



SOUND WAVES

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Our Community Newspaper

MAY 2016



ALL ABOARD!

By J. Scott Bell

Greetings Brandywine residents it is time once again for the annual association meeting and I would like to encourage every resident to attend. The annual meeting represents an important opportunity to stay apprised of community happenings and participate in the determination of goals and plans for the coming year. There will also be an installation of three new members of the board of directors whom I imagine will, just as I, be surprised and challenged by the variety and intricacy of the issues to be addressed. I would like to emphasize that all board members have volunteered their time and efforts to manage an ever increasing range of details from insurance coverage to changing light bulbs on our gates! Fortunately the frustration level is directly proportional to the sense of accomplishment and cooperation that we have realized.

To review a few other items on the meeting agenda, we will be updating the road repair projects, finalize plans for an audit of the gate cards, discuss the Carolina Water road access plan, and receive an update on the budget. We also will be reviewing reports from the various committees that perform so much of the day to day (and I mean EVERY day) activities that truly make Brandywine an enviable location to purchase, enjoy, or sell a property.

The following list of committees, once again made up of your neighbors volunteering their time and efforts, provides an overview of what it takes to create and maintain the appearance, safety and range of amenities our community offers:

Architectural Control Committee:

Its members provide guidance, assistance, and enforcement, regarding covenants related to construction, alteration, and physical appearance of Brandywine properties. It truly is ..the pretty committee.

Beautification Committee:

Established to maintain and landscape common areas of our community such as street and highway entrances.

Boat Yard Committee:

Manages the boat yard jointly with Brandywine Bay Association to ensure its appearance, usability, and security.

Camera Committee:

Installation and maintenance of all the camera monitors throughout our neighborhood. They also provide camera footage needed following incidents of breakage or damage.

Christmas Lights Committee:

They are responsible for our beautiful holiday decorations.

Drainage Committee:

Responsible for keeping us from going under! Seriously, the members of this

(continued on page 4)

COMMUNITY FOCUS

By Barbara Johnson

The MirIAM

The MirIAM is a new drug and alcohol detox and rehabilitation facility soon to be located in Carteret County and founded by retired detective Tami Thomas who spent her career seeing the devastating effects of drugs and alcohol on women in our community. In retirement she committed to working with women who wanted to change their lives. The mission of the board of The MirIAM is to create a Christ-centered way of living for women that allows them to recover and return into society as an independent, self-sufficient, and productive person.

The MirIAM believes that every woman has the ability to achieve her independence from addiction. With the proper help and spiritual guidance, she



can overcome her past problems and gain self-sufficiency in a unique environment. The MirIAM offers hope and help to the families of the women seeking a new beginning in a non-traditional setting. Their instructors meet women where they are and help them develop a life plan based on individual goals and needs.

CEO and founder Thomas says, "There is hardly a family in Carteret County that has not been touched directly or indirectly by addiction. In 2015, there were 127 incidents in the county of female drug overdoses with the average age being 48. These numbers demand attention."

Substance abuse isn't just about drugs and alcohol; it is a person trying to desperately replace something missing deep inside of them. At MirIAM, they recognize that each person is an individual, struggling with individual needs and a testimony of

(Continued on page 10)



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



Accolades

Bob and Ellie Workman Celebrate 60th Anniversary on May 4

By Monica Sellars

Bob and Ellie Workman's story begins across the country, in San Diego, over 60 years ago. It sounds like a scene from a movie: Ellie is driving around town with a friend; Bob and his friend, both Sailors who had recently returned from a Far East Tour but wearing civilian clothes, are walking around town. It begins to rain, and the ladies spot the gentlemen getting drenched without an umbrella, so they let them into their car. It's funny to note that Ellie had been advised by her family not to socialize with Sailors, but since Bob and his friend were not in uniform, Ellie did not know that she was breaking the rules!

They all go to Glen's Drive-In where Ellie works as the head car hop to dry off and have a snack. Bob and his friend want to go on a date with Ellie and her friend, but the ladies refuse to accept until they have gone to church. So they go, and then they have their first date.

Fast forward to May, 1956. Bob was sent to Hawaii with the Navy, while Ellie was in California planning all the details of their wedding. A few days after Bob's return, they were married at the First Baptist Church in San Diego; they took a honeymoon trip to San Francisco. They remained in San Diego until 1957, when they moved to North Carolina. Ellie was born and raised in California, and Bob is a native of Goldsboro, NC. Moving to NC was a big change for Ellie, but she adjusted as she was busy with her growing family.

Bob and Ellie are an active pair. While the couple lived in Raleigh, Ellie worked as a bowling instructor. Upon moving to the Crystal Coast, Ellie opened a clothing store in Atlantic Beach, called Ellie's Fashions. After 6 years, she closed the clothing shop and switched her focus to alterations. She also enjoyed going out for a round of golf. Today, she still enjoys sewing, along with other crafty projects, like making wreaths. Bob worked at Cherry Point until his retirement in 1995. He enjoys fishing, ham radio, woodworking, and tinkering in the garage. They also enjoy spending time with their three sons and their grandchildren.

The Workmans moved to Brandywine in 2004, and they appreciate the quiet, friendly atmosphere here. Ellie is the representative for her street, and Bob collects mail for neighbors who are out of town. They are both kind, thoughtful, and caring people whose love for one another spills over and touches everyone around them. Congratulations, Bob and Ellie, on your 60th Anniversary!



Bob and Ellie Workman



Meet Your Neighbor

David Jenkins

By Monica Sellars

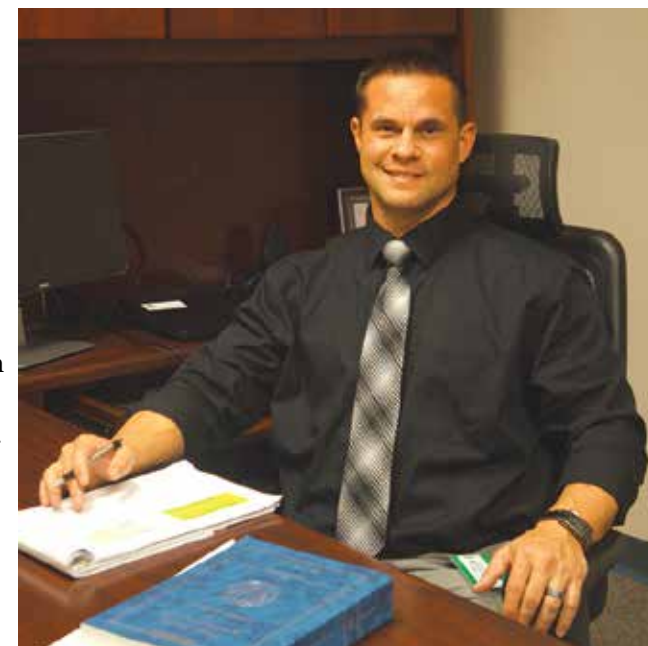
When you talk with Dave Jenkins, it doesn't take long to realize that he is friendly, eager to help, and passionate about his job. These qualities make him a great neighbor to Brandywine residents, as well as a successful Health Director/Deputy Director of Human Services for Carteret County Health Department.

Dave's connection to the Crystal Coast goes back to his childhood. He is originally from Rocky Mount, NC and his family enjoyed vacations here. His path to his current position began with a degree in Marine Biology from UNC-Wilmington. He worked in the water quality field for

several years before starting at the New Hanover County Health Department as an Environmental Health Specialist. While working and advancing his career there, Dave also earned a Master's degree in Public Administration. His next role was Health Director of Scotland County Health Department in Laurinburg, NC. This role expanded his responsibilities beyond environmental health to include other clinical and health services.

In 2015, he moved into his current role here in Carteret County. Now he is the coordinator of departmental activities in clinical services, the mobile dental unit, health education, WIC, environmental health, animal control, and preparedness and response. In his role, he provides reports on county health priorities and initiatives, attends meetings and works with task forces and committees, develops and implements policies and procedures, and conducts public health strategic planning and accreditation activities.

Since his arrival, Dave has been involved with improvement initiatives aimed at making the Carteret County Health Department (CCHD) more efficient and effective. The list of 2015 accomplishments in long and varied, ranging from posting food and lodging inspections and grades to the CCHD website, to contracting with new medical directors for improved clinical oversight and consultation. Changes in CCHD clinics have improved patient access to care and treatment. Clinics now accept credit/debit card payments, and the adult health sliding fee scale was adjusted to 20% based on income (CCHD is the only provider in the community that provides this for acute adult health care). The number of patients seen in CCHD clinics in 2015 increased by approximately 24% compared to 2014.



Dave Jenkins

(continued on page 7)

9th Annual Crystal Coast Boat Show

The 2016 Crystal Coast Boat Show, at the Downtown Morehead City waterfront, on May 21st and 22nd is shaping up to have more boats, vendors, artists, vintage automobiles and entertainment than ever before. Captain Steve Miller, chairman of the Boat Show Committee, said, "We're becoming one of the biggest boat shows in this part of the state. Before the end of last year's show, dealers and vendors were signing up for 2016. I'm excited that we already have more boats signed up than we've ever had."

The Crystal Coast Boat Show features both new and used boats, in-water and on land, as well as showcasing a variety of marine products and services, outdoor gear, fishing tackle, outfitters, brokers, fishing clubs and resource conservation groups. The boat show is free and open to the public on Saturday, May 21, 9 am to 5pm and on Sunday, May 22, 9 am to 4pm. Food and beverages will be available.

Plans are underway for a bigger and better ARTrageous art event held all weekend on the waterfront in conjunction with the Arts Council of Carteret County. At the art event, children's activities are planned throughout the weekend.

On Saturday, May 21st, at Katherine Davis Park, the Morehead City Chapter, Antique Automobile Club of America will hold its 43rd annual car show featuring vintage vehicles that are no less than 25 years old.

Then, on Sunday, May 22nd at Katherine Davis Park, the Morehead City After Hours Rotary Club will host a regional Cornhole Tournament starting at 12:30 pm. Burgers, hot dogs and cold beer will be available for sale. Prizes will be awarded to the winners. To register, email afterhoursrotary@gmail.com.

On both Saturday and Sunday, at the 10th Street beach, Sail Carteret, a new non-profit organization, will be holding sailing races and offering free rides. They'll also have demonstrations and displays.

The DMCRA is a non-profit organization dedicated to restoring Morehead City to a vibrant economic, cultural, historic, social and recreational center. In addition to the Crystal Coast Boat Show, the DMCRA hosts the Alive at Five concert series, the 4th of July fireworks display, and the Christmas Parade. For more information, go to www.crystalcoastboatshow.com or www.downtownmoreheadcity.com or call 252-808-0440.



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RESERVE GREEN	Kenneth Magel • 659-2280
THE RESERVE	Janet Stout • 726-0452
VILLAGE GREEN	Dianne Klein • 622-4679

COMMUNITY EMERGENCY NUMBERS

Sheriff Deputy Request	728-8400
Sheriff's Business Office	504-4800
Ambulance, Fire, Sheriff	911
Progress Energy	800-452-2777
Street Light Outage	800-419-6356
Carolina Water	800-348-2383
Animal Control	728-8585
NC Highway Patrol	800-411-6127
Mosquito Control	504-2107



BUSINESS SPOTLIGHT

SUNNY'S MOBILE PET SPA

By Barbara Johnson

There are so many reasons why busy pet owners are turning to Sunny's Mobile Pet Spa for their furry family members.

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All Aboard

committee have worked exhaustively to monitor and improve the drainage of our community. This is an ongoing and crucial program to maintain the safety and value of our properties and has represented a large percentage of our association's expenditures.

Gate Card Committee:

Manages the inventory, distribution and accountability of the gate cards and micro clickers that operate our entrance gates.

Gates Committee:

Coordinates the operation and maintenance of the entrance gates to ensure their proper functioning and responds to malfunctions.

Recreation Area Committee:

This committee originally established and constructed the recreation area and continues to maintain and improve the area.

Street Representative Committee:

The street reps are the "town criers" of the modern age and are responsible for disseminating information throughout the community and can also function as data collectors.

There are also other volunteers that handle everything from website updates to mosquito control. It is an amazing collection of people who recognize a need and are willing to serve. It is our hope that there are those of you that have a skill, interest, or an inclination to provide assistance to any of these committees and will come to our annual meeting and volunteer your services.

I have thoroughly enjoyed my tenure as a board member and hope that the improvements and accomplishments we have achieved are worthy of our predecessors and successors. I would like to express my heartfelt thanks to my fellow board members and the many residents who have offered their support and encouragement.

J Scott Bell

Come Smell the Roses

By Lenna Easter

On Saturday, May 7, 2016, the Eastern North Carolina Rose Society and the Craven County Master Gardeners invite everyone to a free Open House at the Rose Garden, Deadwood Garden, Bird & Butterfly Garden and the Crop Masters Organic Vegetable Garden on the premises of the Craven County Cooperative Extension.

Drop in anytime between 10:00 am through 2:00 pm and be thoroughly entranced by the eye-appeal of hundreds of roses in bloom, the fluttering of butterflies, the artistic appeal of "deadwood" and an array of healthy vegetables.

Members of each group will be on premises to walk through the garden with visitors and answer questions about the gardens and the plants growing there. Free samples of products will be available as well as handouts on how to cultivate roses and other plants.

There will be complimentary refreshments to enjoy as you stroll the property as well as shopping opportunities to take home some plants for your own garden. Plant sales will benefit the organizations sponsoring the event. Each organization will use all funds to help maintain their garden areas.

The Craven County Cooperative Extension is five miles out of New Bern on Route 70 West. Take exit 409 (Clarks exit), make a right and then another right on Industrial Drive. You will see the gardens on the left just past the New Bern Fire Department building at 300 Industrial Drive. Join us for a fun outing for the whole family.

Memorial Day

By Barbara Johnson

We are a military community and Memorial Day is a deeply meaningful time of remembrance for everyone who has lost a friend or family member serving our country in the Armed Forces. From the Marines and Navy at Cherry Point and Camp Lejeune, the Coast Guard in Fort Macon and the Air Force stationed in Goldsboro, the military is entwined in the fabric of our lives and very few are untouched by the high cost of the freedoms our servicemen and women defend.

Dan McMahon of the Purple Heart Association served as a Marine in Vietnam and he is a legendary storyteller when it comes to the men he served with in that war. Each June at the Purple Heart Golf Tournament held at the Brandywine Bay Golf Course, the day begins for Dan and his fellow veterans with a moment of silence in memory of the men and women lost so that we can enjoy life, liberty and the pursuit of happiness.

The holiday began after the Civil War, and at that time was known as "Decoration Day." While it was originally founded to honor the soldiers who died in the Civil War, today, Memorial Day is a day to honor all of the Americans who have died in military service.

On Memorial Day we are thankful for the sacrifice so many throughout our history have made, for the men and women who made the ultimate sacrifice and for their families who had to carry on without them. It is a sacrifice that is easy to forget. For those who have it, freedom is like oxygen. It's something we just have. Many will not understand just how precious either is until they are at risk of being taken away. In the memory of those who died, we remember sacrifices made and a debt that cannot be repaid.

This is a reminder to patriotic Americans to take a moment from this weekend of celebration and leisure to reflect on the brave sacrifices of those who have given their lives for this great nation. Here in Carteret County the Veterans Council offers a Memorial Day service on Saturday May 28th at 10am on the lawn in Courthouse Square. Representative Walter B. Jones will be the honored guest and speaker for this event.

The words of Lee Greenwood in "God Bless the USA" express the patriotic feelings of this Memorial Day:

"I'm proud to be an American where at least I know I'm free, and I won't forget the men who died, who gave that right to me."

So let us stand up, side by side and on this Memorial Day tell the stories of the proud, strong men and women upon whose lives our country was built and through whose lives we continue to enjoy freedom today. Pass this on to our children and grandchildren so they have an appreciation of their freedom and the history of blood shed so that each succeeding generation can live free in this great nation. It only takes a generation that forgets, to forfeit the life of liberty that has been sustained by the courage of those who treasured freedom more than life itself.



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

Tips for the outdoor enthusiast and their pets

Spring has sprung, and as the weather improves, many of us will be taking to the outdoors with our pets. Below are some tips prepared by the AVMA to help you avoid problems or difficulties with your pet while enjoying the outdoors.

Disease Prevention Quick Tips for Outdoor Enthusiasts

- Avoid camping/backpacking/hiking if you are feeling ill or if your animal companion is ill. People and animals are more prone to disease if their immune systems are weakened by other illnesses or conditions.
- Keep your outdoor gear (including tents, netting, sleeping bags, etc.) in good condition and repair or replace damaged items.
- Take precautions to minimize insect bites.
- Wash hands thoroughly with soap and water or an alcohol-based sanitizer immediately after handling animals, soil, equipment, or food.
- Wash tools, cooking equipment and working surfaces (including tables and cutting boards) thoroughly with soap and water after use. If contamination with soil or animal feces (stool) is suspected or known, disinfect the equipment and surfaces immediately. Adding a minimum of 1 tablespoon of bleach to 1 gallon of water is usually adequate for use as a cleaning/disinfecting solution.
- Avoid eating raw or undercooked meat.
- In the United States, campers and hikers/backpackers should report any signs of sick wildlife or wild bird die-off to the state's game and fish agency or wildlife agency.
- Make sure your animal companions are up-to-date on their vaccines, especially rabies, prior to camping/hiking season.
- Consult your veterinarian about proper preventive treatments for your animals, such as heartworm prevention for dogs and cats, and use the products as recommended.
- Consult your veterinarian about regular stool exams of dogs to check them for parasites, including those that can be passed to people.
- Do not allow your dog to eat dead wildlife.
- Outdoor enthusiasts who regularly travel with animal companions should consider getting some basic training in human and animal first aid techniques. In addition, carrying a first aid kit with supplies for humans and animals is extremely important.

This information has been prepared as a service by the American Veterinary Medical Association.

Motherhood in the Sea

By Lara Klibansky

Motherhood, at the best of times, is hard work. Mothers are constantly trying, and often sacrificing, to ensure their children are safe and prepared with the knowledge they will need to become successful adults. The lengths to which mothers go to ensure success are often surprising and occasionally even exceptional. They are even more impressive when you're doing it all in the ocean. It's often easy to look out over the expansive ocean we are lucky enough to have in our back yard and forget about the incredible creatures that are striving for life beneath the waves. There are a few exceptional mothers found in the world's oceans that deserve a little extra love this mother's day.

Everyone is familiar with the age old saying that when you're pregnant you're eating for two. This, unfortunately, is not quite true, at least in humans. There is one animal, however, for which this adage is completely true, at least during lactation, the pacific sea otter. Sea otters start out with a disadvantage compared with other marine mammals because they don't store fat in a blubber layer for warmth and energy reserve, instead relying on a very high metabolism and incredibly dense fur. They consequently have to eat between 20 to 25% of their body weight in food per day. When a pacific sea otter mother is nursing a pup this percentage grows to about 42% when the pup is a newborn all the way up to 96% when the pup is close to weaning, meaning she is literally eating for two. This requires a herculean effort on the part of the mother to find enough food to support herself and her nursing pup, making this ocean bound mother a true super hero.

Blue whales are not only the largest animals on earth but are also extraordinary mothers. At birth the blue whale calf can weigh in at a whopping 6,000 pounds and is about 23 feet long. This is an astonishingly large newborn, but considering mom is 100 feet long and weighs 200 tons (that's the equivalent of 40 elephants!) baby seems to be pretty reasonably sized. What is more surprising than the sheer size of the newborn is the amount of milk produced by the blue whale mother, over 50 gallons per day. This fat-rich milk allows her infant to gain approximately 10 pounds an hour. That's right, the blue whale calf gains about 250 pounds per day. Any mother who can support that rate of weight gain in her baby is truly deserving of kudos!

Bottlenose dolphins give us our final example of an astonishing maternal feat. Human newborns are known for their finicky sleep habits, and parents of newborns are often easily identified by the signs of sleeplessness. Bottlenose dolphin newborns take it one step further. Adult bottlenose dolphins sleep between 5 and 8 hours a night, a pattern not very different from our own. Unlike us however, bottlenose dolphin mothers get no sleep after their calf is born. The bottlenose dolphin calf does not sleep for the first month after birth and that means neither do their mothers. When dolphins sleep they are vulnerable to predators and could be separated from their newborn calves, so in order to watch over their vulnerable young they forego sleep entirely. This unusual sleep deprivation is also observed in orcas and may help to explain the moniker "killer" whale.

To all of the moms out there, Happy Mother's Day!



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

BRANDYWINE COMMUNITY UPDATES
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Meet Your Neighbor

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Public Health
Prevent. Promote. Protect.

Public health is defined as the science of protecting the safety and improving the health of communities through education, policy making and research for disease and injury prevention. Public health professionals perform these ten essential services:

- Monitor the health status of a community to identify potential problems
- Diagnose and investigate health problems and hazards in the community
- Inform, educate, and empower people about health issues, particularly the underserved and those at risk
- Mobilize community partnerships to identify and solve health problems
- Develop policies and plans that support individual and community health efforts
- Enforce laws and regulations that protect health and ensure safety
- Link people to needed personal health services and ensure the provision of health care when otherwise unavailable
- Ensure a competent public health and personal health care workforce
- Evaluate effectiveness, accessibility, and quality of personal and population-based health services
- Research new insights and innovative solutions to health problems

Future public health goals for Carteret County include both office-based improvements to increase efficiency, community partnerships, and the

implementation of new services to meet the needs of Carteret County residents.

In his free time, Dave's hobbies include weight training, martial arts, target shooting, fishing, traveling, and spending time with family. Dave and his wife Amber have two children, four-year old Chloe and eight-year old Noah. They attend One Harbor Community Church and are active in community volunteer activities. Dave is also a big fan of the Carolina Panthers, and he is looking forward to meeting up with other Panthers fans at the K Club during football season to cheer on the team!

Dave, we thank you for your service and dedication to the health of Carteret County's residents. We are proud to have your family as our neighbor!

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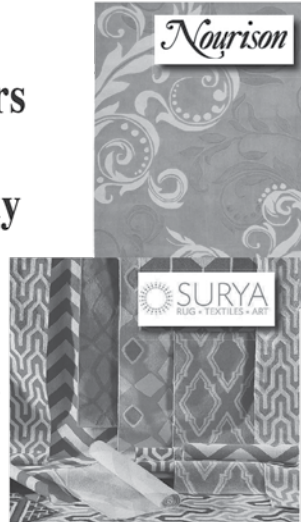


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CYAN MAGENTA YELLOW BLACK

Hey Dads...

Mother's Day is Sunday, May 8. Round up the kids, head to the craft store, and get the supplies for making this cute gift for Mom!

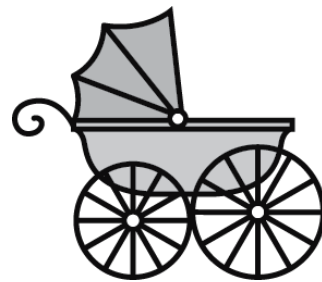
Picture flowers in a vase



Simple and inexpensive for kids of all ages



Momma's Fun World



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Reviewing Your Tax Strategies

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

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

Strategies to consider

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

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

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

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

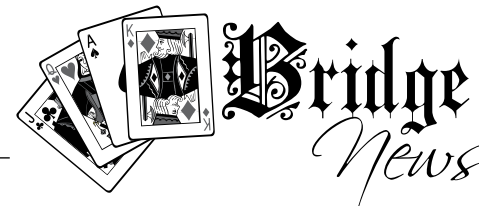
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For IARs: Greg Patterson is a financial advisor located at Atlantic Wealth Management, 712 Bridges Street, Morehead City, NC 28557. He offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. He can be reached at 252-515-7800 or at greg@myatlanticwealth.com.

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By Jo Mullis

The Brandywine Bridge Club met on April 13th at the KClub with 24 attendees for the day. Winners were 1st Connie Bell, 2nd Pam Horton, and 3rd Katie Kirk. A delicious buffet lunch was served. Our membership is open to all residents of Brandywine. Come join us and join in the fun,

For further information call Pat Mahon at 726-7994 or Dolly DiMarco at 240-3547.

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

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Are You an Entrepreneur?

Entrepreneur Night is on Tuesday, May 3, from 4:30 pm to 7:00 pm, at the Train Depot, 1001 Arendell St. The Downtown Morehead City Revitalization Association (DMCRA) is teaming up with the U.S. Small Business Administration, the Small Business Center, SCORE, Duke Energy, Connect Carteret, the Town of Morehead City, the Arts Council of Carteret County and real estate, banking, insurance and social media representatives to host an evening for fledgling entrepreneurs.

At 4:30, the public is invited to a press event where the Town of Morehead City will roll out plans to market a 'one stop shop' for the city permitting process. Called "Getting Started in a Day", a prospective business owner can call 252-726-6848 x 125 to arrange a meeting with all of the city departments gathered at one time to find out what is necessary to get started.

Then from 5:00 to 6:30pm, courtesy of the trolley from the Boathouse at Front Street Village, tours will begin of four available downtown properties and an opportunity to talk with the property representatives. Business experts will be available to speak with throughout the evening at the Train Depot.

The DMCRA is requesting that if you plan to attend, please RSVP at dmcra2@embarqmail.com or call 252-808-0440.

Paraprosdokians

By Marilyn Zmoda

The first time I heard about paraprosdokians, I liked them. Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. Winston Churchill loved them.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ... but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up -- we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to Temple doesn't make you a Jew, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Spread the Laughter,
Share the Cheer,
Let's Be Happy
While We're here!

The MirIAM

failure. A tree of addiction can only be permanently felled when the roots have been severed. Addiction goes to the core of a person; unless the core is healed, the addiction remains. It all begins with a choice. Is it time for a change?

In support of this new program, The MirIAM's Treasures store was recently opened at 4050 Arendell Street next to Golden Corral. They sell furniture, local crafts, home decor and other items. The store is full of beautiful gently used and new items that have been donated by the community. Donations are accepted during store hours. The MirIAM is open Monday through Friday 10-6 and Saturday 10-4.

Volunteers fill vital roles in the operation of The MirIAM Inc. Whatever your interest or skills, there is an opportunity for you to get involved as a MirIAM volunteer! No experience is needed, only a love for helping others in need.


The Volunteer Office is currently accepting volunteer applications for the following positions: The MirIAM Farm including fish farming, gardening and chicken coops, housekeeping/laundry, cafeteria, office help and qualified counselors and medical personnel.

Consider joining in the fun of the Muddy Addiction 5k. The MirIAM will be hosting their first annual Muddy Addiction 5K Mud Run on September 24, 2016. We are excited to be bringing Carteret County its first ever Mud Run. The proceeds from this event will help fund The MirIAM. The event will be located at Carteret County speedway in Swansboro.

Please prayerfully consider donating to The MirIAM to help secure their new facility and get the detox and rehabilitation center up and running. Sponsorships are available for the various units within the program. Find out more by visiting www.TheMiriam.org.

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18-hole LGA news

By Susie Garland

March 24: The game: Change Three Worst Holes to Par. There were 15 members who came out to play on a beautiful sunny and warm day. After tallying up the scores, Mickey Friend came in third with an 88. Close behind in second place with an 87: Ann O'Connor. First place, with an 83: Pam Horton. (Don't we wish we could have those "real" scores). Congrats to the winners. You done good!

March 31: Welcome to Nancy Hutchinson and Sue King who joined the 18-hole league. Today's game was Low Gross/Low Net. We had 18 players competing on another beautiful day in the 70s. For low gross, Myra Roche scored a very respectable 91 to take second place. The winner played like the champ that she is with a score of 89: Pudgy Groben. Low net: Brenda Leinthall achieved second place with a net 73. Our birthday girl, Pat Barber, scored a net 72 for the win.

April 7: Ace of the Month postponed to April 21 due to rain and heavy winds.

April 14: Our annual Solheim tournament was held with participation of both 9-hole and 18-hole leagues. The game consisted of 6 holes of Superball, Best Ball, and Match Play, with 29 players competing in this fun tournament. A very special thanks to Rosie Angel and Pat Ludwig for putting it all together. The teams

were dressed in either cardinal red or bluebird blue. Woo-Hoo to the winning Bluebirds and Boo-Hoo to the Cardinals. (See picture of scorecard for results). In addition, the clubhouse donated Nike Mojo colored golf balls to each member of the winning team. A bird's nest with a golf ball and tees inside were awarded for making a birdie: Kathy Calling, Pudgy Groben, Lee Hayes, and Ann O'Connor. The Bluebirds gifted the Cardinals with a bird's nest filled with tees. All these gifts and prizes were carefully organized by Pat and Rosie whose thoughtfulness is recognized with heartfelt appreciation, not to mention putting the teams together, preparing the scorecards, the posting of team scores, and all that it takes to run a tournament of this size. These two girls, especially, define the word "participation." Kudos and more for your hard work. After the delicious luncheon of egg salad, chicken salad, macaroni salad, chips, and dessert, the Bluebirds tweeted to the Cardinals: "Here's to the ladies of Brandywine; As we buck heads in Solheim; Wearing our feathers of red and blue; You made balls fly and hit those greens, too; You went tweet, tweet, tweet with your good putts; You have good reason to strut; Your flock flew sky high, you're the best; Now go home to nest." Then the Cardinals chirped their song to the Bluebirds: "Here's to the ladies of Brandywine; As we buck heads in Solheim; Sporting our feathers of red and blue; You hit trees and your feathers just flew; We heard squawk, squawk, squawk over putts missed; Hitting bad shots, you really got pissed; For now, find your nest...fly around; Just get off the ground!" Thanks again to Rosie and Pat for their outstanding effort and energy for a fun day out on the links.

Team	Score	Team	Score
14 A. Bitt / Ann B. Judy D.	1 1/2	1 Bernice M a. Joan H.	1 1/2
12 A. Susie B. Annah	- 1/2	1 Pudgy G a. Angela Z	1 1/2
13 A. Ann O B. Kathy C.	1 1	1 Mickey F a. Nancy H.	1 1
17 A. Judy P a. Pat Z.	1 -	1 Pam H a. Barbara Y.	1 -
16 A. Myra R a. Brenda L.	1 1	1 Gina B a. Sue G.	1 -
15 A. Margie B a. Pat B.	- 1	1 Lee H a. Janita B.	1 -
10 A. Ann G a. Betty V.	1 1	1 Kathy K a. Joan C.	1 -
TOTAL 15 1/2		TOTAL 12 1/2	



April 19: The Crystal Coast league played at Cypress Landing. Four of our players came in on the winning side and I'm happy to report the following: In the fourth flight, Pat Barber captured third net. First gross was achieved by Rosie Angel in the third flight, with Angela Zieleck winning second net. Myra Roche attained first net in the second flight. Kudos, ladies. You done good!

April 21: Ace of the Month was held, postponed from April 7, with a good crowd of 14 players competing for April Ace and low putts. Here are the results: In the low putts category, Pam Horton and Brenda Leinthal tied for second place with 35 putts. There was a tie for low putts: Anne Lynes and Sue King with 32. Susie Garland and Bernie Moreno tied for third in the Ace competition with a net 69. Second place, with a net 67: Anne Lynes. Ra-ta-ta-ra-ta-ta-ta for the winner: Pudgy Groben with a net 66. Incidentally, folks, this champ had a remarkable gross score of 86. In the 50-50 draw, Angela Zieleck stuffed \$7.00 into her purse. Congrats to all the winners. You done good!



A Tribute to Pat Barber

By Susie Garland

Turning 80 is a major milestone that deserves a big birthday bash. On March 30th, friends and family gathered together to commemorate and honor a very special lady, Pat Barber, in celebration of her 80th birthday. Thanks to Ann O'Connor, our "birthday manager," for arranging this funfest. Humorous cards were passed around and viewed with witticism and wisecracks such as: "So what if you're 80 now! It could be much worse. If you were a dog, you would be 560 years old today!"



Pat,
 You're so special in many ways
 You're caring and you're kind
 A person who's more wonderful
 Would be difficult to find
 And now that it's your birthday
 This comes especially to say
 You're loved and thought of all the time
 Today and every day



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

June 7 Primary: What We Know

By Phyllis Makuck

**Voter Rights Coalition
of Carteret County**
A NonPartisan Organization

Numerous court cases, some still pending, affect North Carolina's June 7 Congressional Primary. U.S. District Court for the Middle District of North Carolina with offices in Greensboro, Durham and Winston-Salem has been hearing many of these cases. Here is what we know at the

time of this writing.

North Carolina's General Assembly did pass a new congressional redistricting map as required by court order, but federal judges ruling on the case have yet to approve that map and are considering new objections to it. On the new map, Carteret County is in a redrawn U.S. Congressional District 3.

Although the June 7 Primary is a "Congressional Primary," voters will also be selecting one North Carolina Supreme Court associate justice in a nonpartisan race, so all Carteret County ballots have the same four candidates for this court position: Michael R. (Mike) Morgan, Daniel Robertson, Robert H. (Bob) Edmunds and Sabra Jean Faires.

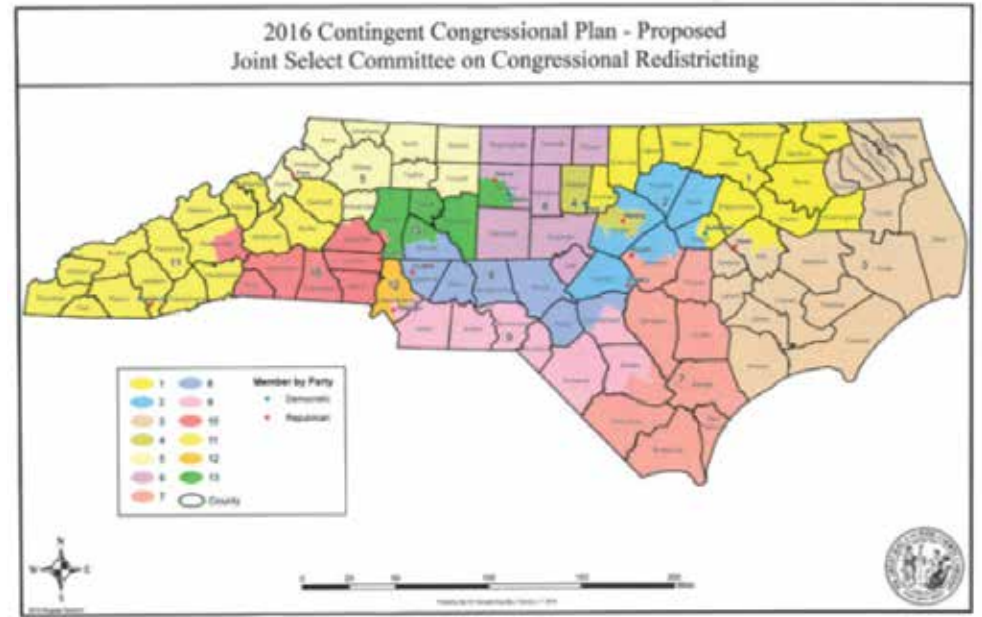
Carteret County will, however, have Republican, Democratic and Nonpartisan ballots. Running for U.S. Congress on the Democratic ticket are David Allan Hurst and Ernest T. Reeves. On the Republican ticket are Phil Law, Taylor Griffin and Walter B. Jones. Unaffiliated voters may choose either one of these ballots or may choose a nonpartisan ballot and vote only for a North Carolina Supreme Court associate justice.

Absentee Voting, which requires voters to submit an official request form, started on April 18 and ends at 5 p.m. on May 31. In Carteret County, Early Voting will be at the Carteret County Board of Elections in Beaufort, 1702 Live Oak Street, Suite 200, from May 26 to June 3, M-F, 8 a.m. to 5 p.m., and on Saturday, June 4, from 8 a.m. to 1 p.m. There will be no Early Voting on Memorial Day, May 30.

The U.S. District Court in Winston-Salem ruled in favor of the state on photo ID and other contested parts of the 2013 North Carolina voting law, but the same rules that applied to the March primary will be in effect for the June 7 primary.

An officially recognized photo I.D. will be required unless the voter claims a religious objection to being photographed or another reasonable impediment to getting an acceptable photo I.D. Absentee ballots and curbside voting will not require a photo I.D. but will require a document showing the voter's name and residential address such as a current utility bill, bank statement, government check, paycheck or other government document. To request an absentee ballot, voters may instead provide a N.C. driver's license number, another N.C. DMV-issued identification number or the last four digits of their social security number. For more detailed information, go to <http://voterid.nc.gov>.

Other contested 2013 voting laws are not in effect for the upcoming primary. For example, during Early Voting, voters may register and vote on the same day, and on June 7, voters may vote at any precinct in the county in which they are registered and have their votes counted. If voting out of an assigned precinct, voters must cast a provisional ballot but, as the law stands currently, these provisional ballots will be counted. For more current detailed information, go to www.ncsbe.gov/ or to www.carteretcountync.gov/434/Board-of-Elections.



CAPE LOOKOUT CIVITAN CLUB

By Barbara Johnson



Looking for an active service organization that has convenient meeting times and provides a way for you to help many parts of our community? The Cape Lookout Civitan Club is just the place for you.

Civitan International is an organization of volunteer service clubs around the world, dedicated to helping people in their own (Continued on page 16)

Brandywine Bay Pool

Membership at the Brandywine Bay is on an annual basis. Fees are collected in April and the pool officially opens the third weekend in May. The pool is open to any Brandywine resident and the cost is as follows: Family - \$450 per year, Seniors and Active Military - \$300 per year.

The Bathrooms have recently undergone a facelift with new painting and lighting. There is no lifeguard, and children under 16 must be accompanied by an adult. There will be an attendant at the gate checking for members only. We have a licensed pool maintenance man who checks the water every day and makes sure we have beautiful clean water every day.

This year a path has been created from the pool to the clubhouse where a take-out window has been incorporated to allow pool members to walk up for lunch or beverage. Only plastic bottles and cups will be allowed in the pool area for those who want to eat at the tables in the pool area.

We hope that members will take care to clean up after themselves and return the chairs and tables to original places when finished. The pool is open from 9:00am to dusk.

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February 18, 2015

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Stissu, Michael	510B Village Green Dr.	252-571-6530

DELETIONS:

Brandy, Shelley	510B Village Green Dr.	732-5733
Capasso, Marilyn	537A Village Green Dr.	726-9033
DeRose, Stephen	222 Brandywine Blvd.	723-9111
Glynn, Robert & Jenna	403 Lord Granville Dr.	909-720-7089
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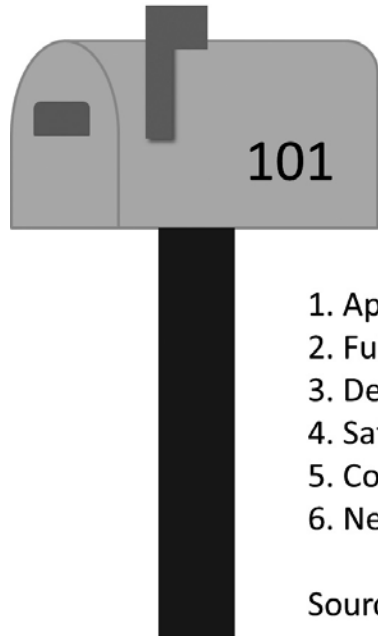
Mailbox Improvement Week

By Monica Sellars

When is a mailbox like the alphabet? When it is full of letters!

The US Postal Service's "Mailbox Improvement Week" is the third week of May. The next time you check your mail, also check your mailbox. It is an important part of your home's curb appeal, and well-maintained mailboxes are important for keeping our whole neighborhood looking great.

The US Postal Service provides a list of six mailbox requirements that you can use as a checklist.



1. Approved by the Postmaster General.
2. Fully operational.
3. Designed to protect the mail from weather.
4. Safe to use.
5. Conveniently located.
6. Neat in appearance.

Source: usps.com

(Continued from page 14)

Cape Lookout Civitan Club

communities. Civitans help wherever the need arises – from collecting food for a homeless shelter, to volunteering at their local retirement home, to building a playground for children with disabilities. Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community.

Here in Carteret County, the Cape Lookout Civitan Club has been active in supporting Relay for Life, Martha's Mission, Hope Mission, Family Promise and Domestic Violence. They raise money through a variety of events. Their Pancake Breakfast in March was a big success and they are looking forward to the Chamber Business Expo in May where they will have a raffle.

President-Elect Raymond Hopkins says, "Civitan inspires me. I've become more familiar with our county and its needs through Civitan. I have been honored to support many great non-profits and to volunteer at Hope Mission and Loaves and Fishes with fellow Civitans. Through Civitan I can help make the world a better place."

The Cape Lookout Civitan Club meets the 1st Wednesday of each month at noon and the 3rd Tuesday at 5:30pm in the large meeting room at Cox's Restaurant on Arendell St. Two or three times a year there is a social night where everyone can get together and relax in a fun atmosphere. The club has about 30 members and Hopkins seeks new members so that the club can make a bigger impact on the community. He invites interested men and women in the community to call him anytime at 252-342-4734.

When considering whether your mailbox is "neat in appearance," notice whether your mailbox suffers from any of these issues: Does it need to be cleaned, painted, or repaired? Is the post rickety, or is the mailbox loose on the post? Are the house numbers faded or missing? Are the plants near the mailbox in need of weeding or trimming?

Many minor mailbox improvements are easy enough for anyone to do. If your mailbox needs a serious upgrade or you just don't have time, consider hiring a professional handyman to repair or replace it for you.

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Meet Your BBA Committee Louis Weil, BBA Board Member

By Barbara Johnson

Where are you from and what brought you to Brandywine?

I'm from Goldsboro, NC where I grew and spent most of my life with my wife Sissy and our children. We stayed there until 1999 when we decided to move to the beach. Our first home was in Oak Bluff in Brandywine and we later moved to our home on Brandywine Marina Drive. We found Brandywine to have good neighbors, great amenities and a convenient location that was close to everything. Brandywine is at the epicenter of Morehead City and offers great shopping, dining and services in the immediate area.

Career

My family has several businesses in Goldsboro. After college I operated a retail specialty clothing and gift store, then moved into real estate development. For 30 years I was involved in every aspect of residential development, from buying land to building single family residences, apartments and patio homes. When my partner decided to retire I wasn't ready to quit, so Sissy and I moved here and I went into real estate sales 17 years ago. I built the Star Team with a local company and then opened my own office in Atlantic Beach. It's been a lot of fun and we're still going strong.

Hobbies

I've found that the people here stay active. No one waits for the weekend to get out and do things. It's 7 days a week of activity for people of all ages. I stay busy with tennis, golf, travel and Sissy and I have a full social life. We just got back from a Seniors Tennis Tournament in Southern Pines. Friends visit us from all over eastern North Carolina and we are very active in the community.

What made you volunteer for the BBA Board?

If you are a member of a community you need to give back. I've established homeowners associations, worked with them and been a member of many. It takes a lot of work to maintain a community and it's easier if the work is shared. I've been on the BBA Board for 6 years and was just elected to another 2 year term. I encourage everyone to come join us and be part of the problem solving and initiatives that make Brandywine a better place to live.



Louis Weil

Zika and What You Can Do

From HOA-USA.com

As we enter mosquito season it is essential that everyone is proactive in the fight against Zika to protect the health of our community.

Zika virus is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. Once a person has been infected, he or she is likely to be protected from future infections.

Zika virus can be spread from a pregnant woman to her fetus and has been linked to a serious birth defect of the brain called microcephaly in babies of mothers who had Zika virus while pregnant. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as absent or poorly developed brain structures, defects of the eye, hearing deficits, and impaired growth. CDC recommends special precautions for pregnant women.

Control the Spread of the Virus. Studies show that the Aedes aegypti mosquito is known as a "container-breeding mosquito" because it likes to lay eggs in and around standing water. The female mosquitoes prefer to lay eggs in water that collects or is stored in manmade containers. The mosquitoes lay eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. The eggs can survive when they dry out-up to 8 months. When it rains or water covers the eggs, they hatch and become adults in about a week.

Therefore a primary preventive measure that communities and residents can take to reduce the number of mosquitoes is to remove standing water. Once a week, empty and scrub, turn over, cover, or throw out containers that hold water, such as: flower pot saucers, vases, pet water bowls, buckets, pool covers, birdbaths, trash cans, and rain barrels. Learn more at <http://blogs.cdc.gov/publichealthmatters/2016/03/zikaandwater/>

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Have you imagined having a forum for your ideas and experiences with your own byline? Are you an expert in a field of interest? Do you have a heart for a particular topic? Sound Waves is looking for your talent for our pages.

Are you in the middle of raising a family? Write for our Family Corner.

Are you a high school student with a flair for expressing the teen experience? Write for Teen Scene.

Are you an involved community member who would like to highlight an area non-profit each month? We want to hear about them in our Community Focus.

Are you a Sports enthusiast? We want to add a Sports column to our pages that would cover the wide variety of sports in our community.

Health and Fitness important to you? Spread the word as a writer for our Health and Fitness Section.

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My Fair Lady

By Bill Colbert

You still have time to enjoy the Carteret Community Theatre presentation of the glorious musical My Fair Lady which tells the story of Henry Higgins, who is engaged in the task of turning a "guttersnipe" into a refined young lady who would be acceptable to royalty. The musical does, most clearly, describe Henry's methods and means (which were largely mean) that led to his success.

As many know the storyline, Professor Higgins aims to teach Eliza Doolittle all the pomp and grace of a romantic age now gone forever. His main teaching strategies focus on Eliza's speech and manners—her speech because he is a phonetician and her manners because he is a member of the intellectual aristocracy. Professor Higgins is truly working in his academic areas of expertise, however his understanding of human relations and human kindness is surely lacking.

The Basic libretto and music of Alan Jay Lerner and Fredrick Loewe seem clearly inspired by the wit and wisdom of Shaw's Pygmalion from which My Fair Lady was derived. The music, in fact, was so marvelous that every piece of it was used in the movie as it was in the Broadway play that ran for six and a half years.

The cast of My Fair Lady is composed of largely local actors, musician and vocalists. They include Melissa Husek as Eliza Doolittle, Flynn Evans as Henry Higgins, Phil Routsong as Director of the entire production and Colonel Pickering, David Griffin as Alfred P. Doolittle, Carolyn Evans as Mrs. Higgins (Henry Higgins mother), Brody Flairty as Freddie Eynsford-Hill, Jean Haggard as Mrs. Eynsford-Hill (Freddie's mother) and Michelle Johnson as Mrs. Pearce (Henry's housekeeper). Besides this cast there is also a beautiful ensemble cast that proves there is no shortage of beautiful and talented people in Carteret County.

My Fair Lady will be presented April 30, May 6 and 7th at 8pm and May 1st and 8th at 2pm at the Carteret Community Theatre, 1311 Arendell St., Morehead City. Adult tickets are \$20 each and children (through high school age) are \$10. Advance reservations are recommended and can be purchased online at www.carteretcommunitytheatre.com. By all means bring the children because they too will enjoy Eliza as she triumphs over what may seem unbeatable odds.





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Concerns of Brandywine Owners

By Bill Horton

The recent appearance of survey stakes on dedicated golf course land fronting on Brandywine streets raises the question "why and what's next." It is worth noting that since 1987 Brandywine has enjoyed the protective benefits of a recorded Agreement made by the then owner of the golf course and BOA. The Agreement is very specific and defines the golf course area by legal description and covenants that it will only be used as an 18 hole golf course with the usual amenities. The Agreement further provides that it cannot be cancelled, altered or amended by anyone until November 1, 2027. After that date it makes provisions regarding continuance and method for changes. Obviously this gives value to all BOA property owners and assurances to all who would be owners.

This recent activity by the new owners would seem to be trivial and harmless, however, it challenges the very essence of the Agreement, that is, the integrity of the golf course. To ignore the apparent actions raises important legal questions for the BOA since inertia or non-response can be construed as "abandonment" of the protection afforded by the Agreement. Such inaction would open the entire golf course to development and the loss of value for all property owners. The BOA Board has correctly sought legal counsel to assert its right to protect its members.

Where we go from here is mainly up to the new owners of the golf course. They can end this conflict by removing the stakes and thereby acknowledge the Agreement's conditions. Otherwise a continuation will result in irreparable harm to the community compelling real estate brokers and owners involved in property sales to disclose the existence of the conflict. Would a buyer risk investment not knowing the outcome?

This was discussed at the most recent BOA public meeting on February 16th and a comprehensive memo by Bob Michaelis was distributed at that time. The Annual Meeting is scheduled for May 22nd the matter will in all likelihood be a topic. All property owners are encouraged to attend and make known their support for maintaining the integrity of the Agreement.



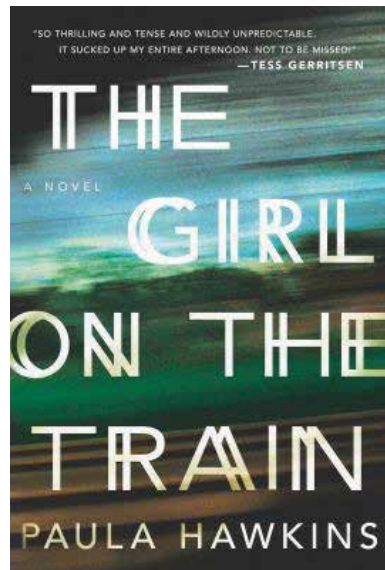
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Brandywine Book Club Notes

By Melinda Brown

The Book Club enjoyed meeting at our new afternoon time as we discussed the book, *The Shoemaker's Wife*, by Adriana Trigiani. The book chronicles the experiences of two Italian immigrants as they leave their families to come to America. It follows their lives as they evolve to become American citizens. It made for a fascinating discussion by our members. Our book for discussion next month is the bestseller, *The Girl on the Train*, by Paula Hawkins.

Our new meeting time is the second Tuesday of each month at 1:30 pm. We would enjoy having you join us!!! Contact Melinda Brown at 247-1055 for more information.



Pet of the Month

By Kate Newkirk

Louie is a German Shepherd/Lab mix that has lived in Brandywine for the last year and a half. He was adopted from Austin Veterinary in Beaufort. Louie only has three legs after getting hit by a car while living with his previous owner. After his accident, Louie's luck changed when Dr. Austin took him in and paid all his medical bills out of pocket, saving his life. A few weeks later, Kate Newkirk saw Louie's ad on PetFinder and went to see him. After two days of fostering Louie, the Newkirks decided to officially adopt him because of his affable nature and clear intelligence. Louie completed basic dog training and quickly became a good candidate for Therapy Dog work. After 13 weeks of training he passed his final test. He now goes to a nursing home once a week to brighten the days of the residents.

Louie lives with his fur brother Alfie, a cairn terrier, and his fur sister Cat, a cat. He also has a 10 month old human brother named Teddy. You can see him walking around the neighborhood everyday loving his life in Brandywine.



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Egg Muffins

By Monica Sellars

If you have been dreaming of an easy, filling breakfast that you can heat and eat on-the-run, egg muffins may be your dream come true! Egg muffins are made in muffin cups with scrambled eggs and whatever other fillings you enjoy. I was first inspired to make muffin cups by my favorite food blog, Kalyn's Kitchen.



Now I make a batch of egg muffins on Sundays and re-heat them in the microwave for breakfast throughout the week.

Kalyn thinks the two most important ingredients are cheese and green onions; however, I worry about onion breath in the morning, so I usually skip the onions. You can use just about anything you have on hand as filling – some easy combinations are ham and mushroom, sausage and peppers, bacon and spinach, asparagus and potato. The important thing to note is that you should use pre-cooked meats, so you can use leftovers from dinner, cook up some extra when you are making Sunday brunch, or just buy the pre-cooked kind from the store.

To make clean-up easy after baking your egg muffins, I definitely recommend using silicone muffin trays or cups. The eggs slide out very easily, and I don't even have to use any cooking spray. Another option is to use aluminum foil baking cups, but I really think the silicone is by far the better method. Believe me when I say, though, that you must NOT put the eggs directly into a metal muffin tin. The egg sticks to the metal and is practically impossible to remove. I did this on my first batch, and I actually threw away the pan – the egg just would not come off.

There are other ways of making egg muffins that I've seen, but I have stayed with this method because it is pretty simple and quick. An internet search will provide ideas for other methods, though. You may like the idea of using a biscuit as the muffin cup, wrapping the muffin cup with slices of pre-cooked bacon, or dropping a whole egg into the muffin cup rather than scrambling it.

Are you ready to get crackin'? Here's how I do it...

Sausage, Mushroom and Pepper Egg Muffins

Ingredients:

- 10 large eggs or equivalent amount of egg substitute from a carton
- 6 links pre-cooked breakfast sausage
- 3 mushrooms, chopped
- 1/2 small green pepper, chopped

Directions:

Place 12 silicone muffin cups in a muffin tin or on a baking sheet. Pre-heat the oven to 350 degrees. Chop sausage, mushrooms, and green pepper. Fill each muffin cup about halfway with the chopped ingredients. Thoroughly scramble the eggs in a measuring cup so they will be easy to pour. Pour the egg scramble over the chopped ingredients, filling to about 1/4 inch below the top. Bake for 25 minutes or until the egg is set. Cool in the muffin cups for about 3 minutes, then remove, cool a bit more on the counter, and finally store in the refrigerator. To reheat, place 2 egg muffins on a plate and microwave for 45 seconds to 1 minute. Sprinkle with salt and pepper to taste.

Team-it-up Tuesday

By Susie Garland

March 22: A good crowd of 32 players participated in the superball format on the back nine. With a score of 32, the team of Joe Arnoult, Bill Busick, Richard Reese, and Gary Vogel took the win.

March 29: Yowsa! The parking lot was full with 36 players who participated on the back 9. A very low score of 30 gave George Dunn, Troy Forguites, Rich Leinthall, and Steve Reinhardt the win.

April 5: Unusually cold weather and heavy winds only brought 10 brave players out to play the front nine. Eugene Gurganus, Bill Busick, and Dave Nagel took the win with a score of 35.

April 12: Rained most of the day and cleared up in time for 12 brave players who played the back nine. The winning team, with a score of 30: Ted Beszterczei, Tommy Cook, Ryan Maurer, and Josh Stutts.

April 19: Summer weather in the 80s encouraged 28 players to participate on the front 9. Gotta tell you, folks. I was on the winning team and frankly sat in the cart most of the time as Troy Forguites, Chuck Muller, and Leon Clay hit drives way beyond my capacity. "Don't you want to practice?" they asked. "How do you spell 'practice?'" I retorted. "At my age, this is as good as it gets." Tee-Hee. But I did manage to sink a put on the seventh hole that gave us an Eagle. Tweet, tweet! Chuck sank four birdie putts in a row that had us hand bumping with elation that certainly contributed to our winning score of 29.

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



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

ACROSS

- 1. Among
- 5. Young kangaroos
- 10. Seating sections
- 14. Fail to win
- 15. Anoint (archaic)
- 16. Askew
- 17. After-bath powder
- 18. A coming into being
- 20. Burdensome
- 22. Souvenir
- 23. Estimated time of arrival
- 24. Nosed (out)
- 25. Intuition
- 32. Infant's illness
- 33. Range
- 34. American Sign Language
- 37. French for "State"
- 38. Unit of weight for gems
- 39. Hint
- 40. Former North African ruler
- 41. Mimicking
- 42. Breasts (slang)
- 43. Charm
- 45. Noodles
- 49. Buffoon
- 50. Dissented
- 53. Denoting a numerical order
- 57. Bulwarks
- 59. Back of the neck
- 60. Tall woody plant
- 61. Habituate
- 62. Biblical garden
- 63. Flower stalk
- 64. Kingly
- 65. Back talk

DOWN

- 1. Countertenor
- 2. Groan
- 3. Small island
- 4. Run-down
- 5. Panther
- 6. 1 1 1 1
- 7. Poetic dusk
- 8. The original matter (cosmology)

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63					64							65		

- 9. Arid
- 10. Deserved
- 11. Unpaid
- 12. Scribbled
- 13. Church council
- 19. Catkin
- 21. Ear-related
- 25. Chilled
- 26. Memo
- 27. Kill
- 28. Another time
- 29. Mountain lakes
- 30. Insect stage
- 31. Not in
- 34. Maguey
- 35. U-boats
- 36. Not more
- 38. Consumer Price Index

- 39. Detains
- 41. Flooded
- 42. Tiny sphere
- 44. Tidbit
- 45. Verse writers
- 46. Not together
- 47. Binge
- 48. Clan emblem
- 51. Pitcher
- 52. Accomplished
- 53. Gumbo
- 54. Nil
- 55. Mimics
- 56. Focusing glass
- 58. Carpet

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MGA Happenings

By Vince Moreno

The MGA monthly tournament was held today. Our tournament chairman Chuck Muller did another fine job of putting it all together. The game today was three man teams and the best two net scores out of the three were counted. First second and third place winners were very close in scores. We all had a great day and the lunch at the "K" club was very good. As a matter of fact, lunch was the better part of the day.



Closest to Pin - Ken Ghelli and Gordon Wall



First Place with a score of 121 - Vince Moreno, Nick Vigilanes and Curits Litchfield



Second Place with a score of 122 - Bob Warren, Gordon Wall and Mark Roche



Third Place with a score of 125 - Gary Vogel, Joe Rudder and Pat Daly

May Sudoku

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