Information: [www.crystalcoastchoralsociety.org](http://www.crystalcoastchoralsociety.org) or phone Mr. Woolston at 910-358-2997.

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