



COMMUNITY FOCUS

By Celia Haines

Backpack Blessings



Brandywine resident Celia Haines (left front) and many other First United Methodist Church members, some of whom are pictured here, collect and distribute food to Morehead City school children who might not have enough to eat on weekends through the Back Pack Blessings program.

Back Pack Blessings. This mission, which has grown tremendously, is supported by monetary and food donations from church members, community businesses, civic clubs, community organizations, etc. Several businesses have sponsored food drives.

The program is very well-organized. On a rotating basis, teams of church members volunteer to organize the food, pack the bags with food, and deliver them to the schools.

Kay and Larry Starling are the capable directors of the program. Ellie Buckingham faithfully schedules the days of assignment for the volunteers. Brandywine residents who are active volunteers include Celia Haines, Joe and Katie Kirk, Dot Mills, and Bobbie Parks.

At the present time, First Methodist Back Pack Blessings serves Morehead Primary and Elementary Schools. The children served are selected by school counselors.

This mission has been blessed. It is built on the foundation of faith, prayer, and the hope that these children do not come to school hungry on Monday mornings.

The need is great! If you, or your church, would consider joining us in this mission, please call First United Methodist Church or Larry and Kay Starling for more information. Donations of food and money are appreciated – you can sponsor a Back Pack Blessings child for just \$10 a week. Make checks to “FUMC/ Backpack Blessings” and mail them to the church. If you would like to set up a Back Pack program in your church, volunteers at First Methodist will be glad to share information, provide training, and help you get set up.

Brandywine residents can drop off food donations at these locations:

- First United Methodist Church, 900 Arendell Street, 252-726-7102
- Larry and Kay Starling 252-726-8186

You can drop off food donations from October 1-15 at the Golf and Shore Properties office, 255 Brandywine Blvd during office hours: Monday-Friday, 9am-5pm and Saturday 10am-1pm. (Call first on Saturdays to make sure someone is in the office, 252-240-5000.) Only certain food items can be used in the back packs. Please refer to the list on page 25.

Several years ago, members of First United Methodist Church in Morehead City chose to participate in a mission to provide backpacks of food for school children who might not have enough to eat on weekends, when they were not in school.

Cape Carteret Baptist Church already had a successful program established, so the organizing committee of First Methodist sought their advice in setting up their program,

Brandywine Yard Sale October 15th

By Angela Zieleck

A reminder to all Brandywine Residents, the BOA and BBA Yard Sale Day is approaching! October 15, 2016, is the day when we welcome merchants and scavengers. The sale starts at 8 a.m. and continues until 12pm. Rain-out date for the community yard sale is October 22nd. Be advised that a light sprinkle/shower is not a rain out. Advertisements for this awaited event will be in the October 12 and 14 editions of the Carteret County News Times.

Sellers are reminded to place a balloon on their street signs as well as at their homes as shoppers will be advised to look for them. This year one yard sale sign may be placed at an intersection to indicate to shoppers to head down your street (ex: on the corner of Lord Granville and Oakmont Dr.). Please do not staple signs to street posts. Coordinate with your neighbors to get your sign at your intersection if needed. All signs and balloons must be removed by 1pm the day of the sale. Thanks to the BOA and BBA for covering advertising fees this year.

Last year we had fifty homes participating and anticipate at least that many this year. Please be aware that traffic will be heavy in the early morning hours so walkers, bikers and parents of young children should be alert.

To assess the number of sales and to plan for the future - or for any questions - participants are asked to call Angela Zieleck (BOA) at 726-7767 or Anne Swindell (BBA) at 252-247-5214.

Art Walk Oct 15th

Hey!!! All you Brandywiners who produce art - here is an easy way to show off your talent

Join other artists in the 2nd annual Brandywine Community Art Walk on October 15th. Showcase your art from your own home, garage or tent from 11:00 to 3:00. Dixie Leibert or Tim Bradford will be delighted to meet with you to give you help and suggestions as to how you might show your work.

Art Walk Signs and balloons will be provided to identify your home as an Art Walk location. Dixie and Tim are definitely going to participate.

Take a few minutes on Saturday OCT 15th from 11 to 3, to view the Artwork of:

Tim Bradford 819 Lord Granville Dr. and

Dixie Leibert 218 Lord Granville Dr.

That day is also the Annual Brandywine Yard Sale; so the community should be hopping. The yard sale is scheduled from 8:00 to 12 noon. A great bonus from this event could be the beginning of a group of people producing art getting together to encourage and promote Art in the community and find out about Art events in the area. If you are interested, Dixie and Tim would love to have lunch with you at the KClub to talk more.

Please call one of us to participate: Dixie 726-4369 or Tim 240-1699

All Brandywine residents please stop by to view our art. We look forward to seeing you all!

NEXT BOA QUARTERLY MEETING
October 24 at 7pm
At the Cedarwood Clubhouse

Travelers' Corner

NC Festivals

By Barbara Johnson

- October is the height of festival season in North Carolina. Visit our own Seafood Festival this weekend then chose a few others to brighten your fall experience.
- Oct 1 to Nov 20 Renaissance Festival Poplar Tent Rd., Huntersville NC, Saturdays and Sundays during this time. Worth the trip. Huge annual festival celebrating renaissance life, juggling, acrobatics, music, theater, falconry and food spread over acres of private land. Visit Carolina.renfestinfo.com
- Oct 3-8 Onslow County Fair, Jacksonville Visit onslowcountyfair.com
- Oct 8-9 New Bern Mumfest, Downtown and Waterfront, New Bern, NC Fine art, fine craft, crafts, commercial/retail, homegrown products, corp./information and antique/collectibles exhibitors, and 50 food booths. Event will also include: Purina incredible dog show, aerial acrobatics, street performers, kids shows, amusements. Visit www.mumfest.com
- Oct 8-9 62nd Swansboro Mullet Festival Downtown Swansboro is full of music, rides, vendors and fabulous food. Free admission. Visit swansborofestivals.com
- Oct 13-23 NC State Fair, Raleigh. Acres of fun, concerts and exhibits at the NC State Fair Grounds. Visit ncstatefair.org
- Oct 14-15 Havelock Chili Festival Two great days of entertainment, fun and fantastic chili. Arrive early on Saturday to test your taste buds against local cooks' best chili. Visit chilifest.org
- Oct 14-15 Ol Front Porch Music Festival, Oriental, NC. Visit olfrontporchmusicfestival.org
- Oct 15-16 - 36th Annual North Carolina Oyster Festival, 2nd Avenue - Ocean Isle Beach, NC The Festival features local cuisine, arts and

crafts, children's activities, live music, an oyster eating contest on Saturday, shag competition on Sunday, the Oyster Shucking Contest on Saturday, and the delectable Oyster Stew Cook-off on Sunday afternoon. Visit www.nc.oysterfestival.com

- Oct 14, 15, 21, 22, 28, 29 Six Nights of Fright 2106 NC Hwy 33E, Chocowinity, NC There will be entertainment for family and kids with food, vendors, music and more outside with corn maze and haunted trail/hayride. Visit eventful.com/chocowinity/venues/raised-in-a-barn-farm
- Oct 22-23 Smoke on the Water Festival, downtown and waterfront, Washington, NC The Annual Smoke on the Water festival and barbecue cook-off is held in downtown Washington and on the beautiful Washington waterfront; sponsored by the Washington Noon Rotary. Crafts, food booths, and antique/collectibles exhibitors. There will be 2 stages with Regional and Local talent. This event will also include: parade, local/state pig cooking contest, chili cook-off. Visit www.smokeonthewater.info



Pet of the Month Written by My Dog

By Hannah Nielsen

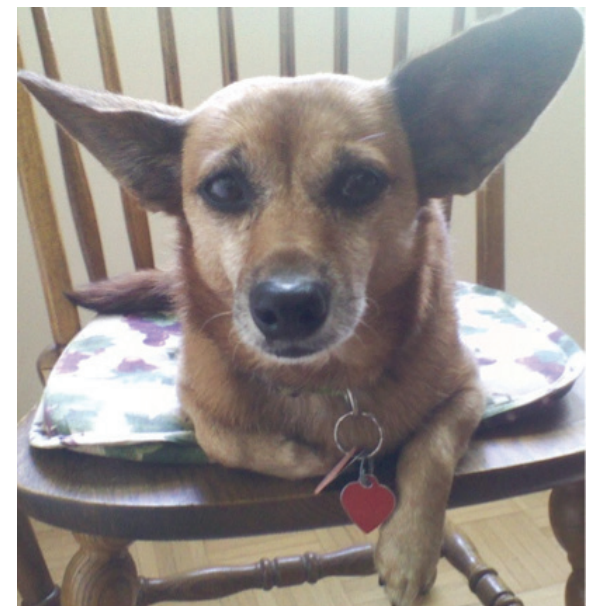
About 6:30am my people wake up and I watch them get ready for work. I have 3 people right now: my mother person, my father person and my Hannah person. I like my people a lot. When they first brought me home from the shelter I was a little scared and even tried to run away a few times. I'm glad I don't feel that way anymore. By 9:00am my last person leaves for work. Then I have my morning nap.

Hannah comes home from work at lunch time. It's probably been a few months since I saw her this morning, so this is very exciting for us. After we say "hello," we go outside so I can potty and look for cats. I figured out that the cats like to hide in the drain culverts near our house. Those cats sure are sneaky, but I'm probably smarter because I can sniff them out, and almost catch them! But Hannah never lets me get close to them. When we come back inside Hannah makes good-smelling food. I always ask her to share with me, but she never does. I like Hannah, but I'm starting to think she's kind of selfish...But she does give me lots of pats and kisses before going back to work. Then it is time for my afternoon nap.

Some nights my people and I go on a big walk around the whole entire neighborhood. My other dog friends leave messages all over the place, so it's important for me to find, read and reply to each and every one. Sometimes when I'm on my walk, I see a man walk out to his mailbox. I have to woof at him because it is my neighborhood, and I did not say he could check the mail right now. My people don't seem to understand because they hush me when I do that.

My people are very strange though. They don't let me catch all the bunnies I see in the neighborhood. They call me silly names in weird, high-pitched voices. They even keep my "poopies" in plastic bags! Maybe I shouldn't take them on walks anymore; they're sort of embarrassing.

By bed time I am very sleepy. It has been quite a full day. My people tuck me in and tell me goodnight. As I fall asleep, I think about how happy I am that they're my strange, loving, furless family.



Pet Corner



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

In last month's article, we outlined a number of environmental changes and adjustments that can be made to help reduce the likelihood of a cat eliminating outside of the litter box. This article addresses the behavioral and cleaning measures that

can be taken to help correct this nuisance.

Behavior modification efforts should focus on positive reinforcement of desired behaviors. Physically punishing a cat during or after house-soiling only creates stress and increases the motivation to continue the behavior. Punishment leads to fear-related aggression, damages the bond between a cat and owner, and tends to encourage house-soiling in less obvious areas.

- 1) If you catch your cat in the act of house-soiling, sneakily distract but do not scare it with noise that is not associated with humans, such as a whistle or by rattling coins in a can. Use your cat's temperament as a guide to how loud this noise should be.
- 2) Praise your cat if you see it using the litter box. Keep a supply of treats near litter box stations for use as rewards.
- 3) Confine your cat in a single room when you are unable to supervise the cat. Whenever your cat is confined, provide food, water and two litter boxes.
- 4) Make sure that adults, children, noisy appliances or assertive cats do not block traffic patterns or a cat's access to litter boxes, especially in the case of timid or anxious cats.
- 5) Place a bell on the collar of the most assertive cat in the house.
- 6) Set up multiple food and water stations in varying locations

Many products are available for cleaning areas affected by house-soiling. Urine will fluoresce in the dark under ultraviolet lights can be an effective means of locating soiled areas. Clean affected areas with a good quality urine odor and stain remover according to the type of surface that the cat has soiled. Test products on an inconspicuous area first. Always ensure that you clean a sufficiently large area to remove the odor – this may be up to three times the diameter of a fresh wet patch or stain.

- 1) Carpets: Chemical, bacterial-based and enzyme-based cleaners can all be effective when used as directed.

Scrubbing the area with a 10% solution of biological washing powder (enzyme-based laundry detergent) to remove the protein content of urine, allowing area to dry and then spraying with isopropyl alcohol to remove the fat component is also effective. You may need to pull the carpet up for several days and treat the subflooring/underlay with both the washing powder and isopropyl alcohol. If the padding under the carpet is soiled, cut out the affected area and replace with new padding. Use an appropriate sealant product on the subflooring/underlay. Treat the back of the carpet with urine odor remover before replacing and tacking it down.

- 2) Concrete: If allowed in your area, use a sodium hypochlorite bleach (1 tablespoon per gallon of water) to wash a concrete floor. Make sure the area is well ventilated, and eyes and hands are protected. Avoid all ammonia-containing cleaners.

(continued on page 4)

BOA BOARD OF DIRECTORS

230 Brandywine Blvd.
www.brandywineowners.org • (252)646-5072

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Storage Area - Jerry Garner	726-0842 • northst401@aol.com
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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	252-726-1911
Sheriff's Business Office	252-728-8400
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



4th Annual Gingerbread Festival

By Kyra Moore and Kay Coole

SECU Crystal Coast Hospice House Annual Gingerbread Festival returns for its 4th year to the Crystal Coast Civic Center, December 9-11, 2016 with a whimsical wonderland of confection and holiday crab pot trees created by the community.

The gingerbread competition is free and open to bakers of all abilities and ages. The three categories are; Traditional (open to all ages), Out of the Box (open to all ages), and Pint Size (ages 8 and under) with cash prizes awarded in all three categories. Entries do not have to be a house, just an edible structure. A completed and signed entry form must be submitted by December 5, 2016. Entries will be on display and open for public viewing, December 10 & 11, from 11 am to 5pm, with no admission charge.

Aside from entering the gingerbread competition, there are lots of ways to support the Gingerbread Festival and the CCHH; sponsor and decorate a crab pot holiday tree, volunteer to be a Festival helper, attend one or all three ticketed events. The Preview Party will be Friday evening, December 9th, with live music by Soul Shakers and catering by Seaside Sensations. And for the kids, Cookies and Cocoa with Santa on Sunday, December 11th, with holiday crafts, cookie decorating, story time and pictures with Santa. And new this year; a Holiday Jazz Concert Sunday evening. Tickets will be available on the website beginning in November.

CCHH Board of Director Chair, Kyra Moore, said the event not only raises funds and awareness for the hospice house, but provides the community with some family holiday fun. "It's a great opportunity to showcase your talents, receive recognition for your business, school, or group all while helping a great cause."

CCHH mission statement is to provide an inpatient Hospice Home to our service region and ensure exceptional care management and perpetual funding for facilities, services, programs and future expansion. Since opening on July 1, 2013, SECU Crystal Coast Hospice House has served over 550 patients and their families. With your support, we continue to fill this great need for our friends, families and neighbors within our 5 county region.

For more information, call 252.808.2244, visit the website, www.cchhnc.org or like us on FB, search gingerbread competition.

Committees

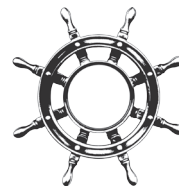
Committees are the backbone of our community. They insure that Brandywine operates properly and that the needs of the residents and Association are met. We are fortunate to have the dedicated individuals volunteering their time and talents to make us a success. We, the board, certainly appreciate all that they do. Our committees and their respective chairs are listed on the information page of this paper.

They are Architectural Control, Beautification, Breakage, Cameras, Drainage, Neighborhood Representatives, Recreational Area, Security Gates and Cards, Welcome, and Storage Area.

Other key leaders include Soundwaves Editor (always in need of interesting articles), Database Manager, and Webmaster. Ad hoc committees include Christmas Lighting and Yard Sale/Art Walk.

We, the board of directors, would like to invite our talented residents to volunteer to serve on our committees, to assist our existing members and to bring a new perspective to help us face the challenges of the future. We have close to 2000 residents in our community, so addressing their collective needs is a daunting task that requires all of the talent we can bring to bear. Please contact any of us if you are interested in serving on a committee. Thank you for your consideration.

Jerry Levesque, president
BOA Board of Directors



ALL ABOARD!

By Jerry Levesque

Shared Responsibility:

In one of my earlier columns, I mentioned drivers' responsibilities in our community. For the record, most of you have heeded the call (or were already responsible drivers) to slow down and be mindful of pedestrians and bicyclists.

It is now time to mention the other side of the coin. Pedestrians and bicyclists need to share in the responsibility for safety on our roads, especially after dark. Even though we have streetlights, if pedestrians and cyclists are wearing dark clothing, walking on the wrong side of the road and not carrying any reflective material or flashlights, the situation can become hazardous. When driving at night, I sometimes use my high beams, because I find it hard to see others on the roadways. Night time is a tempting time to walk, run or bike on our roadways, especially during the heat of summer. Additionally, many of you work and can't get out during daylight hours. My request is to please wear light and/or reflective clothing, walk facing traffic (bicycles, of course should flow with traffic), use lights (but don't shine them in the driver's eyes!), and move over when cars are approaching since they may not see you in time. Please do your part in keeping our neighborhood streets safe. Thanks.

Our drainage committee continues to work hard to keep ditches clear to insure proper drainage of rainwater. Homeowners share the responsibility to keep ditches and pipes in the front of their homes clear of debris that would impede the flow of drain water. This will soon become even more critical as we get into the fall leaf season. Our Guide to Covenants, dated February 2010, clearly states: "The owner is responsible for keeping all drains, catch basins and pipes open and clear of debris." Please help our mutual cause and do your part in keeping drain paths clear. Again, your cooperation is appreciated.

Most of us have our street addresses posted on our street side mailboxes. Our emergency services organizations have requested that all homeowners also clearly post their addresses on their homes so that emergency vehicles can quickly find the correct residence during their calls. If you have already done this, thanks. If you haven't, please do so. Somebody's life may depend on it.

Final Note:

A Carteret County Deputy Sheriff has offered to attend our next General Meeting to discuss safety issues and answer questions from homeowners. The meeting is scheduled for November 16th at 7PM at the K Club (BBGC clubhouse). We will begin the session with the Deputy's remarks, and Q&A session. Our regular meeting (slightly abbreviated) will follow. Please plan on attending this important event.

Pet Corner

(continued from page 3)

- 3) Wooden baseboards/skirting boards: Use a wood soap then seal the edge of the board to the wall with a silicone sealer.
- 4) Walls: Use a product designed for urine and stain removal.
- 5) Bedding: Launder in washing machine using your usual soap or detergent; add a peroxide-based bleaching agent, if available.
- 6) Upholstery: Use products designed for these materials; for example, fabric or leather cleaners.

By making one or more environmental change, appropriate behavior modification and area cleaning, most cases of inappropriate elimination can be resolved. Ask your veterinarian for additional assistance as well as an examination, urine/feces testing to determine if there might be a medical reason for their behavior.

This Old House: Noises You Need to Hear

By Dr. Jackie Jaloszynski

What is your house saying to you?

My soft water conditioner has hummed along every day without fail for 15 years. The noise was a gentle, high-pitched whistling of water through the plumbing that lasted about 20 minutes. I never “heard” it until it stopped last week. Then I heard the silence and it was deafening and I also knew that silence would come at a cost.

Houses are like that, you become familiar with the various sounds that your house makes. If you don’t hear those sounds though, it’s hard to know what to do when they stop or when you hear noises your house should NOT make.

A fun article entitled “What’s That Sound? Home Noises and How to Fix Them” ran on the Houzz website. Do you hear any of these?

1. Gurgling from the toilet
2. Knocking or banging inside the walls
3. Refrigerator humming
4. Squeaking dryer
5. Creaking floors and stairs
6. Rattling windows
7. Hissing faucets
8. Scratching/rustling/chewing in the walls and/or ceilings

Good News, Bad News: What if these sounds are there and you don’t hear them? That could be bad for both you and your home.

Many of my patients are surprised at what they hear when they first get hearing

aids and drive home and walk into their house. More than one patient has returned for their post hearing aid fitting follow-up with a Good News, Bad News Report.

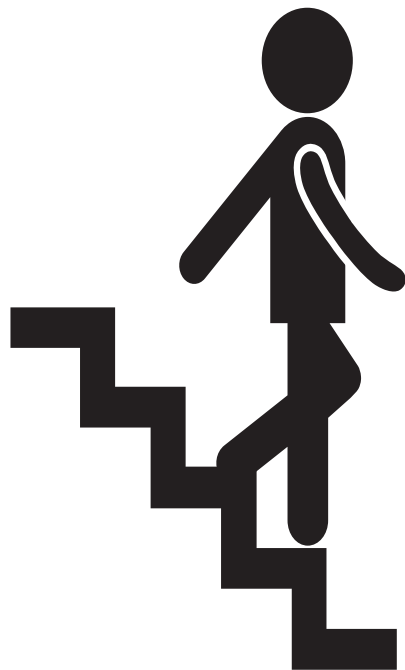
- Good News: Speech is clear, hearing aids are comfortable
- Bad News: Refrigerator is making a lot of noise, HVAC system “roars”. I had to call a repair man.

Then there is the patient who called me after being fit with new hearing aids to tell me that he knew his new hearing aids were working better than his old ones (good news for me) because his car was making noises he hadn’t heard before (bad news for him in repair bills). Could the extent of his repair costs have been avoided if he had heard the noises when they first started?

Repairs and replacements of appliances, cars and things that go wrong with our homes is expensive. But avoiding them because you did not hear the initial warning sounds, is a form of denial which only delays and increases your costs. Sometimes, denial and delay is just annoying; when the water conditioner stops humming or the refrigerator starts humming. Other times, denial and delay can endanger you; when the ceiling fan crashes down on your head because you didn’t hear it wobbling or the car stops dead on the highway in traffic causing an accident.

Hearing is complicated, but not hearing is more complicated.

Properly fitted hearing aids un-complicate your life, enabling you to live life more simply and more successfully. That is what successful aging is all about. That’s what our houses are trying to tell us.



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.

Treating hearing loss in a timely matter, however, can help offset this.

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

Jackie Jaloszynski, Au.D
Doctor of Audiology



Crystal Coast Hearing Solutions Inc.

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Take charge of your hearing health.
Call today to reserve your complimentary hearing assessment and no-obligation consultation.

Home visits available - we come to you when you can't come to us!

Bins, Baskets & Boxes, Oh My!

Of course, you can organize your home!

By: Amy M. Hahn, Pine Knoll Shores Realty

I like to think that I am a very organized person. My home appears organized, my office appears organized...Even my eleven year old sons room appears to be organized (most of the time). I know deep down, that I could organize my home a little better, so that it does more than "appear."

When preparing to list your home, your REALTOR® is probably going to make some suggestions of things to do before taking photos and putting a sign in your front yard. Those suggestions may include things such as taking care of little repairs, Cleaning every inch of the home (inside & out), de-cluttering and ORGANIZING! I know that staying organized isn't always easy, especially if you have children and busy lifestyles.

Now, I can't tell you how many times I have heard a seller claim, "I can't help it, I'm just an unorganized person" or "I'm too busy to keep things organized." So, I am going to give you a few tips to help organize your home, hide a little bit of the clutter and make it more presentable to a potential buyer. It will also look much better in the listing photos taken and posted ALL OVER the internet! I know you can do it!

- Save those mason jars (reduce, reuse, recycle) and place them in the kids room on their desk or work table to collect all those tiny toys like Marbles, army men, crayons, etc. They are also really handy in the garage for nails, screws, nuts & bolts. I have a stash in my craft closet filled with buttons, ribbons, etc. They line up neatly and I can always find exactly what I am looking for. They can easily be hidden in cabinets, closets, etc. if needed.
- Invest in over-the-door shoe racks (\$2.99 & up at Walmart) to keep your closet floors open and use them in the kids rooms to organize stuffed animals and other small toys out of sight (behind the door). They can also be used in the pantry for small items like spices and snacks.
- For about \$10, you can purchase a set of fabric bins to use under a bench or coffee table, inside closets & cabinets, etc. We use ours under a bench by the front door. One for soccer gear, one for school work and library books to be returned and one for our green bags that we use when we go grocery shopping. The possibilities are endless. In a pinch, things can be tossed in for a quick clean up (you know... like for a showing).
- Basket sets are also really handy for just about every room. They come in all shapes & sizes and can be used on bookshelves, under coffee tables, etc. We use them at the front door. One catches our keys, sunglasses and other small items that we need everyday. It also ensures that we always know where our keys are! We also use one in the wintertime for scarves, hats and gloves.
- Plastic Bins in the laundry room or under sinks help keep cleaning supplies hidden and well organized. I bought mine at the Dollar Tree for \$1 each. I also use them in my pantry to store small items that tend to get lost in the shuffle.
- Larger bins with tops are used to store out of season decorations, miscellaneous items in the garage, larger toys that aren't used everyday, pet food, etc. They can be easily stacked in closets or along the wall in the garage. We also use them outdoors in the summer time to keep all the water toys and sports gear out of the yard!

There really is a basket, box or bin for everything in your home. May I also recommend that while you are organizing your home that you purge, purge, purge. Get rid of anything that you do not use anymore. Make a donation to your local thrift store or shelter, and get rid of trash! Maybe you could hold a garage sale (make sure to follow community guidelines for the Oct 15th Brandywine yard sale) and use the proceeds to buy some bins, boxes & baskets.

Old Stomping Grounds

The Way-Back Machine

By Barbara Johnson

As a child some of my favorite memories are of days spent at Seaside Park in Bridgeport, Connecticut. Bridgeport is called "The Park City" and Park Avenue is a wide, tree lined street leading to the shore of Long Island Sound. With 375 acres, this gem of a public park has graced the city since PT Barnum and other wealthy city residents donated the land in 1863. Although I never lived in Bridgeport, my grandmother had a home a few blocks from the park, my family church was close by and my dad's optical business was on Main Street for years.

The sound front of Seaside Park stretches for 3 miles and is defined by a rock seawall, a sidewalk promenade and gorgeous stretches of grassy land filled with picnic areas, ball fields, walking paths, bike trails and monuments. Immediately behind the park lies the campus of Bridgeport University. As a child it was a delight to run the fields and to try and walk the entire sea wall out and back. I learned to swim in the gentle waves of the sound, built my first sandcastles there and collected shells until my pockets were full.

Seaside Park was envisioned as a family place and for me, growing up in the 1950's it was a clean and beautiful place to enjoy fresh air, sunshine and picnics. Unfortunately, starting in the 1960's the city of Bridgeport and its parks began to deteriorate. Older people died and their homes were converted to multifamily apartments. Families fled to the suburbs. Huge housing projects were built and poverty skyrocketed. The schools began to fail. Drug problems hit the streets. One casualty of the decline was Seaside Park. By the time I was in high school the homeless filled every park bench and their tents filled the fields. Syringes littered the ground and gangs roamed the paths and streets.

Leaving the area forever when I went to college, I never returned to the park despite annual trips home to visit family. I dreamed of taking my children to Seaside but never dared due to the conditions there. What a loss in my life and to the community.

A few weeks ago my travels took me back to Connecticut and I desperately wanted to revisit childhood places. I drove to my church on Sunday and encountered a colorful and diverse Methodist community full of energetic faith and hope. Afterwards a trip past my grandmother's home found it slightly dilapidated but still providing safe housing to several families in a heavily Hispanic community. I questioned my sanity, but I was drawn to my beloved Seaside Park to see how it had fared over the years.

Astonishingly, the park was back to its glory as a city gem on the shore. The City of Bridgeport has not only cleaned up the city, but the park was now a place for everyone to enjoy. City residents can get a parking permit and they pay \$15 to use the park. Connecticut residents pay \$30 and out of state like me pay \$50. Did I pay

(Continued on page 10)



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FAMILY ROOM

FUN WITH KIDS BIG AND SMALL

How to Make a Scarecrow

By Monica Sellars

Have you considered adding a homemade scarecrow to your fall yard decorations? I was feeling inspired to do so myself, so I took to the internet to find out how to make one. I wanted my scarecrow to be easy to make and install, using only things around the house.

After reading several variations of “how to” instructions on scarecrow-making, I have decided on this approach:

- Step 1: Gather the clothes – pants, shirt, boots, hat, gloves, and scarf, for example. Also gather some newspaper or straw for stuffing.
- Step 2: Decide about the scarecrow’s head – you could use one of those jack-o-lantern candy buckets, or find something to stuff, like a pillowcase or brown paper bag. I used an orange winter hat.
- Step 3: Stuff the pants first. Using safety pins, carefully attach the shirt to the pants. Then stuff the shirt. It needs to be stuffed pretty tight so it stands up straight.
- Step 4: Find a wooden stake to hold your scarecrow upright, and drive it into the ground in the place where you want to display it. Secure your scarecrow to the stake with rope. You could also position your scarecrow in a chair or on a bale of hay.
- Step 5: Attach the accessories to your scarecrow - head, hat, gloves, scarf, and boots.



Come and see these beautiful flowers at 105 Cottage Row, grown from seed by Betty Grady. BJ Ellyson says, “Betty and Tom Grady have a special touch with the zinnias they plant at their mail box annually. This year they are exceptionally spectacular – even the butterflies they attract think so!”



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

League of Women Voters of Carteret County To Host Candidate Forum Thursday, October 20th 6:00-8:30 pm

The League of Women Voters of Carteret County (LWVCC) will host a candidate forum for candidates running for the local house and senate races and county commissioner races in district 3 on Thursday, October 20th from 6:00-8:30 pm. This will be conducted at the Morehead City Municipal Building at 202 S. 8th street in Morehead City.

This forum is free and open to the public. The forum will be split into 2 separate forums. The first hour will be devoted to the local senate and house candidates running and the 2nd hour will be devoted to the county commissioners running in district 3. Each will begin with panelist introductions followed by written questions from the audience posed by a moderator with timed questions from the panelists. A meet and greet reception will follow the panel discussion.

"The League of Women Voters has a long tradition of conducting these candidate forums," President Carol Geer states. "With the upcoming election in November, we want to encourage everyone to attend and be informed and hear from their local candidates on the critical issues facing our community."

For more information please contact Carol Geer at (252)-728-6385 or carolgeer@gmail.com.

The league of Women Voters is a nonpartisan political organization that encourages the informed and active participation of citizens in government. The League influences public policy through education and advocacy.

Best Halloween Movies for Kids

By Monica Sellars

Ghost stories and scary movies can be lots of fun for kids around Halloween. However, a movie that's too scary can lead to bad dreams and fear of the dark, right? I bet most of us have "been there" as kids ourselves! This list of movies from the Reader's Digest website lists 13 good Halloween movies that are appropriate for kids (and squeamish grown-ups) from least scary to most scary.

Website - <http://www.rd.com/advice/parenting/best-halloween-movies-for-kids/>

After reading the list, I'd suggest adding the original Ghostbusters movie as #22. My brother and I watched this movie so many times, we had most of the lines memorized! "Where do these stairs go? They go up."

If you are looking for a super-scary movie to watch without kids, check online for the Reader's Digest list of "13 Halloween Movies that Will Scare You Senseless." I was too scared to even read that list!

1. It's the Great Pumpkin, Charlie Brown
2. Monster's, Inc.
3. The Adventures of Ichabod and Mr. Toad
4. Little Nemo: Adventures in Slumberland
5. Jason and the Argonauts
6. Casper
7. E.T.
8. The Nightmare Before Christmas
9. The Dark Crystal
10. The Witches
11. The Neverending Story
12. Batman: Mask of the Phantasm
13. Scooby-Doo
14. Monster House
15. Mirror Mask
16. Coraline
17. Beetlejuice
18. Harry Potter and the Prisoner of Azkaban
19. Spirited Away
20. Hocus Pocus
21. Raiders of the Lost Ark

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Staying Sane in a Crazy Market

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

Keeping your cool can be hard to do when the market goes on one of its periodic roller-coaster rides. It's useful to have strategies in place that prepare you both financially and psychologically to handle market volatility. Here are some ways to help keep yourself from making hasty decisions that could have a long-term impact on your ability to achieve your financial goals.

1. Have a game plan

Having predetermined guidelines that recognize the potential for turbulent times can help prevent emotion from dictating your decisions. You also can use diversification to try to offset the risks of certain holdings with those of others. Diversification may not ensure a profit or guarantee against a loss, but it can help you understand and balance your risk in advance.

2. Know what you own and why you own it

When the market goes off the tracks, knowing why you originally made a specific investment can help you evaluate whether your reasons still hold, regardless of what the overall market is doing. Understanding how a specific holding fits in your portfolio also can help you consider whether a lower price might actually represent a buying opportunity.

3. Remember that everything is relative

Most of the variance in the returns of different portfolios can generally be attributed to their asset allocations. A well-allocated, diversified portfolio is no guarantee that you won't suffer losses, of course, but diversification means that just because the S&P 500 might have dropped 10% or 20% doesn't necessarily mean your overall portfolio is down by the same amount.

4. Tell yourself that this too shall pass

The financial markets are historically cyclical. Even if you wish you had sold at what turned out to be a market peak, or regret having sat out a buying opportunity, you may well get another chance at some point.

5. Be willing to learn from your mistakes

Anyone can look good during bull markets; smart investors are produced by the inevitable rough patches. Even the best investors aren't right all the time. If an earlier choice now seems rash, sometimes the best strategy is to take a tax loss, learn from the experience, and apply the lesson to future decisions. Expert help can prepare you and your portfolio to both weather and take advantage of the market's ups and downs.

6. Consider playing defense

During volatile periods in the stock market, many investors reexamine their allocation to such defensive sectors as consumer staples or utilities (though like all stocks, those sectors involve their own risks, and are not necessarily immune from overall market movements). Dividends also can help cushion the impact of price swings. According to Standard & Poor's, dividend income has represented roughly one-third of the monthly total return on the S&P 500 since 1926, ranging from a high of 53% during the 1940s to a low of 14% in the 1990s, when investors focused on growth.

7. Stay on course by continuing to save

Even if the value of your holdings fluctuates, regularly adding to an account designed for a long-term goal may cushion the emotional impact of market swings. If losses are offset even in part by new savings, your bottom-line number might not be quite so discouraging. If you're using dollar-cost averaging--investing a specific amount regularly regardless of fluctuating price levels--you may be getting a bargain by buying when prices are down.

8. Use cash to help manage your mind-set

Cash can be the financial equivalent of taking deep breaths to relax. It can enhance your ability to make thoughtful decisions instead of impulsive ones. If you've established an appropriate asset allocation, you should have resources on hand to prevent having to sell investments to meet ordinary expenses. Having a cash cushion coupled with a disciplined investing strategy can change your perspective on market volatility.

9. Remember your road map

Solid asset allocation is the basis of sound investing. One of the reasons a diversified portfolio is so important is that strong performance of some investments may help

offset poor performance by others. Even with an appropriate asset allocation, some parts of a portfolio may struggle at any given time. Make sure your asset allocation is appropriate before making drastic changes.

10. Look in the rear-view mirror

If you're investing long term, sometimes it helps to take a look back and see how far you've come. If your portfolio is down this year, it can be easy to forget any progress you may already have made over the years. Though past performance is no guarantee of future returns, the stock market's long-term direction has historically been up. With investing, it's important to remember that having an investing strategy is only half the battle; the other half is being able to stick to it. If patience has helped you build a nest egg, it just might be useful now, too.

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Ready to Vote?

By Hannah Nielsen

In case you hadn't heard yet, there's an election coming up in November. So if you've moved recently and you're eligible to vote, make sure you're registered in the right precinct. And then research who's running for office on the local, state and federal levels.

The deadline to register in North Carolina is October 14. You can find and print the Voter Registration Form at our state's board of elections website (www.ncsbe.gov). Once this form has been filled out, return it in person or by mail to the Carteret County Board of Elections Office located at 1702 Live Oak Street, Suite 200 in Beaufort. Usually these forms can also be obtained and returned at other public facilities such as the DMV, a public school, or local library.

You may also want to contact your previous election office and make them aware that you've moved and will be registering to vote somewhere else. This will help eliminate any confusion come Election Day.

There are a lot of other helpful resources on the NC Board of Elections website, aside from registration assistance. You can find your polling place, check out a list of candidates running for state positions, and even explore voter turnout records for North Carolina. The Board of Elections website for Carteret County is another helpful resource (www.carteretcountync.gov/434/Board-of-Elections). One of my favorite features is the printable 2016 sample ballot for the general election.

If you are already registered to vote, but won't be at your permanent residence on November 8th, you can download an absentee ballot from either of the websites mentioned above.

Treat the voting process like you are on the board of directors for a company called the United States and it's your responsibility to interview and hire new managers, or renew the contracts of the existing managers. But of course, all of that preparation would go to waste if you confidently showed up to your polling place only to realize you'd never registered for your new address. So get ready for November by registering and doing your research.



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The Way-Back Machine

\$50? No, the kind gate guard explained that I was free to park outside the park and walk in for free. These fees and restricted access have allowed the city to clean up the park and return it to the people of Bridgeport.

As my husband and I walked the paths and seawall, we encountered men fishing for fun and for their families, students from the university out running and professionals from the area walking on their lunch break. The fields were immaculately maintained and the picnic areas were clean and inviting to visitors. What a joy it was to see the most beautiful park of the Park City returned to its intended use; safe and clean for everyone to enjoy. Kudos to the City of Bridgeport for keeping PT Barnum's dream alive. Now I can finally bring my children and grandchildren to Seaside Park to soak up the beauty I loved as a child.



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Health and Fitness Weight Training for Health

By Barbara Johnson

Our neighborhood is full of active people who are out and about walking dogs, strolling babies, riding bikes and walking and running our beautiful “loop” around Brandywine. Hidden, are residents who cannot, or do not leave their homes, and who do not participate in any type of exercise.

Regardless of whether you are active each day or if you are currently sedentary, making a commitment to add weight training to your weekly schedule can change your life. Numerous studies have shown that strength training done regularly not only builds up bone and muscle but counteracts the weakness and frailty that can come with aging as early as the 30's. Weight training increases muscle mass, mobility and balance, reduces the chance for falls, fights osteoporosis, improves cardio vascular fitness and sugar metabolism and can reduce blood pressure. Whether you are 14 or 94, weight training is for you. Step 1 is to check with your doctor to get his or her advice on your current physical condition and a recommendation on how to add weight training to your routine.

For the most sedentary, chair exercises are a good start. “Stand Up, Sit Downs” should be on everyone's daily list whatever your age or current fitness level. Seated in a hard, stable chair, stand up and then sit down. Use a table or walker in front of you if necessary to stabilize the movement. Do as many as are comfortable and aim to increase the number you complete by 5 each week. As you progress and gain strength, you can complete the exercise unaided. Aim for 100 repetitions a day. This movement is critical to gaining and maintaining activity and stability. It aids every basic day-to-day movement including getting out of bed, standing, climbing stairs, entering and exiting a vehicle, bathing and toileting. This one exercise can take many people from sedentary to mobile and make life easier for everyone.

Mobility opens the door to increased weight training. While there are you tube videos, video CD's and tapes for every kind of exercise, it is important to get proper instruction before moving off on your own. Here in Morehead City we have many gyms and training centers with professionals to guide your fitness journey. Are they expensive? Well, how much do you value your health?

I have a friend that I saw once a year. Each year she appeared heavier, she smoked more, had a hacking cough and was pale and gray. It got to the point where I doubted that I would see her the next year. I had a personal trainer at the Sports

Center and urged her to get a trainer too. I knew her financial resources were limited but her life was on the line. Its 4 years later. She is slim, no longer smokes or coughs, has rosy cheeks and completes a challenging weight training boot camp work out twice a week with her personal trainer. She is 68 years old and I know that I have many more years with her thanks to her decision to take control of her health and work with a trainer and weights.



I have another friend. She walks and goes to the gym and does the same weight routine she has done for the last 20 years. She says she doesn't need a personal trainer. She appears to get more frail each year and has broken bones from osteoporosis. I am not a doctor or a trainer, but it appears that her routine never challenges her body, her bones and her muscles. Her workout routine puts her ahead of others who are sedentary but it is not increasing her strength and keeping her ahead of her aging decline. A few weeks with a personal trainer could evaluate her current condition, develop a plan to challenge her body and guide her into a new weight training plan that would improve her health. She says it costs too much. I say her health is too valuable to let it slide for a few dollars.

The older you get, the more you need to add strength training to your personal fitness plan. My husband is a lifetime running enthusiast who laughed whenever I encouraged him to get a trainer. I'm great he said. I can run 10 miles a day and do marathons. Yes he could, but over the years, the effects of age were showing in muscle wasting. When he developed a painful Achilles tendon and had to cut back on running, he finally heeded my advice and got a trainer. With just an hour twice a week with a personal trainer, he has added a tremendous amount of muscle, improved his balance, and at age 67 has totally reversed the aging that had started to eat away at his physical condition. He still runs, but only 3 miles at a time. He rides his bike, uses an elliptical trainer every day to reduce the strain on his Achilles and does 2 weight training sessions each week. It has changed his life and he swears he will never go back to a life without weight training.

How will you integrate weight training into your life? Talk to your physician, visit local gyms to find out what they offer and the cost involved, discuss it with your friends and see what they are doing? Make a plan and get started. From 14 to 94 everyone can benefit from weight training. And don't forget those Stand Up, Sit Downs!

Yappy Hour!!!

Attention all Dog owners!!

The K Club will be hosting a yappy hour at the tennis courts on October 22nd from 4:30-6pm.

Come on over with your beloved pet and let them meet, socialize and run free in the tennis courts.

Complimentary Water and dog bisquits will be available as well as an adult beverage cart with drink specials!

Take this opportunity to meet fellow neighbors and dog lovers.

I look forward to meeting you and your “children” on Saturday , the 22nd.



Ghostwalk Returns with Whispers from the Past

NEW BERN, NC. It is that time of year again, and the New Bern Historical Society is preparing its 26th annual Ghostwalk, Whispers from the past. Each Ghostwalk brings a whole new batch of characters from New Bern's colorful and varied past to tell you their stories right in the very places they might have been seen in life. Don't worry though, all these spirits are from history, not from science fiction. So as night falls in New Bern's Historic District October 27-29, be on the lookout for ghosts that want to whisper their secrets!

This year there will be 18 different ghost haunts in historic houses, churches and businesses, and of course in Cedar Grove Cemetery. Meet Dr. Lula Disosway, a doctor and surgeon whose medical missionary work took her north of the Arctic Circle, to the far reaches of China, and back to New Bern. See Congressman George H. White, African American attorney and prosecutor who served in Congress from 1897-1901, the last black Congressman of the Jim Crow era. Hear Sergeant William Ennever, the Union soldier killed at Bachelor's Creek and mysteriously buried in the Ellis Family vault at Cedar Grove Cemetery. These are just a few of the many spirits that will be about during Ghostwalk.

As always candlelit Cedar Grove Cemetery will provide plenty of eerie entertainment! If you dare pass under the weeping gates you will meet the cemetery's famous grave diggers who will try to convince you to stay... forever. If you get past them, be on the lookout for the many ghostly characters whose lives shaped our city as they appear and disappear before your eyes.

New Bern's two historic theatres will open their doors again as well with special performances. And watch for a surprise appearance on the Tryon Palace front lawn.

The lighthearted mystery-comedy, Ham Radio is at the Attmore Oliver House, with Mr. Dowd and his family of the Veri-Good Bakery now the sponsor of a 1940 radio show. Of course, the Veri-Good Bakery itself will appear with lots of delicious goodies.

Hauntings begin Thursday, October 27, from 6:30 p.m. to 9:30 p.m. Expect ghost sightings at the cemetery and entertainment at both theatres and the Attmore Oliver House. An additional fourteen (14) ghost sites are open Friday, October 28 and Saturday, October 29 from 5:30 p.m. to 9:30 p.m.

Tickets are \$17 in advance and \$22, the day of the event. Special pricing for active duty military, their dependents and students, all with ID at \$12. Children 3-12 are \$5 and under 3 free. Tickets are available on line at www.NewBernHistorical.org/ghostwalk and at outlets which include the Convention Center, Bank of the Arts, Mitchell Hardware, Harris Teeter in New Bern and Morehead City as well at ITT Cherry Point and ASAP Photo in Greenville. Check the website for complete outlet information, or call 252-638-8558

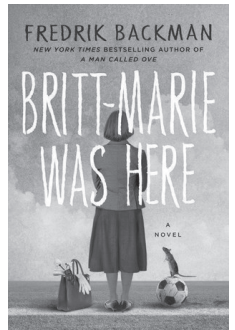


Characters from past Ghostwalks waiting at Cedar Grove Cemetery

Brandywine Book Club Notes

By Melinda Brown

Diane Mantho welcomed the Brandywine Book Club as we continued our new year of reading, discussion, and friendship. We enjoyed reconnecting with each other and, of course, discussing books we had read recently. Our book discussion this month was about *Me Before You* by JoJo Moyes. It has also recently been made into a movie. It elicited thought provoking discussion about life-ending choices. Our book for October is *Britt-Marie was Here* by Fredrik Backman.



We invite you to read the book and join us for our meeting. We will meet October 11 at 7 PM. Visitors are always welcome! Call Melinda Brown at 247-1055 for more information.

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18-hole LGA news

By Susie Garland

August 25: Tarheels league played at Brandywine so Angela Zieleck, our tournament chairman, made arrangements for us to play at The Sound of Freedom Golf Course at Cherry Point, with eight players participating. Yowsa! The course was L O N G and took forever to reach the green; however, no problem for the low handicappers. We played "Guess Net Score." With a 3-point differential, two players tied for second: Margie Bailey guessed 73 and netted to a 70 with Pat Barber guessing 75 and netting to a 72. Sue King wrote down 74 and had a net 72 so she "guessed good" for closest. After game play, we treated ourselves to lunch on the base at Five Guys and had burgers and fries. Yum! Yum! It was a beautiful bright and sunny day and we all had a wonderful time. Thanks, Angela, for putting it all together. "I'd Rather Be Golfing" players: Bernie Moreno and Angela Zieleck, Doris Fawcett and Pat Barber, Margie Bailey and Susie Garland, Sue King and Brenda Leinthall.



Sept. 1: Ace of the Month tournament (with low putts) had 14 players with 9 competing. The remaining five Aces competed separately for low net/putts, with Ann O'Connor taking the win with a net 71 and also low putts (31). Way to go, Ann. In the low net category for those competing for Ace, Rosie Angel and Pam Horton tied for third, each having a net 72. Mickey Friend came in second with a net 70. Kudos to Margie Bailey who shot an 86 with a net 66 to become September Ace of the Month. In the 50-50 draw, Brenda Leinthall's name was pulled with \$7.00 going into her purse.

Sept. 8: The Pro Shop (Troy) picked 9 holes to score in today's game. Using one-half handicap, here are the results: A tie for second place with a net score of 34: Susie Garland (that's me) and Pudgy Groben. There was also a tie for first place, each having a net 33: Mickey Friend and Brenda Leinthall. Way to go ladies. You done good.

Sept. 15: Nine players came out to play in the game of Animals: see picture below that describes the obstacles. Five chances to win in each category for having the least amount of points should you encounter a penalty. However, the rains came after playing 9 holes and we had to stop. The least amount of penalty points in total gave Bernie Moreno the win when she encountered just 1 point with a "snake." Diane Mantho and Angela Zieleck tied for second place with 2 points.



Bear = out of bounds



Monkey = hit a tree



Camel = ball in sandtrap



Frog = ball in water



Snake = 3 or more putts

9-Hole LGA Sound Waves Report

By Lenna Easter

The extreme temperatures and humidity of summer have released their grip...a little bit. Six ladies took advantage of the somewhat cooler, less humid, slightly windy weather on August 23 to play the front nine. The game was "Change Your Three Worst Holes to Par" (with half the handicap). Lee Hayes came in first with a 35 while Sue Verdon placed second with a 37 and Lenna Easter followed closely for third place with a 38 after a card playoff. We used the hardest handicapped hole, number 9, where Lenna had a chip-in from about 20 feet from the pin to score a 6. Maybe we are finally moving toward cooler days.

On August 30 only three members came out this morning to play "Executive Golf" (all holes played as par threes). With the threat of the tropical storm Hermine, pending rain, plus heat and humidity, this was the perfect day to play this shortened golf game. Can you believe we finished playing the back nine by 10 am? All three scores were pretty close, but Marilyn Ryder won the game with a 38. Nice shooting, Marilyn.

We had five players on September 6th participating on the front nine in a game of "Penalty Points". You earn a point if a) you hit out of bounds; b) land in a sand trap; c) land into a water hazard; and d) for three putting on the green. Needless to say, the winner is that golfer with the fewest points. There was a three-way tie for first place among Lenna Easter, Lee Hayes and Anne Gilbert each with 5 points. Sue Verdon and Barbara Young were close behind with 6 points each. It really helps to hit down the center of the fairway!!!

Five of us played the back nine on September 13 with "5 Clubs Only", a selection that included the putter! It was interesting to see what clubs were in each bag. Marilyn Ryder won with a 45 following the subtraction of half her handicap and Lenna Easter came in second with a 50. They must have guessed the correct clubs.

There were only three of us playing on September 20. Rain was pending, so it was decided to play "Executive Golf" again. To add to the variety, we also counted putts. Lenna Easter came in first with 40 on the front 9 while Marilyn Ryder had the least putts with 15.

We are looking forward to the 9-Hole Invitational at Morehead City Country Club on September 26 (rescheduled from September 19th). The game is modified super ball with teams composed of players from assorted local clubs. Lunch and prizes follow, so it is an event to look forward to.

The weather is getting better and if we can avoid the tropical storms, we hope more of you will join us on Tuesday morning.



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

MGA Happenings

By Vince Moreno

Today, September 7th, was the MGA monthly tournament. The game was a combination of Blitz points and Beat our Pro Troy Forguites. The game was put together by our tournament chairman Chuck Muller. We had a total of 28 players and Troy was a good sport and let most of us beat him. Chuck made sure Troy got to play with all he did another great job and arranged the whole day.

After lunch the winners were announced, First place winners with a total of plus 27 points was Lyle Vogel, Bob Colbourne, Guy Rouse and Bill Springsteen. Second place winners with a total of 17 points were Chuck Muller, James Whitfield, Nick Viglianese and Bob Warren. Third place winners were Ed Slachta, Tom Grady, Leon Clay and Ron Bailey with a total of 17 points. We had three closest to the pin winners first was James Whitfield second was Tom Grady and third was Buzz Hayes.

Troy donated two BBGC hats and they were won by John Miller and Joe Rudder. We all thanked Troy for taking the time to play with us and that made it another good day for the MGA.



First Place Guy Rouse, Bill Springsteen, Lyle Vogel, and Troy standing in for Bob Colbourne



Our pro Troy Forguites



Second place Bob Warren, Nick Viglianese, James Whitfield And Chuck Muller

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



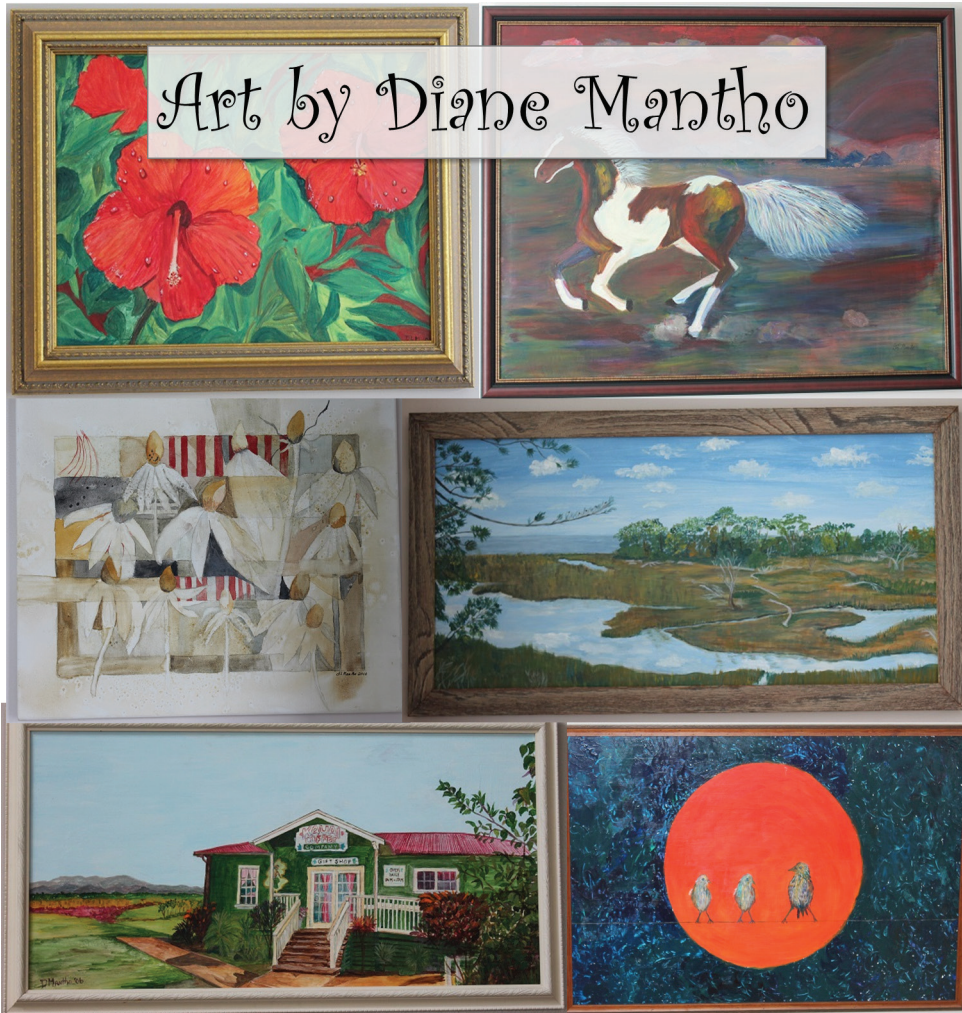
Third place Tom Grady, Ron Bailey, Leon Clay, Ed Slachta



Meet Your Neighbor

Student of Art: Diane Mantho

By Monica Sellars



Art by Diane Mantho

From the first time we spoke, Diane Mantho insisted that she's "not an artist;" rather she is a student of art. Diane has had an interest in art since she was a child; she enjoyed drawing at a young age, and later doing art projects with her own young children. However, she did not become a more serious "student of art" until she took her first painting class in 2001. She began with a watercolor class, and has since found that she most enjoys painting with acrylics – she likes working with bright, bold colors. Diane says that she often paints for hours, losing track of time.

Diane, and her husband Bob, enjoy traveling, and they have traveled to destinations near and far by RV and through their vacation timeshare. When they go to a new place, Diane enjoys visiting the art museums. She finds inspiration for her art in the places she has been, like a coffee house in Hawaii, flowers at the Biltmore Estate, and the landscape outside the Pine Knoll Shores aquarium. She paints from photos she has taken, from her memories, and from her imagination.

Her home art collection includes her paintings, as well as pieces by other artists that have caught her eye. She has one modern piece in her collection, which she says, "just spoke to me," even though modern art is not her usual preference. Her collection also includes figurines and sculptures, including two by Wyland, an American artist known for featuring images of sea animals. In the beautiful piece on Diane's counter, three sculpted dolphins swim in a clear acrylic block that is



On August 27, there were seven couples participating in a two-person low gross/low net format. Gotta tell you, folks, it was another one of those excruciatingly hot and humid days out on the links. The water jugs should just about be empty on the course with all the fill-ups of water bottles during the round. Anyhow, we (at least me) barely survived, with not even a breeze to offer some measure of comfort.

By Susie Garland

After tallying up the scores, here are

the winners: In the low gross category, Margie and Ron Bailey took the win. For low net, Mickey Friend and partner, Ken Ghelli, topped the other twosomes for the win. And guess who won the 50-50? Guess! Well, of course. I heard a whisper in the background: "He always wins." So Vinnie Moreno is one lucky guy when it comes to picking out his number for the winning ticket. Now, Vinnie, go and treat yourself and Bernie to a nice meal at the K-Club. After the round, there was a tasty buffet of finger sandwiches, deviled eggs, tortilla chips, and other delicacies. Yum! Yum!



shaped to create an optical illusion.

Diane continues her study of art with painting classes in Beaufort, taught by Linda Werthwein. Diane is always interested in learning a new skill or improving her technique. Diane's advice for someone who is interested in getting started in painting is to take a class – her instructor, Linda, has a beginner class starting in October! Diane cautions new artists to resist comparing their work to the work of others; it is easy to be your own harshest critic. She adds, though, that she feels strongly that each person should focus on doing things that bring them happiness, so that they enjoy their life and can share their joy with others.

In addition to art, Diane has a wide variety of other interests. She and Bob both have children and grandchildren to adore! She is also involved in golf, book club, bridge, mahjong, pickleball, and doing jigsaw puzzles at her kitchen table. She enjoys watching NFL football, too; she's a fan of Aaron Rodgers and the Green Bay Packers! She is also active in her church's activities, including volunteering in the soup kitchen and delivering meals to homebound residents.

Diane is a delightful person and an easy conversationalist. You should really meet her for yourself – catch up with her on the golf course or at a book club meeting! She's the one with the curly hair and the bright smile.



CHANGES TO 2015 BRANDYWINE DIRECTORY

August 18, 2016

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BAY HARBOR VILLAGE Bettie Calloway allencalloway@yahoo.com	240-4215
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BRANDYWINE PLACE Shorty Edwards	646-2361
PINE BLUFF Tripp Mudge trippmudge@yahoo.com	726-1955
THE VILLAS Roger Spencer muddygrey@ec.rr.com	850-200-8283

ADDITIONS:

Bissram, Ganesh	219 Carefree Lane	525-676-0760
Boucher Charles	105 Pine Circle	342-6022
Donovan, Melissa	107 Carefree Lane	919-794-1188
Jones, Graham & Reed, Sondra	203 Lord Granville Dr.	252-204-3628
Reilly, Joe	105 Fairway Dr. East	252-342-1796
Ross, Stephanie	200A Reserve Green Dr.	919-750-4191
Stadelmeier, Brad	102 Beechwood Dr.	804-338-7657
Tyson, Patrick	105 Tree Fern Dr.	919-413-2138
Vitelle, Debbie & Don	204 Carefree Lane	908-399-4715
Zastoupil, Shannon	106 Tree Fern Dr.	713-410-3739

DELETIONS:

Newkirk, Russell	102 Beechwood Dr,	606-599-9505
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CHANGES:

Bell, Scott & Elizabeth	102 Wisteria Circle	342-7244
Shaffer, Jack	515 Pine Valley Dr.	814-341-5295
Terry, L and R	417 Hillcrest Dr.	240-925-1901

November 8 Election: What to Expect

By Phyllis Makuck

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

On August 31, the U.S. Supreme Court's split 4-4 decision kept in place the U.S. 4th Circuit Court ruling that repealed several parts of North Carolina's 2013 Voting Law. Therefore, voters can expect the following for this year's General Election:

- No photo ID will be required to vote.
- Early Voting will take place over 17 days.
- Voter registration during Early Voting will be available. (See "Voter registration during Early Voting" section below.)
- On November 8, out-of-precinct provisional ballots cast within the county of registration will be counted for all parts of the ballot the voter was qualified to vote for at his/her precinct.
- Pre-registration of 16- and 17-year olds is allowed. They can use the standard voter registration form or register through the Department of Motor Vehicles preregistration process.

Qualifications to vote in North Carolina

- Must be a U.S. Citizen
- Must be at least 18 years old on Election Day
- Must not have been convicted of a felony or must have served the sentence and completed probation for the felony.
- Must be a resident of the county where you want to vote and have resided at your current address for at least 30 days.
- If you meet all of the above qualifications and have not already registered to vote in Carteret County, you must do so to vote here.



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(Continued on page 21)

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High Holy Holidays

By Susie Garland



Rosh Hashanah is known as 'head of the year' because this is the first day of the Jewish New Year. Rosh Hashanah is the day of Adam and Eve creation, and their first actions toward the realization of humanity's role in God's world. Rosh Hashanah customs include sounding of the shofar (a hollowed-out ram's horn) and eating symbolic foods such as apples dipped in honey to evoke a "sweet new year."

This makes people happy, people think about their future, and to make certain plans to celebrate Rosh Hashanah. May the joyful sound of the shofar welcome in a new year of health, happiness, laughter, and love to all my good friends in the community. The time period of 10 days between Rosh Hashanah and Yom Kippur is called "high holy holidays." In the Jewish calendar, a holiday begins on the sunset of the previous day. Yours truly will be celebrating these holidays on October 3-4, and October 11-12.

Yom Kippur means "Day of Atonement" and refers to the annual Jewish observance of fasting, prayer and repentance. It is considered the holiest day on the Jewish calendar. Yom Kippur is the moment in Jewish time when we dedicate our mind, body, and soul to reconciliation with God, our fellow human beings, and ourselves. We are commanded to turn to those whom we have wronged first, acknowledging our sins and the pain we might have caused. At the same time, we must be willing to forgive and to let go of certain offenses and the feelings of resentment they provoked in us. On this journey, we are both seekers and givers of pardon. Only then can we turn to God and ask for forgiveness. Christians that observe the Day of Atonement normally teach that on that day they are to be at one with God. We traditionally observe this holy day with an approximate 25-hour period of fasting and intensive prayer, often spending most of the day in synagogue. Fasting humbles them and makes them realize how dependent they are on God for all their needs and that we need to love one another. When the fast is broken at sunset on Yom Kippur, Jews will raise a glass and utter a full-throated "I'chaim!"—"to life." As believers, we accept the sacrifice of Jesus Christ as the fulfillment of Yom Kippur, the final atonement for sin. All our religious traditions can surely learn something from that.

The nearest synagogue is Temple B'Nai Sholem in New Bern. The temple was built in 1904 and is home to more than 150 families that are involved with Jewish life in the area. It is a beautiful building and is still very much alive today. There has not been a Rabbi in this temple since the 1980's but they do have a team of dedicated lay leaders to lead the services. One of the most unique things about the temple is that it holds one of the only surviving bible scrolls from WWII in Europe when the Nazis were burning scrolls to exterminate the remnants of Jewish culture and religion. I found it extremely symbolic that the scroll made it to the US. I plan to do what it says in the "Book of Life"—try to amend my behavior and seek forgiveness for any wrongdoing against God and other human beings. Care to join me? At the end of Yom Kippur, one hopes that they have been forgiven by God.

A Reform Rabbi was so compulsive a golfer that once, on Yom Kippur, he left the house early and went out for a quick nine holes by himself. An angel who happened to be looking on immediately notified his superiors that a grievous sin was being committed. On the sixth hole, God caused a mighty wind to take the ball directly from the tee to the cup – a miraculous shot.

The angel was horrified. "A hole in one!" he exclaimed, "You call this a punishment, Lord?!"

Answered God with a sly smile, "So who can he tell?"

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LEON MANN, JR. ENRICHMENT CENTER

By Monica Sellars

Just looking over the list of fun activities on the Activity Calendar at the Leon Mann, Jr. Enrichment Center, it is easy to see why this is a popular place for adults over 50 to gather. Beth Harrell is the director at the Senior Center, and she says she enjoys working there because the “one-on-one contact with seniors is fun and rewarding.” This is evident in all of the wonderful activities, programs, and events that the Senior Center holds.

The Senior Center certainly offers “something for everyone,” from health and wellness programs and a fitness center, a library, outdoor facilities like shuffleboard courts, social events, educational classes, and recreational activities.

The Senior Center provides lunch for adults aged 60 or better, and a home-delivery meal service for homebound adults in this age group, which are delivered by caring volunteers from the community.

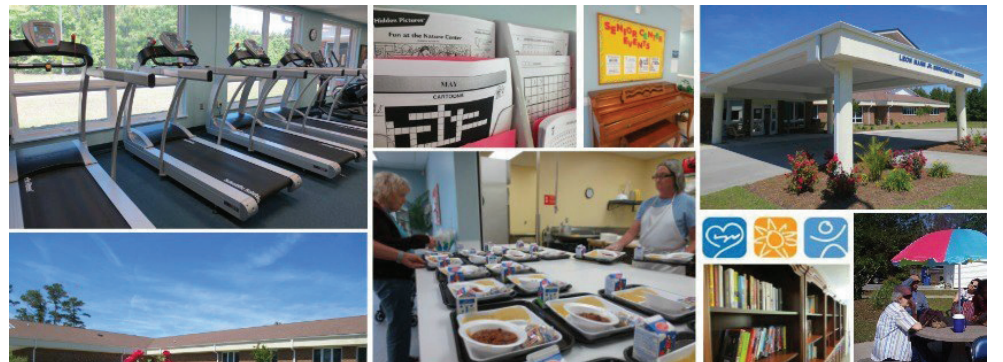
The Senior Center is a county-operated facility, and volunteers are always needed to help with special events, activity or educational instruction, homebound meal delivery, and more.

So whether you are interested in participating in an activity or volunteering to help, the Leon Mann, Jr. Enrichment Center wants you to get involved!

Reference Web Sites:

<https://www.facebook.com/LeonMannSeniorCenter>

<http://www.carteretcountync.gov/168/Aging-Services> - click on the Activity Calendar link for the monthly activity schedule



MEDICARE PART D OPEN ENROLLMENT CONSULTATIONS

By Monica Sellars

The open enrollment period for Medicare starts in October and continues through December. The Leon Mann, Jr. Enrichment Center invites all Medicare enrollees to make an appointment to review your coverage options and make sure you are not paying too much for your prescriptions. Trained counselors will give you unbiased information tailored just for you! Appointments will be held between October 7 and December 15, so call the Senior Center today to make your appointment.

Are you experienced with insurance, Medicare, and/or computers? The Senior Center is looking for volunteer counselors for the Medicare Open Enrollment consultations. Anyone who is interested can contact the Center for more information. Comprehensive training is provided to all volunteers.

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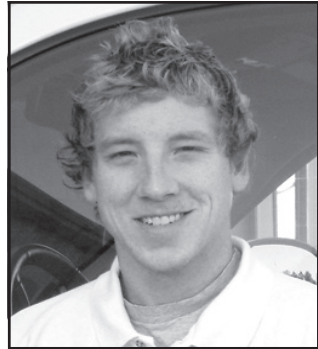
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November 8 Election

(Continued from page 17)

Registering to vote

To vote on November 8, you may register at any time up to October 14. There may be voter registration drives in your area, or you can find voter registration forms in public places such as libraries and town halls. You also can register in person at the Carteret County Board of Elections at 1702 Live Oak in Beaufort, call to request a form at 726-8460, or download a registration form at www.carteretcountync.gov/DocumentCenter/View/708. When completing the form, if possible, provide the last four digits of your SSN and/or your NC driver's license number.

Voter registration during Early Voting

Those who qualify to vote and miss the October 14 deadline may use same-day registration at an Early Voting site. However, additional requirements apply for same-day registration (for a complete list, go to www.ncsbe.gov):

- Must provide a driver's license number or last four digits of SSN.
- Must also provide a document showing name and address such as a North Carolina driver's license; government ID; or a current utility bill, bank statement, paycheck, government check or other government document.
- Must vote immediately after registering or on a later Early Voting day.
- Cannot vote on November 8.
- Must vote a "retrievable ballot," which may or may not be counted depending on the results of a Board of Elections verification process.

The Board of Elections will mail a voter registration card within two days to verify the registrant's address and will check databases to verify other information. If that information cannot be verified, the retrievable ballot is challenged. The voter will be notified of the challenge and can appeal by calling 1-866-522-4723 or going online at www.ncsbe.gov.

Early Voting sites and schedules

Starting on October 20, Carteret County voters may cast ballots at any one of the following Early Voting sites:

- Board of Elections, 1702 Live Oak, Suite 200, in Beaufort Square Shopping Center.
- Morehead City Park and Recreation Department, 1600 Fisher Street.
- Fort Benjamin Park Recreation Center, 100 McQueen Avenue in Newport.
- Western Park Community Center, 275 Old Highway 58 in Cedar Point.
- Davis Volunteer Fire Department, 595 Highway 70.

The Early Voting schedule at Beaufort, Morehead City, Cedar Point, and Newport sites is as follows: Monday through Friday, October 20 to November 4, from 8 a.m. to 6 p.m. and Saturdays, October 23, 29, and November 5, from 8 a.m. to 1 p.m. At the Davis Site, the Early Voting schedule is Monday through Friday, October 20 to November 4, from noon to 7 p.m. Saturdays, October 22, 29 and November 5, from 8 a.m. to 1 p.m.

Absentee voting

Absentee balloting by mail, which is currently underway, requires voters to submit a State Absentee Ballot Request Form that the County Board of Elections receives by 5 p.m. Tuesday, November 1. The Board of Elections will then mail absentee ballot materials to the voter. Absentee ballots must be received in the Board of Elections Office by 5 p.m. on November 8. If mailed, returned ballots will still be timely if postmarked on or before election day, and received by the Board of Elections no later than 5 p.m. on November 14.

A State Absentee Ballot Request Form is available online at <http://www.ncsbe.gov>, or <http://carteretcountyboe.org>, by email request at Carteret.boe@ncsbe.gov, by mail or in person at the Carteret County Board of Elections at 1702 Live Oak in Beaufort or by phone at 728-8460.

When submitting the Request Form, absentee voters must provide the last four digits of their Social Security number or their NC driver's license in the box indicated on the form.

(Continued on page 23)

Fall Fashion

By Hannah Nielsen

Put out your jack o'lanterns and grab some candy corn; fall has arrived! This is a great time to update your wardrobe, so here are a few highlights and tips for fall fashion in 2016.

Let me start with a few questionable trends which are making a comeback this season. First of all, Juicy Couture Track is back (as if anybody ever needed a bedazzled, velour tracksuit). There is also a surprising amount of leather and fur showing up on the runways, which begs the question- what ever happened to PETA? Additionally this writer is still not sure how she feels about all the chokers, ruffles and fringe. Approach these with caution. Try before you buy. For example, I bought a few trendy dresses online a few years ago that I ended up really not liking once I tried them on. I hardly ever wore them before the trend cycled out, and I wished I'd spend that money on a garment I could've gotten more mileage out of. Also try not to overdo the look. Not every trend is for every person, and that's okay. Find what you enjoy wearing and what looks good on you.

That brings me to this year's fabulous fall trends. My favorite is probably the collared shirt or turtleneck worn under a dress. (Think Meg Ryan in "You've Got Mail" and you have the right idea). Velvet is also making a comeback, and you're likely to see a lot of dark floral prints and dusty colors, especially pinks and yellows. Fancy Boho and Hippie Chic are still trending. And of course, there are the forever fall classics: plaid and check prints, denim, and big sweaters and sweatshirts. The great thing about these looks is that you're likely to already have a number of these pieces in your closet. And even if you don't almost all of them are resurrected or refurbished trends which should be easy to find in one of our many local thrift stores.

Transitioning out of my summer wardrobe is one of my favorite things about fall. It feels so cozy to trade in my shorts and flip flops for a plaid skirt and boots. I hope this seasonal transition is even more enjoyable for you because of this fashion info.



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Atlantic Beach Shoestring Tuna Salad

By Monica Sellars

On one of our visits to Fort Macon, we purchased a recipe book from the gift shop called "Our Favorite Coastal Carolina Cook Book." This small book contains a collection of seafood recipes named for coastal Carolina towns. Honestly, I'm not sure if this tuna salad recipe originated in Atlantic Beach (as the name may imply), but it is an easy and tasty variation to basic tuna salad that surely can be enjoyed at home or as part of a picnic lunch at Atlantic Beach this fall.



Instead of purchasing pre-made French dressing, I decided to search the internet for a French dressing recipe and make my own. I may have saved a few dollars, since it uses only a few ingredients that we had in our kitchen already. I also found a simple recipe for modifying mayonnaise to give it flavors that are similar to Miracle Whip. (There are recipes available for making it from scratch with eggs and oil as well, but I have to draw the line somewhere!) I've included the websites for the recipes that I used at the bottom.

Ingredients

- 6 carrots, shredded
- ½ cup diced celery
- 1 small onion, minced
- 1 (7 oz.) can tuna, drained
- 1 cup salad dressing (like Miracle Whip)
- 3 tbsp. French dressing
- 2 tbsp. sugar
- 1 small can shoestring potatoes

Directions

Mix carrots, celery, onion, and tuna in a bowl. Blend salad dressing, French dressing, and sugar; pour over tuna mixture. Toss lightly; refrigerate salad until ready to serve. Top with shoestring potatoes just before serving.

Additional resources:

Miracle Whip from Mayo - <http://www.foodloversrecipes.com>, search for Homemade Miracle Whip

French dressing - <http://www.marthastewart.com/336995/french-dressing>

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November 8 Election

Voting on November 8

Polls on General Election Day, Tuesday, November 8, will be open from 6:30 a.m. to 7:30 p.m. To find your polling place, go to www.ncsbe.gov, and under "Web Tools," select "Polling Places." Or, call the Carteret County Board of Elections at 726-8460.

If you are a first-time voter in Carteret County and you did not provide either SSN or NC driver's license numbers on your registration form, you may be asked to provide Identification showing your name and address at the polls. (See above for the types of ID recommended.)

Ballot offices and issue

On ballots, there will be no straight-party ticket option. You vote for each of the following individually:

- President and Vice President
- US Senate and House of Representatives
- NC Governor, Lieutenant Governor, Attorney General, Auditor, Commissioner of Agriculture, Commissioner of Insurance, Commissioner of Labor, Secretary of State, Superintendent of Instruction, Treasurer, District 2 State Senator, District 13 House of Representatives
- County Board of Commissioners
- NC Supreme Court Justice
- NC Court of Appeals, Superior Court, District Court judges
- Soil and Water Conservation District Supervisor
- Harkers Island Sanitary Board District Supervisor (Harkers Island only)
- Referendum to raise local Sales and Use Tax by .25%

Voters with disabilities

Voters needing assistance inside the polling place should make the issue known to a poll judge. Also, curbside voting will be available at all Early Voting and General Election Day polling sites for voters who might have difficulty walking into the building.

October Sudoku

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

BUSINESS SPOTLIGHT

MOORE ORTHOPEDICS AND SPORTS MEDICINE

By Kyra Moore

East Coast Robotic Surgery, a division of Moore Orthopedics & Sports Medicine, is now serving all of Eastern North Carolina for Robotic



Joint Replacement. Surgeons Dr. Jeffrey Moore and Dr. John Spellman, were early adopters of the Mako-Surgical robotic technology and they are now experienced participants in the Stryker Makoplasty program in the Carolinas.

With this amazing new minimally invasive technology, patients recover faster and enjoy superior results. The surgeon-controlled RIO® Robotic Arm Interactive Orthopedic System allows the surgeon to pre-plan and treat each patient uniquely and with consistently reproducible precision. RIO® provides the surgeon with real-time visual, tactile and auditory feedback to optimize implant positioning and placement, and to restore bio-mechanical alignment and joint motion.

The key benefits of robotic joint replacement:

- Provides a personalized surgical plan based on your unique anatomy
- CT derived, patient-specific 3-D computer modeling enables accurate planning of implant size, orientation and alignment preoperatively
- Real-time adjustments during surgery allow for more correct joint mechanics and soft-tissue balance
- Provides excellent accuracy and precision
- Research has shown a high rate of successful outcomes and very low complication rates
- Mako robotic-arm assisted Partial Knee Replacement results in lower pain and more accurate implant placement than manual surgery
- Mako robotic-arm assisted Total Hip Replacement results in higher functional and activity scores as compared to manual surgery

For more information, please visit us at: <http://mooresportsmed.com/robotic-surgery/>

Or call for an appointment at either of our two locations; Morehead City or Cedar Point.

East Coast Square – East, 4251 Arendell St. • Morehead City, NC (252) 808-3100

East Coast Square - West, 1165 Cedar Point Blvd. • Cedar Point, NC (252) 808-4440

DO YOU VOLUNTEER FOR A NON-PROFIT IN THE AREA? DO THEY NEED ADDITIONAL VOLUNTEERS OR EXPOSURE? WRITE AN ARTICLE FOR SOUND WAVES AND FORWARD TO US AT EDITOR. SOUNDWAVES@GMAIL.COM

BOA Board Minutes: September 26, 2016 Cedarwood Village Clubhouse

The meeting was called to order at 7:00 PM by Jerry Levesque. Members in attendance were, Noreen Barrett, Ed Myers, Nancy Besterzcei. Bob White was on vacation.

Jerry proposed we accept the minutes as written by Noreen Barrett from the August General meeting held on August 25th, 2016. All Board members agreed.

Treasurer's Report: Jerry reported on Bob's behalf that all was in order

Secretary report: None

Old Business:

Gate Card Audit: Noreen reported that she had spoken to Doris Ullman and there are only 160 cards unaccounted for. Doris is making personal phone calls to each person in an effort to account for each card. After that task, the Board will discuss if those cards will be cancelled.

Phone Tree Service: Noreen is exploring another phone tree system and will report back to the board.

Carolina Water Road Access: Attorneys are now involved and things are moving along.

Yard Sale: Everything is moving ahead for our October 15th community yard sale.

Road Repair for Reserve Ln and Reserve Grn and Lord Granville: All work has been completed.

New Business:

Speed Bumps: Jerry is following up and going to get pricing from Onslow Paving.

Street Signs, road repairs: Nancy and Jerry have inspected all the signs and have identified posts that need replacement and/or repair. Nancy has purchased base covers for the new poles to avoid future damage from lawn equipment.

Village Green street lightning reimbursement: The Board agreed unanimously to include Village Green into the street lightning reimbursement program.

Committee Reports:

Drainage: Cleaned out ditch by 24 exit gate.* Due to the recent topical rain storm, recleaned out from Brandywine BLVD / Lord Granville Dr. intersection to 24 gate ditches and medium areas.* Due to the recent topical rain storm, recleaned out from Lord Granville Dr. / Fairway intersection area ditches.* Trimmed tree limbs by Reserved Green / Lord Granville.

ACC: As received from Charlie Sabathe:

ACC AUGUST APPROVED ALTERATIONS

505 Pine Valley Dr. Replace Windows and Door on Porch 1-Aug

810 Lord Granville Dr. Replace Roof 1-Aug

819 Lord Granville Dr. New Fence 3-Aug

418 Oakmont Dr. Add Screened in Room & Deck 3-Aug

400 Hillcrest Dr. Replace Roof 4-Aug

308 Emerywood Dr. Remove Underbrush, Dead Tree and Limbs 7-Aug

108 Fairway Dr. East Replace Roof 9-Aug

112 Fairway Ct. New Fence 11-Aug

417 Hillcrest Dr. Install Satellite Dish 12-Aug

104 Fairway Dr. Replace / Repair Current Fence 15-Aug

104 Fairway Dr. Repaint House 15-Aug

104 Fairway Dr. Remove and Replace front Bushes / Shrubs 15-Aug

702 Lord Granville Dr. Remove Dead Tree 23-Aug

207 Oak Dr. New Home Construction 23-Aug

103 Fairway Dr. East Remove 2 Dead Trees 29-Aug.

Beautification: Nothing to report

Gates: All good. Timer is being looked at.

Playground: A new swing will be installed soon. Lights and camera also discussed.

Cameras: Hwy 24 issues require an electrician to replace corroded copper wiring on the underground wiring.

The meeting was adjourned at 8.40.

Next executive board meeting will be held at the Cedarwood Clubhouse, October 24, 2016 at 7:00PM. Next BOA General meeting will be held November 16, 2016 at the K Club.

Respectfully submitted by Noreen Barrett, September 28, 2016.

Donations Being Collected October 1- 15 at the *Golf and Shore Properties* office!

Backpack Blessings Shopping List:

- Peanut butter – plastic container (small size 12-16 oz., not individual)
 - Squeeze jelly – plastic container (sold at Dollar Tree - \$1)
 - Individual sandwich crackers (Nabisco, Lance, Keebler, etc.)
 - Saltine crackers (4 sleeves/box)
 - Cereal, individual boxes (small size 1.3 oz., 8-10 boxes/package)
 - Pop Tarts/Breakfast Pastries
 - Nature Valley granola bars
 - Precooked Mac & Cheese (Chef Boyardee – 7.5 oz.)
 - Canned soup with pop top (small cans 7.75-8 oz.) – Vegetable, Chicken & Stars or Chicken Noodle – no cream soups please
 - Beanie Weenies (small cans 7.75-8 oz.)
 - Vienna sausage (small cans 4.75 oz.)
 - Chef Boyardee Spaghetti & Meatballs, Ravioli, Beef-a-Roni (with pop tops, 7-8 oz.)
 - Sugar-Free JELL-O cups (individual serving size)
 - Pudding cups (individual serving size)
 - Apple sauce (individual cups)
 - Peaches or pears (individual cups)
 - 100% Juice boxes
-
- ❖ All canned items must have pop tops.
 - ❖ Items that require cooking, refrigeration, or need milk/water cannot be used as donations for Backpack Blessings at First United Methodist Church.



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A	R	A	R	A	R	E	E	D	E	R	I	S	
R	E	M	A	R	K	A	B	L	E	G	I	L	T
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8	3	9	7	4	5	1	6	2
6	5	2	1	3	9	4	7	8
1	4	7	6	8	2	9	5	3
4	8	5	9	7	3	6	2	1
2	9	6	4	5	1	8	3	7
3	7	1	2	6	8	5	4	9

ACROSS

1. An alloy of copper and zinc
6. Manacle
10. Kind of school
14. Stud
15. Hodgepodge
16. Angel's headwear
17. Love intensely
18. Nonexistent
19. Creative work
20. Original
22. Anagram of "Tine"
23. Former Italian currency
24. Worn away
26. Contributes
30. Slice
31. 18-wheeler
32. Jump
33. Part of a foot
35. Chafes
39. Belly
41. Palatable
43. Not fresh
44. Boom
46. Urgent request
47. Type
49. Euro forerunner
50. Skirt lines
51. Scour
54. Part in a play
56. ___ du jour = Meal of the day
57. Powered by electricity
63. Hindu princess
64. Compassion
65. Draw forth
66. Therefore
67. Send forth
68. Cyphers
69. Observed
70. Dash
71. Amount of hair

DOWN

1. Fiber source
2. Go on horseback
3. Affirm
4. Slave
5. Pilfer
6. Harmonious
7. Emit long loud cries
8. Dossier
9. File cover
10. Record player
11. Speedy
12. Wash out with a solvent
13. Modelled
21. Recess
25. Break in friendly relations
26. "What a shame!"
27. Money owed
28. Early 20th-century art movement
29. Pillaging
34. White blood cell

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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53					54			55		56	57	58	59	
60					61			62						
63					64				65					
66					67				68					

36. Competent
37. The original matter (cosmology)
38. Oceans
40. Blend
42. Grownup
45. Religious outcast
48. Custodian
51. French for "After"
52. Cacophony
53. Cooktop
55. Construct
58. City in Peru
59. Smell
60. Naked
61. Frosts
62. To tax or access



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Addams Family for Your Halloween Enjoyment

Weird and wonderful, the family comes to devilishly delightful life onstage at the Carteret Community Theatre in their October production of *The Addams Family*. This magnificently macabre new musical comedy was created by Jersey Boys authors Marshall Brickman & Rick Elice.

The *Addams Family* features a well-known story with a twist and it's every father's nightmare.

Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family; a man her parents have never met. And if that weren't upsetting enough, she confides in her father and begs him not to tell her mother.

Now, Gomez Addams must do something he's never done before — keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

The *Addams Family* hits the stage Oct 28, 29, Nov 4 & 5 at 7:30pm and Sundays Oct 30 and Nov 6 at 2pm at the Carteret Community Theater, 1311 Arendell St, Morehead City. Phone: (252) 497-8919 or visit carteretcommunitytheatre.org. General Admission Seating is \$20 for Adults and \$10 for Students K-12.



Lorrie Morgan in Concert

Lorrie Morgan has long been the envy of her peers for her lustrous vocal phrasing and the down-to-earth believability of her torchy performances. On records such as "A Picture of Me Without You" and "I Guess You Had to Be There," she ached with pain. She was feisty and sassy in "Watch Me," "What Part of No" "Five Minutes" and "I Didn't Know My Own Strength." She has kicked up her stiletto heels in fun on her hits "Except for Monday" and "Go Away." On her epic "Something in Red" she was an anguished, struggling everywoman.



One of the most eloquently emotive country vocalists of modern times, Lorrie is launching her first new solo album in five years with *Letting Go...Slow*. It is a collection that showcases a rainbow of emotions, from darkest heartache to bright, shiny humor.

"Where I am in my life right now, I'm not afraid to express what I feel, or what I don't feel," she comments about the collection's varied moods. "I'm not afraid to express my views on anything, especially on being a woman. I have been a daughter, a bride, a mother, a divorcee, a widow, a single mother, a breadwinner and, ultimately, a survivor. In many ways, I am a living, breathing country song, and I know what I sing."

"I didn't want this to be just another album. I wanted it to be something that really moved me. When I listened to songs for it, I'd think, 'No, not that one. I'm not going to be able to sing that one, because I'm not going to be able to feel it.' It was very important to me for this album to reflect the things that I am feeling today."

Spend an evening with the incomparable Morgan on October 7th at 7:30pm onstage at the Carteret Community Theatre, 1311 Arendell St, Morehead City, NC. Tickets are \$30 to \$55. Box office fee the night of the show is \$5.75 per ticket. Only Blue Section tickets holders will be allowed in the fan pit. All sales final. Purchase online at carteretcommunitytheatre.com.

Pumpkins For a Cause

Beginning on October 6th you can visit the First Presbyterian Pumpkin Patch at 16th and Arendell Streets to pick the perfect pumpkin or gourd for the fall season. Bring your children or grandchildren for adorable family pictures. All proceeds go to support the youth mission program. Why not let your pumpkin purchase dollars make a difference this year.



Mistletoe Magic Holiday Gift Show

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12:30am-3:30pm



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Seniors 60+: \$3.00
Children 12 & under Free

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