

Women are Veterans Too

By Barbara Johnson

Most people have an image of veterans as white-haired old men marching in parades in November with flags flying. The fact is that women have always had a place on the battlefield as cooks, nurses, laundresses, companions, combatants and spies. In the annals of history, there are hundreds of women whose exploits in their day made them legendary for their battle skills. Tamar of Georgia, Matilda of Canossa and Fu Hao from China are just a few of hundreds that were titans of war in their day but are not as well-known to us as Joan of Arc, Clara Barton, the Amazon fighters, Molly Pitcher and our own Emeline Pigott who used her feminine wiles as a Confederate spy, nurse and smuggler.

The motto for women in World War II was "Free a man to fight" leading some 350,000 women to officially serve in military support roles like nursing, intelligence and communication while 1 in 4 women left their homes and kept the factories humming in the absence of men to do the jobs. The honored bravery of nurses on the Bataan Death March and suffering in Japanese prisoner of war camps both horrified and captured the attention of Americans back home. At war's end our society basically sent women back to the home and glorified the role of homemaker in clean homes with perfect children and delicious Betty Crocker meals.

Oh how things can change in a short time. Today there are 1,853,690 women veterans in the US. Twenty percent of our reserves, 15% of the National Guard and 14.6% of our active duty forces are female. The Marine Corps has the fewest women at 6.7% and the Air Force claims the highest at 19.1%. The full integration of women into all areas of support and combat arms is a far cry from their participation in World War II. Women now serve in 90% of all specialties in the military and serve on the front lines around the world. The military is committed to ensuring the best qualified person serves in a combat role regardless of gender.

Brandywine Bay is home to hundreds of veterans, several of them are women. Chief Petty Officer Jill Eriksen retired from the Coast Guard in 2011 with 23 years of active service. Jill explains her military service in her own words:

"I began my service in the Air Force in 1986 serving as a cryptographic telecommunications systems technician. I served in the Air Force for 4.5 years and later enlisted in the Coast Guard serving as a telephone technician, information systems technician and recruiter in charge. My duty stations were all in the continental U.S. except for a one year tour in Sicily while in the Air Force, one Mediterranean patrol and many Caribbean patrols while assigned to a 378' Coast Guard Cutter based in Charleston, SC.

My Coast Guard career began performing search and rescue missions on Lake Superior in the tiny town of Bayfield, WI. Future assignments included Governor's Island, NY, Martinsburg, WV,



Chief Petty Officer Jill Eriksen

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Veterans on the Move

By Marilyn Zmoda

Thursday, September 15 found Marilyn and Barney Zmoda at the New Bern Airport at 6:15am for their 7:15 flight to Charlotte and on to Providence, RI to attend the 67th Reunion of the 87th Infantry Division; General Patton's Army. They have attended these annual reunions since 2002 when they first became aware of the Division Association. Barney served in the A-346th Company, 87th Infantry during World War 2.



First row left Marilyn and Barney Zmoda

For the past several years, the organization has been known as the 87th Infantry Division Legacy Association. The hard work and planning has now been taken over by the children and grandchildren of the veterans. Attendance at this year's event was about 100, with only 13 or 14 veterans able to attend.

The "Legacy" group had a full weekend planned with several educational forums included on Friday and Saturday. One was given by Tim Gray of the World War 2 Foundation. He has been interviewing and filming World War 2 vets and preserving their memories of the war on film. These films will be shown on PBS. He has one or two completed and is working on several more. He feels it is important to keep this history alive for the younger generation who know little or nothing of what their grandparent's generation endured and achieved in the 1940s.

Another forum discussed the Honor Flights, and a third showed the "Ghost Army" film, a revelation and example of American ingenuity. The Ghost Army was a select group of about 1,000 American soldiers who deployed inflatable tanks, cannons, jeeps, trucks, planes, and even buildings to deceive enemy planes flying high above. All these could be moved quickly and set up in another area. This allowed a deception which appeared to be a massive build-up of force for the expected invasion and crossing of the English Channel.

The Keynote speaker for the Saturday evening banquet was Belgium-born, Cristian de Marken, now a United States citizen. He described his experiences during the war, and displayed an American flag, which was made and hidden by his mother during the war years.

Four of our five children and spouses joined us for the weekend, as they have many times in the past. We have all become well acquainted with the other Veterans and their families. We are especially close to, and fond of Barney's "foxhole buddy", Jack Higgins, and family, all from Minnesota. One of his sons and a granddaughter are very active on the Legacy Executive Board. All these young people do a fantastic job of organizing the weekend, planning the location, securing hotels, speakers and

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NEXT BOA QUARTERLY MEETING
November 16 at 7pm
At the K Club

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Women are Veterans Too



LtCols Barbara and Rick Johnson

Cleveland, OH and Columbus, OH. I was also assigned to the Coast Guard base at Ft. Macon from 1996-2000 where I maintained and installed telephone systems, cabling and computer networks for every CG unit within a 4 hour drive.

The advice I would offer anyone enlisting in the military is to choose the branch of service and your job very carefully. Your job will determine where you live, the people you meet, educational opportunities, advancement

opportunities, job satisfaction, who you work for, years of service, work hours and schedule, where you travel and how often, health and fitness and it may determine your career and lifestyle beyond your time in the military.”

We thank you for your service Jill and are proud to have you choose Brandywine as your home.

I'm another woman veteran, having served for 11 years active and 10 ½ as a reservist in the Marine Corps and retiring in 1996. My specialties included manpower, administration, personnel services, reserve mobilization and management assistance. I was stationed around the world, from Hawaii to Okinawa and Washington state to Quantico, VA. When I joined the Marine Corps there were only 400 women officers and women had only recently been allowed to marry, have children and stay on active duty. All the “heads” were for men and we had to revert to civilian attire when pregnant because there were no maternity uniforms. I was one of the first women to be assigned to serve a full tour overseas in Okinawa with the 3rd Marine Division.

It was a challenge serving in a man's world but every woman I knew fought for the right to be accepted as a Marine and not as a “just a woman” Marine. Forty years later military service for women is completely different. Women serve in all corners of the world, in combat, on land, air and sea, and acquit themselves as fully mission ready in all branches of the service. Women no longer “free a man to fight” but take the fight to the enemy themselves.

Jill and I spoke briefly about the veterans we knew in our little corner of Brandywine. We know that men and women veterans from all branches are proud to have served and carry a bond forged from standing to defend all that we hold dear in this country. Brandywine is full of those heroes to our nation.

On this Veterans Day November 11, 2016 please pause to honor those who served and are serving. Thank a Brandywine veteran this month. It is probably your next door neighbor. Ask them about their service and take time to listen.

If you are a veteran please email the editor.soundwaves@gmail.com with your name, rank and branch/branches of service and years of service. We will recognize all our veterans on our Sound Waves Facebook page on November 11th.

God bless our veterans and God bless the United States of America.



Pet of the Month Meet Crush

By Renee Lott

I guess you could say I'm a very well traveled dog. My mommy, daddy, and I just moved here two months ago from Virginia. Mommy lived in Richmond as a nurse and Daddy lived in Quantico for the military; I'm so happy we all get to live together now! Good thing I looove car rides because I've ridden all over Virginia to see friends and family every weekend since Mommy and Daddy lived in different cities for work. The military moved us down here and I like it a lot, except for the mosquitoes.

Mommy and Daddy taught me all I know all by themselves. They even taught me not to bark; I think my neighbors like that about me. One trick I know is "roll over," which sometimes makes me dizzy but I'll do anything my hoomans say since they are my whole world.

I can't get enough of playing in the water and swimming now because I had never met the beach before I moved here. A couple of waves got up my nose so I didn't like it at first, but then I got used to it. Also, walks in the sand and around the neighborhood are great exercise for me. I love to make friends and have lots of energy that's sometimes hard to contain, but hey I only just turned two years old!

Food is one of my favorite things in the whole world, anybody who has a treat is my friend! I even think my daily vitamin is a tasty treat. My mommy and daddy don't allow me to have human food, except for peanut butter. But, I'm spoiled with love and toys, and I love to play tug.



Pet Corner



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

Winter Safety Tips

Pets that spend time outdoors are exposed to various environmental and physical dangers that change with the seasons. Here are some basic precautions that you can take to help keep your pet safe and healthy during the winter months.

Pets that spend a lot of time outdoors during the winter months use more calories in order to stay warm. Giving your pet a higher quality, protein-rich food will help him or her stay warm and healthy. If your pet has any medical problems, consult your veterinarian before changing diets.

If you have a shelter in your yard (for dogs or cats), insulate the interior. A thick layer of straw makes good insulation. Heated pet mats are also helpful. Use only heated products that are approved for pets. Pets should not be left outside for long periods of time in the winter and should always have the option of coming inside.

Frostbite and hypothermia can affect cats and dogs as well as people. If weather alerts recommend that people stay indoors in your area, it is a good idea to bring your pet indoors, too. If your pet cannot be brought indoors, a garage or mud room can provide enough shelter in some cases.

When walking your dog, keep him or her away from frozen water. Dogs can fall through thin ice into freezing water and may suffer hypothermia or drown.

Cats and dogs that live outdoors depend on people for their warmth and survival during the winter months. Special steps need to be taken to keep these animals safe. For example, animals need a constant supply of fresh, unfrozen water. Heated water bowls can keep water from freezing in the winter. Otherwise, water should be kept in a covered, enclosed space to prevent it from freezing quickly.

Be Aware of Heating Hazards

Burning candles, fireplaces, wood-burning stoves, and space heaters create the potential for burns and smoke inhalation. The flickers and warmth of a fire can be an attraction for pets; therefore, animals should not be left alone in a room with open flames or hot electric elements. When these items are in use, monitor your pet at all times to keep him or her from getting burned or possibly starting a house fire.

Carbon monoxide poisoning can be a threat to pets as well as people. Furnaces, gas water heaters, and gas/kerosene space heaters should always be evaluated for any leakage. Because pets tend to be in the house for longer periods of time during the winter, they can be exposed to carbon monoxide leaks for longer, which may cause serious health issues or death.

Checking smoke detectors and purchasing smoke detectors that detect increases in carbon monoxide are good ways to help protect your pets and family. Car exhaust is another source of carbon monoxide. Pets should never be left in cars with the motor running or in a garage with a running car.

Outdoor cats may seek warmth under car hoods and can be injured or killed by the car's fan belt. Before getting into your car, knock loudly on the hood to ensure that a cat is not hiding beneath.

Watch Out for Winter Toxins

Antifreeze - also known as ethylene glycol, antifreeze is one of the most common and dangerous winter toxins. Antifreeze is highly poisonous, and dogs and cats can be attracted to its sweet smell and taste. Signs such as vomiting, loss of coordination, and depression can appear within 1 hour of a pet drinking antifreeze. The kidneys are most severely affected. Acute kidney failure can occur within 12 to 24 hours

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Charitable Giving

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

Charitable giving can play an important role in many estate plans. Philanthropy can not only give you great personal satisfaction; it can also give you a current income tax deduction, let you avoid capital gains tax, and reduce the amount of taxes your estate may owe when you die. There are many ways to give to charity. You can make gifts during your lifetime or at your death. You can make gifts outright or use a trust. You can name a charity as a beneficiary in your will, or designate a charity as a beneficiary of your retirement plan or life insurance policy. Or, if your gift is substantial, you can establish a private foundation, community foundation, or donor-advised fund.

Making outright gifts

An outright gift is one that benefits the charity immediately and exclusively. With an outright gift you get an immediate income and gift tax deduction. Make sure the charity is a qualified charity according to the IRS. Get a written receipt or keep a bank record for any cash donations, and get a written receipt for any property other than money.

Will or trust bequests and beneficiary designations

These gifts are made by including a provision in your will or trust document, or by using a beneficiary designation form. The charity receives the gift at your death, at which time your estate can take the income and estate tax deductions.

Charitable trusts

Another way for you to make charitable gifts is to create a charitable trust. You can name the charity as the sole beneficiary, or you can name a non-charitable beneficiary as well, splitting the beneficial interest (this is referred to as making a partial charitable gift). The most common types of trusts used to make partial gifts to charity are the charitable lead trust and the charitable remainder trust.

Charitable lead trust

A charitable lead trust pays income to a charity for a certain period of years, and then the trust principal passes back to you, your family members, or other heirs. The trust is known as a charitable lead trust because the charity gets the first, or lead, interest. A charitable lead trust can be an excellent estate planning vehicle if you own assets that you expect will substantially appreciate in value. If created properly, a charitable lead trust allows you to keep an asset in the family and still enjoy some tax benefits.

Charitable remainder trust

A charitable remainder trust is the mirror image of the charitable lead trust. Trust income is payable to you, your family members, or other heirs for a period of years, then the principal goes to your favorite charity. A charitable remainder trust can be beneficial because it provides you with a stream of current income--a desirable feature if there won't be enough income from other sources.

Private family foundation

A private family foundation is a separate legal entity that can endure for many generations after your death. You create the foundation, then transfer assets to the foundation, which in turn makes grants to public charities. You and your descendants have complete control over which charities receive grants. But, unless you can contribute enough capital to generate funds for grants, the costs and complexities of a private foundation may not be worth it. One rule of thumb is that you should be able to donate enough assets to generate at least \$25,000 a year for grants.

Community foundation

If you want your dollars to be spent on improving the quality of life in a particular community, consider giving to a community foundation. Similar to a private foundation, a community foundation accepts donations from many sources, and is overseen by individuals familiar with the community's particular needs, and professionals skilled at running a charitable organization.

Donor-advised fund

Similar in some respects to a private foundation, a donor-advised fund offers an easier way for you to make a significant gift to charity over a long period of time. A donor-advised fund actually refers to an account that is held within a charitable organization. The charitable organization is a separate legal entity, but your account is not--it is merely a component of the charitable organization that holds the account. Once you transfer assets to the account, the charitable organization becomes the legal owner of the assets and has ultimate control over them. You can only advise--not direct--the charitable organization on how your contributions will be distributed to other charities. If you would like to take advantage of one of these gifting options, the time is now. Remember that the deadline for inclusion on your 2016 taxes is December 31, 2016.

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

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Winter Safety Tips

after ingestion of antifreeze, so it is important to bring your pet to a veterinarian immediately if you suspect he or she has drunk even a small amount of antifreeze.

Salt and chemical ice melts - cats and dogs that walk on "de-iced" sidewalks or pathways can have chapped, dry, painful paws. When they lick their paws, they can be exposed to toxic chemicals found in some ice melts. Pet-safe ice melt products can be purchased at most home improvement and pet stores. However, not everyone uses these products, so it is important to wash your pet's feet with a warm cloth after he or she comes in from being outside.

In many cases, if your pet has eaten or drunk something toxic, warning signs will include gastrointestinal problems, such as vomiting and diarrhea. Other signs may include tiredness and lack of appetite. If your pet shows any of these signs, or you think he or she has eaten something dangerous but is not showing any signs yet, contact your veterinarian right away.



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Riding In Style

By Bart Sheard

Riding In Style means learning to adapt to your changing needs. Dot Michaelis has been walking down Brandywine Blvd with her canine companion Alfie, a Soft Coat Wheaten Terrier, for nine years, in order to get her morning exercise. With each ensuing year the walk seems to get a little bit longer, time has a way of doing that to walkers. So with a touch of creative thinking she said, "Why not get my own golf cart that I can ride from my place of residence at the Reserve Green and then select a few places to take a shorter walk with Alfie. And so viola, she did just that, and as a bonus it makes Alfie feel important as he rides along as a passenger issuing directions with a kind of regal presence. If Dot had given up her walking entirely, she knew that her friends along the trail would miss her, and that drivers in passing cars would wonder, "What ever happened to that woman and her canine companion that we used to see every morning?" It's truism that seeing familiar sights and recognizing the people in one's community on a frequent basis adds stability to our lives. There have been so many changes in this fast evolving world, and to have that reassuring sense of recognition and familiarity gives all of us a feeling of security. So if you see Dot and Alfie taking a short walk along Brandywine Boulevard, take note that they've already had a limousine escort to the start of their morning trek. And of course, remember to wave, for living in a friendly community is part of our good fortune!



MAY YOUR STUFFING BE TASTY,
MAY YOUR TURKEY BE PLUMP,
MAY YOUR POTATOES 'N GRAVY...
HAVE NARY A LUMP,
MAY YOUR YAMS BE DELICIOUS,
MAY YOUR PIES TAKE THE PRIZE,
MAY YOUR THANKSGIVING DINNER
STAY OFF OF YOUR THIGHS.

Happy Thanksgiving



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ABC's of Crystal Coast Real Estate

By Amy M. Hahn, Pine Knoll Shores Realty

Appraisal is a valuation of property by the estimate of an authorized person.

Buyer's agent is a real estate agent who represents only the buyer of a property in a real estate transaction. This type of agent agrees to exclusively represent the best interest of the buyer, usually under a formal contract. Considerations for an agent working under this type of agreement include; negotiating the best sale price for the property, researching the surrounding neighborhood and schools, ensuring the property is inspected and performing necessary due diligence.

Closing Disclosure (CD) is a five-page form that provides final details about the mortgage loan you have selected. It includes the loan terms, your projected monthly payments, and how much you will pay in fees and other costs to get your mortgage (closing costs). The CD is a new form.

Due-diligence period in a real estate contract is defined as a buyer's obligation to thoroughly investigate a property within a specified time to determine whether the buyer remains satisfied with the property before finalizing the purchase. If the buyer's investigation uncovers defects with the property, the buyer may either propose a solution to the seller with an addendum to the real estate contract or cancel the purchase, according to the terms of the real estate contract.

Equity is the value of ownership built up in a home or property that represents the current market value of the house less any remaining mortgage payments. This value is built up over time as the property owner pays off the mortgage and the market value of the property appreciates.

Flood zones are geographic areas that the FEMA has defined according to varying levels of flood risk. These zones are depicted on a community's Flood Insurance Rate Map (FIRM) or Flood Hazard Boundary Map. Each zone reflects the severity or type of flooding in the area.

Homeowner's association (HOA) is an organization in a subdivision, planned community or condominium that makes and enforces rules for the properties within its jurisdiction.

Inspection (home) is a non-invasive visual examination of a residential dwelling, performed for a fee, which is designed to identify observed material defects within specific components of said dwelling.

Jumbo mortgage is a home loan for an amount that exceeds conforming loan limits established by regulation. The jumbo loan limit is \$417,000 in most of the United States. The limit on jumbo loans is \$625,500 in the highest-cost areas.

Kickback is an illegal fee or rebate paid to someone in order to gain that person's decision or recommendation for the award of business. Under the Real Estate Settlement and Procedure Act (RESPA), federal law prohibits kickbacks to real estate agents from mortgage companies.

Lender is an entity that advances cash to a borrower for a stated period and for a fixed or variable rate of interest, with or without a security other than the borrower's signatures.

Multiple Listing Service (MLS) is a service used by a group of real estate brokers. They band together to create an MLS that allows each of them to see one another's listings of properties for sale.

Nonconforming use is a use of property that was allowed under the zoning regulations at the time the use was established but which, because of subsequent changes in those regulations, is no longer a permitted use.

Open House is an event hosted by a listing agent or Broker to showcase a home to other real estate agents or potential buyers.

Personal property, in its most general definition, can include any asset other than real estate. The distinguishing factor between personal property and real estate is that personal property is movable; that is, the asset is not fixed permanently to one location as with real property, such as land or buildings.

Quitclaim deed is a legal instrument which is used to transfer interest in real property. The entity transferring its interest is called the grantor, and when the quitclaim deed is properly completed and executed, it transfers any interest the grantor has in the property to a recipient, called the grantee.

REALTOR® has one, and only one, meaning: REALTOR® is a federally registered collective membership mark which identifies a real estate professional who is a member of the NATIONAL ASSOCIATION OF REALTORS® and subscribes to its strict Code of Ethics.

Seller Disclosure is a document provided by a home seller to a home buyer that outlines known issues with a property and other historical details. A seller disclosure often includes details about defective appliances or systems, known repair issues or history of leaks or environmental contamination.

T.R.I.D is The New TILA RESPA Integrated Disclosures. • The Loan Estimate replaces the initial Truth-in-Lending disclosure & Good Faith Estimate for most closed-end mortgage loans. • The Closing Disclosure replaces the final Truth-in-Lending disclosure & HUD-1 Settlement Statement.

Underwriter - When an individual or business entity seeks funding for a real estate project or purchase, the loan request is scrutinized by an underwriter to determine how much risk the lender is willing to accept. Real estate underwriters take into consideration both the land and the borrower.

VA Loan is a mortgage loan program established by the United States Department of Veterans Affairs to help veterans and their families obtain home financing.

Wood Destroying Insect Report (WDIR) is generated during a home inspection while looking for wood destroying insects such as termites, carpenter bees, carpenter ants, and powder post beetles. A WDIR are required with certain types of loans, when buying a new home.

X Flood Zone is the area determined to be outside the 500-year flood and protected by levee from 100-year flood (as defined by FEMA).

Yield spread premium (YSP) is the money or rebate paid to a mortgage broker for giving a borrower a higher interest rate on a loan in exchange for lower up front costs, generally paid in origination fees, broker fees or discount points.

Zillow is an online real estate database company that was founded in 2006. While it may be rated as the #1 Real Estate site, unfortunately their information isn't always accurate. The most accurate website for real estate is REALTOR.com. Do not rely on any website to provide you with a market analysis of your property. Always call your favorite REALTOR®... no one knows the market better than a local!



Holiday Decorating Safety Tips

By Monica Sellars

If the extent of your holiday decorating is hanging a wreath on your door, then your risk for injury is pretty low! If, however, you enjoy more elaborate decorations, here are some tips for decorating safely.

Identify a Helper: Decorating is not a one-person job. Find someone who will help you move heavy boxes and hold the ladder.

Check Supplies: Get your lights out of the attic early and test each strand. Also check your supply of light hooks and zip ties, and buy more in advance of decorating day, if necessary.

Outdoor Lights: When you string multiple strands of lights together, cover the exposed plugs with electrical tape to make sure they stay dry when it rains. Ensure you provide enough light around your front porch to allow people to walk safely from your driveway to your door. Move all cords and decorations out of the walkway to prevent tripping. Put your lights on a timer so they turn on and off automatically.

Ladders: Remember your ladder safety rules when hanging decorations. Place the ladder on an even surface and have your helper hold the ladder steady while you are on it.

Indoor Decor: Remember to keep a close watch on your candles to prevent accidents. Beware of poisonous plants and decorations with small pieces that kids and pets can reach (and potentially eat).

Best wishes for safe decorating, neighbors! Looking forward to seeing Brandywine's cheerful holiday displays!

Announcement

By Harriet Altman

The Unitarian Coastal Fellowship of Morehead City will hold its annual Goods and Services Auction Friday, November 18, at 7:00 p.m. Previews of auction items begin at 6:30 p.m. UCF is located at 1300 Evans Street.

The Auction is an annual fundraising event for UCF, and helps fund UCF's community projects and support for Carteret County's and North Carolina's most worthy non-profits. The event is open to the public.

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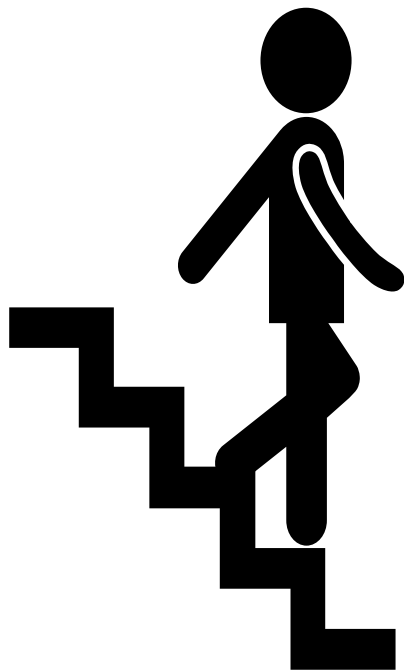
Veterans on the Move

entertainment. They provide a Hospitality Room well supplied with snacks and beverages. Needless to say, this room was always crowded with guests visiting with old friends and making new ones. Stories about the Battle of the Bulge from several of the veterans who had lived through it, had many rapt listeners.

At our first Reunion, there were three members of Barney's original platoon, plus the platoon leader, Lt. Boyle. All are still living except Lt. Boyle. This year, two others were unable to attend due to health problems.

A business meeting and Memorial Service are always held the final day of the reunion. Barney, and two of our sons, Dan and Andy served as honor guard for the Memorial Service. A proud wife and Mom here.

We were all on our way home Sunday morning, and looking forward to attending next year's reunion in Columbia, S.C.



Did you know?

Hearing loss has been linked to a three-fold increase in risk of falling.

Untreated hearing loss affects brain structure and function*. When a person is affected by untreated hearing loss, their auditory cortex becomes "atrophied" due to the lack of sound stimulation.

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*Frank Lin, M.D., Ph.D. through Johns Hopkins University and the National Institute on Aging.

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“Go Bananas!”

By Hannah Nielsen

Our family loves bananas, but sometimes it can be difficult to finish off a bunch before at least one or two of the bananas get too ripe. Thankfully though, when a banana is overly ripe it has a stronger flavor and becomes perfect for baking. Here are a few recipes to help you use your leftover bananas.

If You Have One Ripe Banana... Peanut Butter Banana Cookies (from Gimme Some Oven)

Ingredients:

- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp cornstarch
- 1/2 tsp salt
- 1/4 tsp baking soda
- 1/4 tsp ground cinnamon
- 1/2 cup (1 stick) butter, softened
- 1/2 cup brown sugar, packed
- 1/2 cup creamy natural peanut butter
- 1 egg
- 1/2 cup mashed banana (about 1 medium banana)
- 1 tsp vanilla extract
- (optional: cane sugar, for sprinkling)



Directions:

1. Heat oven to 350F. Line baking sheet with parchment paper.
2. In a medium mixing bowl, whisk the flour, baking powder, cornstarch, salt, baking soda and cinnamon until combined. Set aside.
3. In the (separate) bowl of a stand mixer, cream the butter and brown sugar together on medium-high speed until light and fluffy, about 1 minute. Add peanut butter, egg, banana and vanilla, and continue mixing on medium high speed until combined, scraping down the sides of the bowl once if needed. Fold in the dry ingredients and mix until just combined.
4. Measure out a rounded tablespoon-full of dough, roll it into a ball, then place on the baking sheet. Use a fork to press down the top of the ball and make a criss-cross pattern. Sprinkle with a pinch of cane sugar, if desired. Repeat with remaining dough.
5. Bake for 8-10 minutes or until slightly golden around the edges. Cool for 10 minutes on the baking sheet, then transfer to a wire rack to cool completely.
6. Serve immediately or store in a sealed container up to 1 week.

If You Have Two Ripe Bananas... Chocolate Chip Peanut Butter Banana Bread (from Betty Crocker)

Ingredients:

- 3/4 cup creamy peanut butter
- 1/4 cup butter
- 2 cups sugar
- 4 eggs
- 3 cups all-purpose flour
- 2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup sour cream
- 2 cups mashed very ripe bananas
- 1 cup miniature semisweet chocolate chips (broken up Reese's cups will also work)
- 2 tsp vanilla



Directions:

1. Heat oven to 350F (325F for dark or non-stick pans). Grease bottoms only of 2 (8x4-inch) loaf pans with shortening.
2. In small microwavable bowl, microwave peanut butter and butter uncovered on High 30-45 seconds or until butter is melted. Stir until mixture is smooth.
3. In large bowl, beat sugar and eggs with electric mixer on medium speed; beat well. In another bowl, mix flour, baking soda and salt. Add flour mixture alternately with sour cream to peanut butter mixture, beating on low speed until blended. Stir in bananas, chocolate chips and vanilla until blended. Divide batter between pans.
4. Bake 1 hour 10 minutes to 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 2 hours.

If You Have Three Ripe Bananas... Simple Banana Bread (from my sister)

Ingredients:

- 1/2 cup oil
- 1 cup sugar
- 2 eggs beaten
- 3 mashed bananas
- 2 cups flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 3 tbsp milk

- 1/2 tsp vanilla
- (Mix in cinnamon and nutmeg to taste if desired)

Directions:

1. Beat oil and sugar together
2. Add eggs and banana pulp and beat well
3. Add flour, baking powder, baking soda and salt and beat
4. Add milk and vanilla and beat
5. Pour into greased and floured loaf pan
6. Bake at 350F for 1 hour until an inserted knife comes out clean
7. Serve with or without butter



Our Pileated Woodpecker

By Monica Sellars

We are big fans of our outdoor flying friends, the birds of Brandywine. It is amazing to watch the wide variety of birds, from hummingbirds to owls, go about their daily activities in harmony with one another, and with us. Recently, we have heard our favorite pileated woodpecker working overtime, and we finally spotted what he was up to – he was making a new nest in a tree at the side of our house. At first, we thought he was just doing his normal hunting for bugs in the tree, but then we saw just the top of his head inside the hole in the tree, and we realized that he'd been much, much busier than we had thought.

Curious to learn more about our tree-dwelling friend, I went to the Audubon website. According to this source, the pileated woodpecker has been increasing in numbers steadily over the last 100 years, after a sharp decline in the 18th and 19th centuries. Part of this population growth seems to be that the birds are adapting to life in second-growth woods and proximity to humans.

The pileated woodpecker is the largest woodpecker in North America, with the exception of the Ivory-bill which is thought to be extinct at this time. Pileated woodpeckers eat ants and other insects, as well as fruits and nuts. Carpenter ants are its favorite meal, so they enjoy digging into a big piece of rotten wood, leaving a characteristic rectangular-shaped hole in the dead tree when they are finished. We certainly appreciate their help with keeping the ant population in check!

When a pileated woodpecker is courting a mate, they spread their wings, raise their red crest of feathers, swing their head, and glide through the air to display their attributes. When it comes to nesting, a new cavity is generally created in a dead tree or branch each year, with both the male and female helping to excavate. After the pileated woodpeckers move out of their tree, other birds or squirrels often move into the site.

We certainly hope that the pileated woodpecker family will enjoy their new home this winter. No pressure, but we'd like them to have some babies too!

Carteret County Friends of Aging Free Aging in Place Services

By Barbara Johnson

Carteret County is recognized as an elite provider of senior services in the state of North Carolina. The Leon Mann Senior Center is a free center with classes, programs, clubs and meals each day for residents over age 60. Transportation is available through the Carteret Area Transportation System.

The fact is, many of our seniors are homebound and cannot take advantage of activities at the center. Aging in place services address the needs of seniors who cannot get out and interact but desire to stay in their homes.

Home Delivered Meals: Each day a hot meal is prepared at the senior center and delivered at lunch time by a trained volunteer. Potential participants are assessed by the Program Supervisor for eligibility. Participants must be 60 years or older, homebound and unable to prepare meals and living in an area serviced by the program.

Delivery volunteers look for changes in recipient's state of mind, health or environment during each visit and report if someone is in imminent danger. This could include injuries, caretaker neglect, sanitation issues or hazardous dangers in the home. Delivery volunteers do not help with medical treatments, medications, errands or household chores.

Friendly Visits are one of our favorite services to set up. Volunteers make personal visits to homebound seniors. This is a socialization opportunity for those unable to leave home, and a way for us to check up on them to make sure they are doing well and that all of their needs are being met. We'll do just about anything to brighten up your day.

Home Access Program: This unique service uses simple technology to connect homebound seniors to activities at the Leon Mann, Jr. Enrichment Center. Seniors are taught how to use Skype or video conferencing software on a tablet or desktop computer to connect to the Center. This allows them to see friends and participate in activities via live-streaming video that they ordinarily wouldn't be able to travel to.

If you or a loved one over 60 years old needs help, please contact Mary Kurek at 252-247-2626 or mary.kurek@carteretcountync.gov.

How can you volunteer to help seniors age in place?

Friendly Visits Ambassador: Give an hour to make someone's day! Visiting homebound elderly for casual conversations, socializing, or maybe even games give recipients something valuable to look forward to every day.

Home Delivered Meals Driver: Our volunteers say this is the most rewarding experience! For many seniors, this service is the only hot meal and the only visit they receive all day. Volunteers can change a life, whether you commit to one day per week or only once per month.

Activities Assistant: Help Center staff create memorable activities and programs for their members.

Computer Helper: Did you know that seniors are the fastest growing demographic for Facebook users? Volunteer to help bridge the technological gap! Whether you can stop by once a week or schedule one-on-one appointments, we need computer whizzes to help teach our seniors how to use a laptop, their new smartphone, or a tablet.

Class Instructor: If there is a topic you are passionate about and you want to share it, we welcome instructors of all shapes and sizes. Topics can include teaching a new language, appreciating art, or promoting any new skills.



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Craft Idea: No-Sew Fleece Pillow

By Monica Sellars

If you are in the mood for a craft project, here is an idea for a no-sew fleece pillow. I'll give you the short and sweet version of the instructions here, and you can go online for more detailed instructions if you would like. I am not patient with measuring things, so I ended up "winging it," and I was still happy with my pillow.



Detailed instructions: <http://www.wikihow.com/Make-a-No-Sew-Fleece-Pillow>

Materials:

- A pillow form or old throw pillow that you would like to re-cover
- Fleece (I found a remnant on the clearance rack at the craft store)
- Scissors and a measuring tape or ruler

Steps:

1. Measure your pillow and cut the fleece to allow at least 2 additional inches on each side. So if your pillow is 8 inches square, your fleece needs to be 12x12 inches. You will need two pieces of fleece of this size.
2. Turn your fleece so the pieces are back-to-back.
3. Cut the tabs. This is where you can wing it or not...I just eyeballed the middle and then cut in half again twice to get eight evenly sized strips, but you could be more precise here.
4. Cut out the corners.
5. Begin tying the tabs together. Tie them loosely at first so you can go back and adjust them later.
6. When you have three sides tied, insert the pillow form.
7. Finish by tying the final side and adjusting the other tabs as needed to fully hide the pillow form.

Crystal Coast Choral Society Fund Raiser

By Marilyn Zmoda

A Silent Auction will be held at the Cape Carteret Aquatic and Wellness Center, Taylor Notion Road in Cape Carteret from November 18 through November 28 during their regular business hours. All proceeds will go toward expenses for the upcoming December concerts of Handel's "Messiah" performed by the Crystal Coast Choral Society. Joining the 70-member mixed chorus will be a 16-piece orchestra and four professional vocal soloists hand-picked by music director, Finley Woolston.

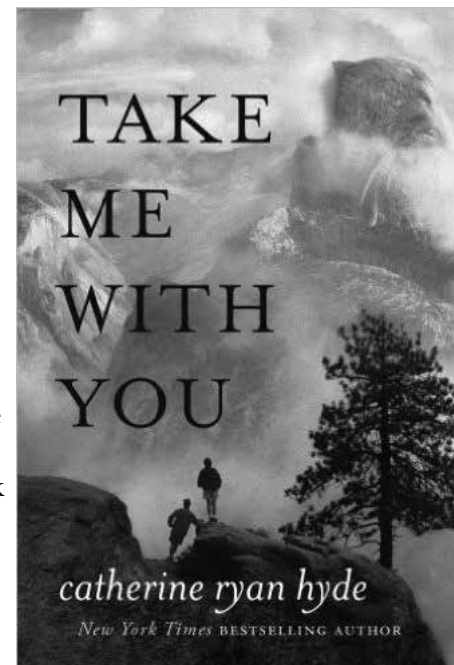
Admission to the concerts is \$10 and tickets are now available. For further information on the Silent Auction and concerts, please call Marilyn Zmoda at 252-247-5929.

Brandywine Book Club Notes

By Melinda Brown

The Book Club met recently to discuss the bestselling novel, "Britt-Marie was Here" by Fredrik Backman. We had read his previous book, "A Man Called Ove". This book also contained some quirky but interesting characters. It follows Britt-Marie as she navigates her way from being a reclusive housewife to accomplishing something that will leave her mark on the world around her.

Next month we will be discussing "Take Me With You" by Catherine Ryan Hyde. We will meet on November 8 at 1:30 pm. We would enjoy having you join us for our book discussion and some delightful social time. New members are always welcome! Contact Melinda Brown at 247-1055 for further information.



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18-hole LGA news

By Susie Garland

Sept 22: The President's Cup tournament was held in honor of our LGA president, Bernie Moreno. A large turnout of 12 players participated on a beautiful bright and sunny day. Bernie was teamed with each of the players in the game of two-lady Best Ball (low net). Here are the results: Anne Gilbert and Marilyn Ryder competed in 9 holes with Anne winning with a low net of 44. In the 18-hole division, there was a three-way tie, each having a net 73: Mickey Friend, Pudgy Groben, and Myra Roche. A card playoff put Mickey and Bernie as the winners, with Pudgy and Bernie coming in second, and Myra and Bernie in third place. "It's good to be the president" and we are proud and appreciative to celebrate you, Madame President.



Sept. 23-24: Brandywine Bay Club Championship rounds were held with recognition given to three of our LGA players in the women's division: Congratulations to Sue King as the winner, with Margie Bailey earning first low net honors. Kudos to Myra Roche for having second low gross. We are very proud of your efforts, with thanks to the LGA members who participated in this exciting event.

Sept. 29: DOTS: one-putt; closest to pin on par #3 (land on green); sandy par; birdie; chip-in. Add 'em up and most dots wins. Ten players came out to play in this fun format, but after nine holes we had to stop when it started to thunder, accompanied by lightening, and then heavy rain. We tallied up the dots for nine holes and here are the results: Loretta Beaulieu had 3 dots for third place; Susie (that's me) and Angela Zieleck tied for second with 4 dots each; Sue King had 5 dots to take the win.

Oct 6: Under the threat from Hurricane Matthew, we lucked out with just a few sprinkles and were able to complete the round. Our last Ace of the Month tournament was held with 10 players (including three Aces) and 7 competing. Here are the results: In the low putts category, Loretta Beaulieu had only 29 to take the win. In the Ace competition, Mickey Friend came in third with a net 74. Anne Lynes had a 70 net to take second place. Kudos to the winner, Diane Mantho, whose 68 net got her picture in the Sound Waves. Pat Barber put \$5.00 into her purse from the 50-50 draw.

Oct 13: Well, la-de-da, the sun was shining with beautiful weather in the high 70s, encouraging a good turnout of 14 players who participated in a Stableford format. In Stableford, the game is based on a point system, where the points you earn are determined by your net score on each hole. The golfer at the end of 18 holes who has the most points is declared the winner. Points are earned for the following: Eagle: 4 points; Birdie: 3 points; Par: 2 points; Bogey: 1 point. With 33 points, Pat Barber came in third. Close behind was a tie for second place, each having 34 points: Ann O'Connor and Sue King. On-a-roll October Ace, Diane Mantho, took the win with a total of 35 points.



Oct 20: LGA Club Championship/Day #1: There were 13 players today, with 9

9-Hole LGA Sound Waves Report

By Lenna Easter

The 9-Hole Ladies from Morehead City Country Club held the last Invitational of the year on Monday September 26. They started with a full breakfast of eggs, bacon, biscuits, fruit and yogurt and finished with a lunch of a tossed salad with chicken, a croissant and cookies! It really was an eating event. The golf was fun, too. There were four of us who could attend the Superball event.

Lenna Easter's team came in second earning a \$20 chit for merchandise in the pro shop. Marilyn Ryder, Lee Hayes and Anne Gilbert enjoyed the food! Brandywine will host the first Invitational next year on April 26. Put it on your calendar!



The first Tuesday in October was just about perfect weather for golf -although the course was suffering from too much rain! Four nine hole ladies were joined by two ladies from the 18 hole group as we played on the front nine. The game was "Low Net/Low Putts". Sue Verdon was hitting the ball well and won Low Net, while Marilyn Ryder was really shining on the greens and won Low Putts.

After a break because the course was filled with Tidewater Seniors, we will play the nine hole championship where we play the front one week and the back the next week to determine the low gross 9-hole champion. Looking forward to playing Superball on November 10 hosted by the 18-hole Ladies.

Play is fun and we welcome all ladies to join us at 8:30 every Tuesday.

competing. (Some could not play on day #2). Here are the results: In third place, with a score of 97: Myra Roche. Second place was achieved by Ann O'Connor with a 91. A score of 90 put Sue King in first place.

Oct 21: LGA Club Championship/Day #2: The awesome threesome, Myra, Ann, and Sue, all with the lowest gross scores from day #1, teamed up for round 2. Myra and Ann tied with a two-day gross of 193 for second place honors. See 9/23-24 above: Dual champ, and now 2016 LGA Club Champion: Sue King, who scored 180. One word describes her remarkable feat: YOWSA! A tasty buffet luncheon was served after game play: southwest pasta salad with chicken, bread and dessert.



MGA Happenings

By Vince Moreno

Our monthly tournament was Three Man Teams for Super Ball. In the absence of our tournament director Chuck Muller who was out of town, John Miller, Tom Normyle and I got the game underway. And I must say we did a pretty good job too. By doing this job we appreciated even more the work that Chuck does every month putting our games together. The first place winners with a score of 62 were Bill Springsteen, Joe Arnoult and Bob Mantho. Second place was taken by a two man team with a score of 64, John Miller and James Whitfield. John Miller got closest to the pin and Bob Mantho won the 50/50. What can I say about lunch, it was great and yes it was another good day for the MGA.



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

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



First Place Bob Mantho, Joe Arnoult, Bill Springsteen



Second Place John Miller and James Whitfield



Closest to the Pin John Miller

Stress Awareness Day is November 2

By Monica Sellars

Yes, you know that “stress happens,” and you know that chronic stress is bad for your health – but have you made any changes in your life to reduce your stress? On Stress Awareness Day, take a moment to consider what you can do to address your stress. As the holiday season approaches, it is common for stress to increase due to busy schedules, holiday preparations, and travel. You can make your holidays more enjoyable and easier on your body by being proactive about managing your stress.

Since most of us have our mobile phones with us at all times, why not use your phone to help you reduce your stress? Here are some ideas to help you get started...



Beverly Love: Stained Glass Artist

By Monica Sellars

Beverly Love and her dog, Yogi, are both full of energy and enthusiasm. Neither of them likes to sit still for very long, making them a lively pair. The only thing Yogi cannot do with Beverly is help her with her stained glass art and other creative projects. While she works, Yogi watches her from his bed on the other side of the doggie gate.

Beverly has a variety of interests and talents, including gardening, quilting, basket-making, mosaic art, and stained glass. In short, Beverly says she “likes a challenge.” For example, she learned how to make stained glass windows when her late husband, Tom, removed a window-unit air conditioner from their home, and she decided to fill the space with a stained glass window. When they were having trouble with birds eating the fish from their decorative pond, she built a metal bird statue to scare them away. And when the wind blew her glass garden globe off its stand, and it broke, she made a new mosaic globe, which she filled with sand so it would stay in place.

Currently, Beverly is working on a set of beautiful stained glass panels that depict coastal birds and trees. These are large pieces, which she designed to be used as a privacy screen in the loft above her living room. It is impossible to resist stopping for a moment to imagine how the panels will capture the beams of light from her home’s large windows and cast beautiful colors in her living room.

Another challenge that brought Beverly great joy was sailing. She and Tom were avid sailboat sailors and competitors. She says she “loved sailing,” and added, “it is exciting when the waves are high.” Beverly was originally from Pennsylvania, and she moved to Ohio with Tom when they married. She learned to be the sailboat helmsman when she told Tom that she was bored on the boat and wanted something to do. The pair sailed on Lake Erie and later moved to Pamlico County, NC where they continued sailing. They lived in Pamlico County for almost 30 years, in a log house that Tom built himself – a third challenge that brought Beverly great joy.

Today, Beverly enjoys living in Brandwine and is pleased to be close to her children and grandchildren. She stays busy with her art projects in the cooler months, but she says that her next challenge is to brush up her golf skills and hit the links!



Beverly Love with several of her stained glass art pieces.

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All Aboard The Polar Express

Carteret Community Theatre is hosting A Night on the Polar Express November 25 and 26 at 6 p.m. and November 27 at 3 p.m.

Each night will bring the award winning classic to life starting with a viewing of the feature film, the Polar Express. The experience will culminate in a transformation of the theatre into the North Pole complete with elves, candy canes, and milk and cookies. The adventure ends with an appearance by Santa Claus, arriving to the sound of ringing silver bells, heard by all who believe.

Everyone who believes is invited aboard for this magical evening at CCT and all are encouraged to wear their pajamas. Children under 12 years of age must be accompanied by an adult. Tickets cost \$10.00 and include a complimentary snack.



Blanket, Coat and Sock Drive

Morehead City Police Department has begun the 3rd Annual Blanket, Coat and Sock Drive. New or gently used items will be accepted at the MHC Fire Department, 4034 Arendell St.; MHC Parks and Recreation Center, 1600 Fisher St.; MHC Police Department, 300 N 12th ST. and MHC Town Hall, 706 Arendell St.

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August 18, 2016

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Reilly, Joe	105 Fairway Dr. East	342-1996
Riley, Robert	522B Village Green Dr.	1-919-698-3557
Ross, Stephanie	200A Reserve Green Dr.	1-919-750-4191
Smith, Joshua Wayne	211 Tree Fern Dr.	1-740-336-1786

DELETIONS:

Hollifield, Kim	532B Village Green Dr.	269-1385
Placiente, Raymond	102 Fairway Ct.	240-0010

CHANGES:

Kurz, "Doug"	108 Sleepy Ct.	206-2660
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Meet Your Neighbor

Carol Angeli and Jody Adams

By Monica Sellars

Brandywine residents Carol Angeli and Jody Adams did not know they were neighbors when they met for the first time through the Carteret Newcomers Club, now called the Crystal Coast Women's Club (CCWC). Today, Carol and Jody are friends and leaders in the CCWC.

Carol and her husband moved to Brandywine about 12 years ago, after living in New York state and then in Raleigh. Carol was introduced to the CCWC by a neighbor, and she has been a member for 5 years. She enjoys being involved and contributing to the Club, and she has held several leadership roles since she joined.

Jody and her husband moved from Maryland to Brandywine about 2 years



ago. Jody joined the Club shortly after moving to the area. She says that she was pleasantly surprised that being involved in the Club has given her opportunities to improve her public speaking skills.

Currently, the Crystal Coast Women's Club has about 100 members, with approximately 15 members from Brandywine Bay. Carol Angeli is the President of the club, and Jody Adams is in charge of the Club directory and publicity.

Carol explained that the group recently agreed to a name change, from Carteret Newcomers Club to Crystal Coast Women's Club, when they realized that some women had been members for many years – they were really not “newcomers” to the area anymore. They also wanted to represent their members who live in Onslow County.

The Club meets on the third Thursday of every month at 11:30am for a luncheon and speaker. The meetings are held at the History Museum of Carteret County, in Morehead City. The November meeting will include a presentation by the Hospital Auxiliary Volunteers.

Membership in the Crystal Coast Women's Club is open to all women of the Crystal Coast, and the CCWC is actively looking for new members. Annual dues are \$25, and members are also asked to contribute food to one of the luncheons each year.

In addition to the monthly luncheon, the club members meet in smaller groups for other activities, like collecting shells, crafting, playing bridge, discussing books, taking day trips to interesting places, and meeting for dinner. The Club also organizes fundraising events throughout the year and donates the proceeds to local charitable organizations.

As Carol said, and Jody agreed, “a big part of what makes you like a place is the people,” and getting involved in a community organization is a great way to meet lots of different people from the area. Carol and Jody enjoy being active members of the Crystal Coast Women's Club, and invite you to join them at a luncheon meeting. Please contact Carol Angeli (252/240-1686) or Jody Adams (410/570-7487) for more information. Because sometimes you can leave Brandywine and still meet your neighbors!

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Happy Turkey Day



Fruity Sauce: An Alternative to Thanksgiving Gravy

By Monica Sellars

If you are not a big fan of making or eating traditional gravy with your Thanksgiving meal, consider preparing a delicious fruity sauce to dress your dinner instead. The recipe below includes a delicious pear-shallot sauce that is not only tasty with pork chops, as recommended in the recipe, but is also delicious with chicken and turkey. You will not be sorry, either, if this pear sauce happens to touch your biscuit, carrots, green beans, or sweet potatoes. If pear is not your favorite flavor, check the internet to find recipes for chutneys, jams, and compotes that will complement your turkey meal.

Pork Chops with Pear-Shallot Sauce

Recipe by Gutsy By Nature, <http://gutsybynature.com/2014/02/09/pork-chops-with-pear-shallot-sauce/>

Ingredients:

- 4 pork chops, about ½ inch thick
- Salt
- 1 tablespoon fat of choice (bacon grease, coconut oil, etc.)
- 1 small shallot, finely chopped (about 2-3 tablespoons)
- 1 ripe pear
- 2 medjool dates, pits removed and finely chopped
- 3 tablespoons apple cider vinegar
- ¾ cup pork or chicken broth (preferably homemade)

Instructions

1. Place an empty metal baking sheet in the oven and turn on to 350 degrees, allowing it to preheat while completing the following steps.
2. Sprinkle pork chops with salt.
3. In heavy skillet over medium-high heat, heat fat. Sear pork chops for 3-4 minutes or until slightly browned.
4. Flip and sear for 3-4 minutes on the other side.
5. Transfer pork chops to baking sheet in oven and cook for 10 minutes, while preparing the sauce in the same pan.
6. Reduce heat to medium-low. Cook shallot until soft (about 2 minutes), then add pear and cook until slightly soft (about 2 more minutes) stirring constantly.
7. Add dates, vinegar, and broth to pan and bring to simmer. Cook until the liquid becomes thick and syrupy, about 6 minutes.
8. Season to taste with salt and pepper.
9. Remove pork chops from the oven, and add any cooking juices that were released to the pan sauce and mix. Add pork chops to pan and coat with sauce.
10. Serve each chop with pears spooned over top.

A Word of Warning

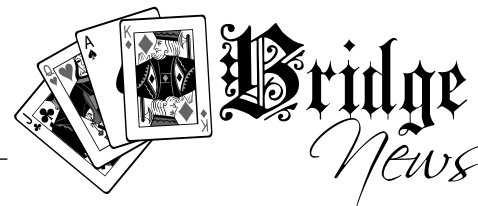
By Bob White

Hi Friends

A short story and advice to all who go to the K Mart Center and Food Lion on Arendell. At the Exit road between the Bank and Outback, there is a new sign in addition to the Stop sign. "No left turn, 3 pm to 8 pm." This means, everyday, Sun to Sat.

We were at the Seafood Festival Sunday, stopped for groceries, went out that exit, turned left into the mid lane and moved over, when ...alas.... a Morehead City policeman pulled me over. No ticket, but advised me of the new sign for "No left turn" from the shopping center from 3 to 8 pm every day.

I was totally surprised, been going out that way for years on slow days. But, not any more for me. Often I went out behind the GMC auto and onto Mansfield to exit at the traffic light. Seems a bit strange for the hours, but the policeman said it was imposed by the NCDOT to reduce accidents on Arendell so they would not have to put the grassy median in the center lane.



By Jo Mullis

The Brandywine Bridge Club met in October at The K Club. Winners were Lynn Hollowell 1st place, Loretta Beaulieu 2nd and Pat Barber was 3rd. A goodtime was had by all.

If you would like to join us as a regular member or as a sub call Pat McMahon at 726-7994.

November Sudoku

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					8		7	
			1	8	5	9		
					6	5		
6							1	

Operation Christmas Child

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National Collection Week November 14-21, 2016

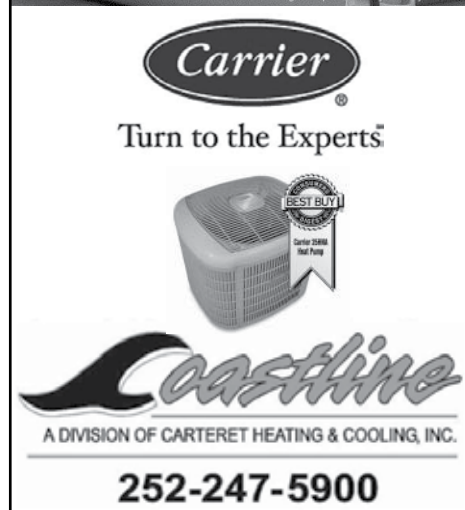
By Nelda Kessler

A project of Samaritan's Purse with headquarters in Boone, NC, this Christian charity fills shoeboxes with toys, school supplies and hygiene items to bring Christmas joy to children around the world. Since 1993, more than 135 million children in over 150 countries have received shoeboxes. The international goal for 2016 is 11.2 million gifts with 9.5 million expected from the USA. Organization President Franklin Graham says, “I want every child to know there is a God who loves them. I want every child in this world to know His Son, Jesus Christ. That is what Operation Christmas Child is about.”

Brandywine Resident Nelda Kessler became involved with the charity in 2012 at Bogue Banks Baptist Church where she volunteered as the project leader in charge of collecting and packing shoeboxes each year. Most of her time is spent crafting, sewing, overseeing donations, and carefully shopping for large quantities of toys, hygiene items, and school supplies. Donations of fabric, small toys and other items are welcome at any time. Civic and Corporate gifts are also welcome and appreciated.

Wanting to be more involved in the ministry, Nelda also volunteered and joined the year-round local team known as Lower Eastern NC that serves our surrounding 5 counties, specifically working with participating churches in Morehead City and along the coast in order to inspire others to get involved and expand the opportunities.

An avid volunteer and organizer, Nelda also enjoys taking a break and can be seen on the Brandywine golf course, most likely talking about Christmas shoeboxes. For information, contact uvegotnel@aol.com, 252-726-5309.



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Healthy Living

Excerpted from Good Fat, Bad Fat, Which Fat, Why Fat?

By Erin Larsen

Not all fats are created equal. Certain fats are beneficial to have in our diets and certain fats can propagate disease in the body, but there is confusion as to which ones these are. There are three kinds of fats or fatty acids: monounsaturated, saturated or polyunsaturated.

Saturated fats mean that a fat is highly stable. Good, right? Saturated fats are found in animal fats as well as tropical oils and are usually solid or semi-solid at room temperature. Examples are butter, ghee, coconut and palm oil. These fats are the best to cook with and are essential for our body's chemistry and makeup.

Unsaturated fats are the opposite and are unstable at high temperatures. Monounsaturated are found in olive oil and nut oils and avocados. They are usually liquid at room temperature and are best ingested fresh and cold. Polyunsaturated fats should never be heated or used in cooking as they go rancid easily. These include corn, soybean, safflower, canola and cottonseed oils.

Why should we have fat in our diet? Doesn't fat make us, well...fat? Yes and no. It depends on the fat. Excessive consumption of polyunsaturated fats have been linked to heart disease and cancer, immune system dysfunction, damage to the liver, digestive disorders, impaired growth as well as weight gain. Saturated fats on the other hand are actually protective of our health.

Saturated fats play an important part in our body chemistry. They make up at least 50% of our cell membranes, are vital to bone health, enhance our immune system and protect our liver.

Cholesterol, an important molecule for our body is found only in animal fats. It provides structural integrity for our cell membranes and is heavily involved with our hormone production and production of Vitamin D. Vitamin D deficiency is linked to most cancers. Cholesterol acts as an antioxidant protecting against free radical damage which causes heart disease and cancer. Despite media hype, cholesterol protects against heart disease.

This doesn't mean that eating a diet extremely high in fat is ok, but it does mean that you should think twice about avoiding saturated fat and cholesterol. It has only been since the mid-1900's that we have seen a rise in heart disease, cancer and autoimmune disorders. During this time the percentage of animal fats consumed has decreased from 83% to 62% while the use of vegetable oils in the form of margarine, shortening and refined oils increased 400%. These dramatic changes in diet have led to dramatic changes in our health.

It is important to your health to consume high quality fat sources along with fresh fruits and vegetables and whole grains. Avoid polyunsaturated fats which are toxic to your body. Consult with your physician and a registered dietitian to educate yourself on proper diet to save you money and give you years of healthy living.

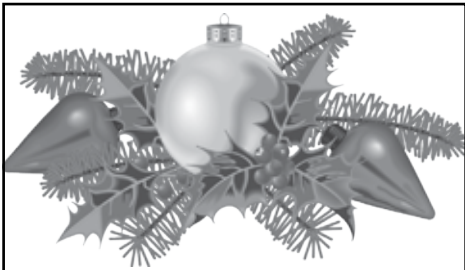
Erin Larsen is a Holistic Health Coach and yoga instructor in West Virginia.

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With Thoughts of You at Christmas

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ACROSS

- Complain whiningly
- Quaint outburst
- Learning method
- Component of urine
- Garden bulb
- Nobleman
- Back
- Near
- A metric unit of weight
- Shabby
- Apparitions
- Hotfooted
- Lingo
- Ruffled
- Plaster
- Plane
- Bog hemp
- Precious stone
- Phase
- Hit on the head
- Make into law
- A disloyal person
- Made noises while sleeping
- Stalemate
- Deposits of ore
- Dines
- Set times to eat
- Ancient Greek unit of length
- Away from the wind
- Poisonous
- Notion
- Filly's mother
- Cubic meter
- French for "Names"
- Nameless
- Being
- Midway between white and black

DOWN

- Mongol hut
- District
- Meteorologist
- Incomplete
- And so forth

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- Mouthful
- Hello or goodbye
- Render harmless
- Sailing competition
- Paddles
- Streetcar
- Shade trees
- Former Hungarian monetary unit
- Abominable Snowman
- Unit of pressure
- Lairs
- Use a beeper
- Property claims
- Former North African ruler
- A diplomat of the highest rank
- Violent disturbances

- Ribonucleic acid
- Type of sword
- Consumer Price Index
- "Where the heart is"
- An Irish girl
- Gait faster than a walk
- Resorts
- Making lace
- Makes changes to
- Reduce in rank
- Genders
- Mother
- Dash
- Relating to aircraft
- Knights
- Greek territorial unit
- Not difficult
- C

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PICKLE BALL

By Tony Cataliotti

PICKLE BALL!! What the heck is Pickle Ball? This question has been asked thousands of times. Hope this answers some of your questions and makes it clear why it is the fastest growing adult sport in the US.

The game was invented in the mid 60's in Washington state. Enough history, now to the basics.

Pickle Ball is a mix of badminton, tennis and ping pong. It is played either indoors or out on a court smaller than a tennis court. As a matter of fact, you can place two Pickle Ball courts on one tennis court. It is played with a ball the size of a baseball but it is actually a specially designed wiffle ball. The racket, or as it is sometimes called, the paddle, is shorter and lighter than a tennis racket. There are some differences in the rules, which some folks have a short term memory problem with, but they soon become acclimated to rules of this new sport.

Basically, it is a sport which allows folks to get some great exercise, meet others in a social and friendly environment and have great fun. If you want to learn more about Pickle Ball, you can Google USAPA.org for more detailed information and find places to play. Better yet, come to some of the local venues in Morehead City (16th and Fisher St Parks and Recreation) Monday through Friday from 8-11am or Havelock (1 Recreation Drive) Monday, Wednesday and Friday from 10am until noon. At both venues paddles and balls are provided.

Give the game a try. You will soon be hooked with the fun, exercise and social aspects of the strangely named but beloved game of Pickle Ball. We have a great Brandywine group of players including Diane Mantho and Mariana Goldstein. Call them for advice on getting started.

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