



## Austin Veterinary Outreach and Rescue's "Fore Paws Golf Tournament" at Brandywine Bay Golf Club, October 14

By Monica Sellars

The "Fore Paws Golf Tournament" to benefit the Austin Veterinary Outreach and Rescue (AVOR) organization is taking place at the Brandywine Bay Golf Club on October 14! Sign up now to golf in the tournament and support AVOR's work in the community to help pets in need. The golf tournament is hosted by Beaufort Pet Provisions.

For golf tournament registration forms and information:

- Send a message to Beaufort Pet Provisions via Facebook to request a registration form
- Download the registration form on [www.austinvetoutreach.com](http://www.austinvetoutreach.com) - Donate page
- Call Steve Reinhardt at 252-247-2541

Brandywine resident Kristin Cobb is a volunteer with AVOR and is helping to organize the golf tournament. She is passionate about animal welfare and enthusiastic about AVOR's mobile clinic, which brings low-cost spay and neuter services, vaccinations, and other healthcare services to pets in need, especially in rural areas of Carteret County. These services are a great asset to our community; they help to control our community's pet population and ensure our community's pets are healthy.

For example, last February, The AVOR "Fur Ball" was held in Atlantic Beach as a fundraiser for the AVOR programs. The event was a great success, and the money raised was used to provide free vaccinations and heartworm testing, as well as vouchers for spay/neuter services, to the pets of the North River area in Beaufort.



### Austin Veterinary Outreach and Rescue

"Our mission is to educate the public about animal care and welfare, offer rescue to homeless animals and actively promote adoption, and reduce the number of animals that end up homeless in our community by providing low cost spay/neuter services."

continued on page 2

## ALL BRANDYWINE YARD SALE: October 14

The BOA and BBA Yard Sale Day is approaching! October 14, 2017 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 21st. Be advised that a light sprinkle/shower is not a rain out.

• Advertisements for this awaited event will be in the October 11th and 13th 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.

<sup>a</sup> 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.

Please be aware that traffic will be heavy in the early morning hours so walkers, bikers and parents of young children should be alert.

If you have any questions - participants are asked to call Angela Zieleck (BOA) at 726-7767 or Anne Swindell (BBA) at 252-247-5214.



## Sneak Peek: Inside this Edition of Sound Waves

It's October! And there's all kinds of Fall Fun in store.

30 YEARS AGO: You're going to LOVE this poem by Susie Garland. Such talent - and such fun! Celebrating 30 years of Sound Waves.

STORM CLEAN UP: If you're new here or just need a reminder, you'll appreciate this note on storm clean up procedures.

SPIDERS: Halloween is coming after all! This is an interesting article about those big spiders that we've had this year. (I don't know about you, but I've had a ton of these in/around my house - now I know what they're called and a little more about them!)

TALKIN' TARHEEL: This is coming up in New Bern. (Sandra is a language geek. This lunch & learn celebrates and explores North Carolina's various dialects... including, of course, the "hoi tide" of Down East.)

FIRE SAFETY: Keep your family and home safe!

PET WELLNESS: Speaking of safety. An ounce of prevention is worth a pound of cure. See this article from Dr. Worrell at PetDocks.

SEA TURTLES: Come along with Sue Fox as she spends volunteer time protecting baby sea turtles.

SCAVENGER HUNT: Take pictures of your jack o' lanterns and send them in!

RETIREMENT: Great article (as always) on how to plan for your retirement (if you're not already there).

There's also a ghost hunt (New Bern), lots of golf, another cool kitchen gadget - and Rodney Kemp is back doing a history talk and...don't forget the YARD SALE!!

CALL FOR WRITERS: This is your paper. Sound Waves is a paper that is by, for and about Brandywine. We want your stories - send them to us! editor. [soundwaves@gmail.com](mailto:soundwaves@gmail.com)

THANKS TO EVERYONE WHO SENT IN STORIES!!!



## Fore Paws Tourney ...continued from page 1.

This is an area of the County in which AVOR's ability to bring the mobile clinic to the community was the most effective way to help the pets and pet owners.

AVOR also coordinates the rescue, rehabilitation, and adoption of local pets that are surrendered, stray, or saved from shelters. AVOR participates in the "New Leash on Life" program at the Craven Pamlico Correctional Facility; they are one of the local organizations that provide veterinary care to the dogs in the program and assist with finding forever homes for dogs that complete the program. In addition, other rescued animals are housed at Austin Veterinary in Beaufort and in local homes in the AVOR pet foster network. You can see photos and updates about pets in need of forever homes on the AVOR Facebook page.

Even if you are not participating in the golf tournament, you are invited to stop by the Brandywine Bay Golf Club parking lot to tour the AVOR mobile clinic and talk with volunteers. The volunteers will also be collecting donations of needed items for the pet rescue program.

Veterinarians Dr. Sara Austin and Dr. Sam Schmitt, and all of the AVOR volunteers, make a difference by dedicating their time and talents to helping our community's pets and pet owners. If you are interested in volunteering, donating, fostering or adopting, please contact AVOR using the contact information on the website -- <http://www.austinetoutreach.com/>

Did you adopt your pet through AVOR? Submit a photo and story to Sound Waves for the Pet of the Month!

## How can you help the pets?

### Donate Items at the Fore Paws Golf Tournament

#### Needed items:

- Cat litter
- Bleach
- Liquid laundry detergent
- 55-gallon trash bags
- Tall kitchen bags
- Towels & blankets



### Participate in the Food Voucher Program

Pet food vendors are partnering with Beaufort Pet Provisions to bring healthier food to rescued animals. A consistent diet of quality pet food will give rescued pets a healthier start.

Purchase a food voucher from Beaufort Pet Provisions – call 252-838-9286 or stop by the store. Beaufort Pet Provisions delivers the food to AVOR.

## Breast Cancer Support Available

### Cancer Transitions: Moving Beyond Treatment

This free, 2 1/2 hour, four week workshop will include an expert panel of a physician, social worker, nutritionist, and fitness expert scheduled to speak and answer questions on four consecutive Thursdays in October.

Thursday 10/5/17 Get Back to Wellness and Customized Exercise

Thursday 10/12/17 Nutrition Beyond Cancer

Thursday 10/19/17 Emotional Health and Well-Being

Thursday 10/26/17 Medical Management & Next Step

Time 5:00-7:30 at Carteret Healthcare, Meeting Room 1. You can come to all or part of the above meetings. Please call Gail Russell 252-499-6642 to register.

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## Changes to the 2017 Brandywine Directory

### ADDITIONS:

Allen, Ryan & Ruth ..... 108 Brandywine Blvd. .... 760-822-9132  
 Fritz, Stephen & Tammy ..... 537A Village Green ..... 336-214-7350  
 Hammer, Douglas & Rachel.. 110 Fairway Dr. W. .... 919-649-3789  
 Holland, Velma ..... 503 Cedarwood ..... 252-269-9222  
 Jones, Skip ..... 526B Village Green..... 252-646-3662  
 Lail, Becky ..... 102A Reserve Lane  
 LaPalme, Richard & Sue ..... 209 Brandywine Blvd.  
 Mullins, Shannon ..... 202 Lazy Lane ..... 606-634-5899  
 Shine, Jamey & Melissa ..... 516A Village Green ..... 252-670-3418  
 Ward, Judi..... 507A Village Green ..... 252-725-1853  
 Witter, Zachary & Kathryn ... 111 Tree Fern Drive ..... 315-723-8810

### DELETIONS:

Anderson, Joel..... 5078A Village Green  
 Diaz, Brandon & Kaylee ..... 516A Village Green  
 Jones, Ivan ..... 110 Fairway Drive W

### CHANGES:

Mikels, Jenny ..... new phone number ..... 252-642-9204  
 Zieleck, Angela ..... new phone number ..... 252-622-7356



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# Pet Corner



## PetDocks What Is a Wellness Examination

By Dr. Todd Worrell

A wellness examination is a complete physical examination that may include diagnostic tests such as blood work, urinalysis, and checking a stool sample for parasites. In many cases, a wellness examination can help detect the early stages of disease. Often, these wellness examinations are scheduled when your pet is due for vaccinations.

### What Does a Wellness Exam Include?

Wellness programs vary depending on each pet's species, age, and health needs. Your veterinarian will start the examination by asking you some questions about the medical history of your pet, including questions about any issues that you may have noticed recently. For example, if you have noticed that your pet is losing weight, they may ask to perform special tests to help rule out specific diseases that can cause weight loss. If you think of questions about your pet's health before the appointment, please feel free to write them down and bring the list with you. This is the perfect time to ask!

Most wellness examinations include a complete physical examination, which is a nose-to-tail inspection. Equipment used during the examination may include a stethoscope to listen to your pet's heart and lungs, an otoscope to view the inside of the ears, and an ophthalmoscope to examine the eyes. Your veterinarian will also feel all over your pet's body for lumps and bumps, check your pet's vital signs (like pulse and respiration), and record your pet's current weight. A wellness examination is recommended for most pets at least annually. Senior pets and pets with chronic health issues need examinations every 6 months.

A wellness examination is often a good time to test samples of blood, urine, or stool. These tests can help determine if your pet has problems such as anemia, infection, or organ disease. Other tests, such as a thyroid evaluation, may be helpful, depending on the physical examination results and your pet's medical history.

Parasite tests are usually performed during wellness examinations, and it is helpful to bring in a sample of your pet's stool for analysis. A fresh stool sample can be tested using special procedures to identify parasites. However, not all parasites are detected through stool samples. A test for heartworm and tick-borne diseases may also be recommended. This type of parasite test involves taking a blood sample. Regular testing for parasites is important even if your pet does not go outside because parasites can be brought indoors by other pets, by insects, or on shoes or clothing.

Depending on your pet's age, current medical condition, and medical history, your veterinarian may recommend additional tests as part of your pet's wellness examination. For example, examining a urine sample for the presence of bacteria, blood, and sediment (called urinalysis) helps determine whether your pet's kidneys are working correctly and may also help diagnose certain conditions, such as diabetes and urinary tract infection.

### Why Should I Schedule One for My Pet?

A wellness examination is an important part of preventive health care for pets in all stages of life, from puppies and kittens to senior pets. If your pet is young and seems healthy, a wellness examination is a good way to detect changes such as weight gain or loss, dental disease, or other subtle changes that may not be evident at home.

Especially for senior pets, a wellness examination is a good way to detect early onset of disease. Early diagnosis and treatment of diseases, such as diabetes, kidney, and heart disease, can greatly improve the overall health and well-being of your pet.

**Contribute to Sound Waves!**  
Share your neighborhood news...



**Thank You!**



The submission deadline is the 20<sup>th</sup> of the month.  
Contact: [editor.soundwaves@gmail.com](mailto:editor.soundwaves@gmail.com)

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# ALL ABOARD!

By Noreen Barrett

## Hello Neighbors!

We are in the waning days of summer but things are still busy in the neighborhood. Thankfully, we have been spared the wrath of a busy Hurricane season...so far. Rest assured, the board has taken steps to prepare for these hurricanes and a strategic plan is in place in the event of a strike. There is an informative article from Nancy Besztercei in this copy of the Soundwaves highlighting some of the details.

The cooler weather has encouraged a lot of our neighbors to take to the roads, and with school back in place, there may be a higher than normal amount of walkers on our streets. As I have mentioned in the past, walkers and drivers alike should remain watchful of their surroundings as we share the roads in harmony. Stay safe out there!

The Board continues to work on the resident database system. There is an active sub-committee, of sorts, streamlining the current database, which will be a tremendous asset to us all and will allow our ultimate goal of a phone tree service to be put in place. Effective communication makes everyone's life a lot easier.

Speaking of communication, let's talk about the Sound Waves! I've spoken to our new editor, Sandra Gahlinger, and Sandra has great plans for the newspaper. She hopes to continue making it a wonderful community resource for us all, highlighting notable events in Brandywine and our community in general. If you have a special birthday or anniversary coming up, let Sandra know and let's celebrate!

Brandywine's community yard sale will be taking place on Saturday, October 14th with a rain date of October 21st. Time to clear out those closets!

You may see some activity around our gatehouse by the Hwy. 70 entrance. We are doing a little remodeling to remove a redundant restroom and add shelving, thus allowing us to cancel our off-site storage unit, with a saving of \$900 per year.

As always, if you have any questions or comments, please feel free to contact me or another board member.

All the best,  
Noreen Barrett.

## Hoi Toiders, Whistle Pigs and Kelvinators, Talkin' Tarheel with Walt Wolfram at Historical Society Lunch & Learn October 12

If you've ever spotted a whistle pig or know what a Kelvinator is, then you just might be fluent in Tar Heel. If you pronounce Buies Creek, Cashie River and Chica-macomico like a native, then you might be fluent in Tar Heel. The linguistic diversity and dialects of North Carolina will be the topic of the October 12 Lunch & Learn at the Chelsea Restaurant at 11:30 am. Linguist Walt Wolfram will share stories, sights, and sounds from his book *Talkin' Tar Heel: How Our Voices Tell the Story of North Carolina* (UNC Press, 2014).

North Carolina's dialects go beyond the stereotypical Southern twang. Wolfram explores the distinct dialects of African-Americans, recent Spanish-speaking immigrants, mountain residents, the Cherokee and Lumbee, and the Hoi Toiders – "High Tiders," a nickname for Outer Banks natives.



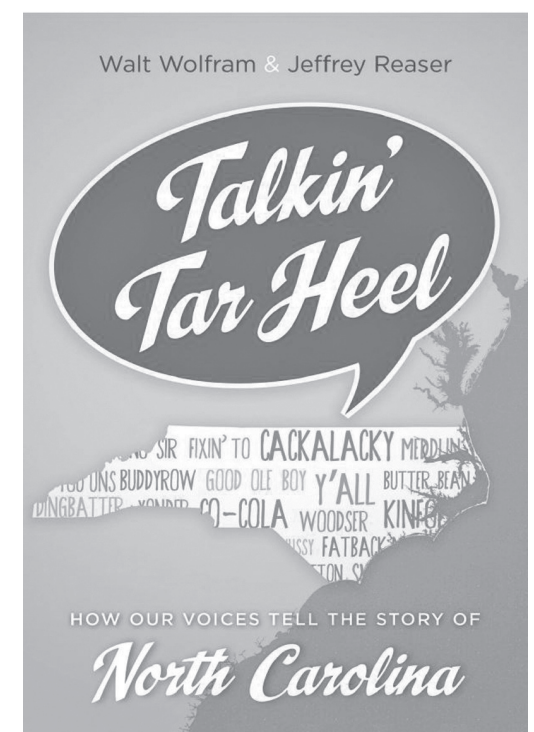
Dr. Walt Wolfram, William C. Friday Distinguished University Professor at North Carolina State University will speak at Oct. 12 Lunch & Learn

Walt Wolfram is William C. Friday Distinguished University Professor at North Carolina State University, where he also directs the North Carolina Language and Life Project. He has pioneered research on social and ethnic dialects since the 1960s and published more than 20 books and over 300 articles. He has written books on Outer Banks dialects, (*Hoi Toide on the Outer Banks: The Story of the Ocracoke Brogue*), Lumbee English, Appalachian English, and African American English in North Carolina, and with Jeff Reaser, published *Talkin' Tar Heel: How our Voices Tell the Story of North Carolina* (2014).

Lunch & Learn starts at 11:30 a.m. at the Chelsea Restaurant, 335 Middle Street, New Bern. The cost is \$18 for Historical

Society members and \$20 for non-members; lunch is included. Advance reservations must be made in by calling the New Bern Historical Society at 252-638-8558, or can be ordered at [www.NewBernHistorical.org/tickets](http://www.NewBernHistorical.org/tickets). Lunch choices are: *Shrimp and Grits* and *Pork Tenderloin* with Blueberry Ginger Glaze, Garlic Mashed Potatoes with seasonal vegetables.

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are located in the historic Attmore Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go [www.NewBernHistorical.org](http://www.NewBernHistorical.org) or [www.facebook.com/NewBernHistoricalSociety](http://www.facebook.com/NewBernHistoricalSociety).





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## BOA BOARD OF DIRECTORS

230 Brandywine Blvd.  
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Golf Committee - <b>Chris Calling</b>	247-2541
Neighborhood Representative - <b>Faye Bennett</b>	240-2153 • carbennett@aol.com
Recreational Area - <b>N/A</b>	
Security Gates (Entry Cards & Microclicks)	
<b>Linda Chidsey</b>	622-9421 • ncmslin@gmail.com
Security Gate Breakage - <b>Mark Roche</b>	726-9232 • rochedog@gmail.com
Security Gate Breakage - <b>Ted Beszterczi</b>	269-0179 • tbeszterczi@gmail.com
Storage Area - <b>Jerry Garner</b>	726-0842 • northst401@aol.com
Webmaster - <b>Will Gainey</b>	• wngainey@gmail.com



## Changes to the 2017 Brandywine Directory

### ADDITIONS:

Bowen, Sean .....	201 Westchester Dr. ....	241-5280
Cristofalo, Pat & Roseanne....	208B Reserve Green Dr. ....	914-931-2439
DeMarco, Greg & Meg.....	116 Oak Dr. ....	646-2153
Madsen, Mat.....	204 Lord Granville Dr. ....	414-2545
Mahoney, 505 Pine Valley Dr.....		706-296-9629
Travers, Scott.....	306 Emerywood Dr.....	804-493-1315
Willer, Gerry & Ann .....	103 Sleepy Ct. ....	725-3649

### CHANGES:

Niereck, George .....	new phone number .....	241-2110
Quante, John .....	new phone number .....	773-0796
Smith, Harry .....	new phone number .....	269-2138

### DELETIONS:

Brown, Steve  
Jones, Richard & Virginia  
Lancaster, Barbara  
McCarthy, Jeff  
Pruitt, Stephen

## BRANDYWINE SUBDIVISION PRESIDENTS

CEDARWOOD VILLAGE	Wyatt Laughinghouse • 646-3677
ENGLISH TURN	Edward Myers • 726-5276
HAMMOCK PLACE	Carol Corbin • 222-4548
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





# Sea Turtle Patrol: How to see a nest hatch

By Sue Fox

I used to come down to MHC for the summers before moving here full time. While I was down here, I would read articles in the weekly papers about the sea turtles nesting and the hatchlings heading to sea. I kept looking for more info about how to see a nest hatch. About 18 months ago, I met a volunteer at the Aquarium that mentioned that she was on the Sea Turtle Patrol for Emerald Isle. I asked her how to get involved and she pointed me to a website.

When I inquired into Emerald Isle's Sea Turtle Patrol, it was suggested that I might want to get involved in Atlantic Beach's patrol as it is much closer to my home. Volunteers walk the beach between 6 and 7 am each morning from May 1st through September 1st looking for tracks of nesting sea turtles. If tracks are found, a team confirms the location of the nest and marks it off. Approximately 52 days later, teams of two volunteers start "babysitting" the nest in anticipation of it hatching. The average nest "boils" (large number of hatchlings emerge) between 58 and 62 days after the nest is laid.



Sue gets ready to excavate a nest that hatched.

This year is the first time that I got to see a nest boil. The nests seemed to be laid in waves. Several times this year, we have had 3 nests that needed sitters at the same time. Shifts run 8 - 10 pm and 10 pm - midnight. Many volunteers remain until 2 or 3 am. In July, we had 3 nests hatch in 2 nights. I was present for all of them. It was so amazing to see 80-100 hatchlings head to the ocean from each nest.

Usually, 3 days after a nest boils the volunteers return to the nest and excavate it. The

hatched eggs are counted as well as any unhatched or unfertilized eggs. Often a few hatchlings are found alive in the nest. They are usually trapped beneath the sand and egg shells and cannot get out on their own. Those hatchlings are then released to walk to the water. If they are ill or injured, they are taken to the Aquarium for rehab and later released.

I've learned a lot about sea turtles, but more importantly, I've learned a lot about how each person on or near the beach has an impact on the survival of the turtles. Trash on the beach or in the water can be ingested by the turtles. Items such as bottle caps and pieces of plastic get stuck in their digestive system and can kill them. Many people dig deep holes on the beach. During nesting season, the females can get stuck in the hole. They are unable to nest and sometimes unable to get out of the holes. The biggest problem is the lights that shine onto the beach. The hatchlings follow the light to the water by instinct. Even on a moonless night, the breaking waves have a glow about them and will attract the babies. However, if lights are shining from the buildings on the beach, the turtles will turn and head for those lights. Often this means that they get stuck in the dunes and die. For the sake of the turtles, pick up any trash you see on the beach, fill in any holes you dig, and turn off your lights at night.

Want to get involved? The contact at the aquarium that is in charge of the Atlantic Beach Sea Turtle Patrol is Michelle Lamping. Her work number is 252.247.4003 and her email is [abseaturtle@gmail.com](mailto:abseaturtle@gmail.com).

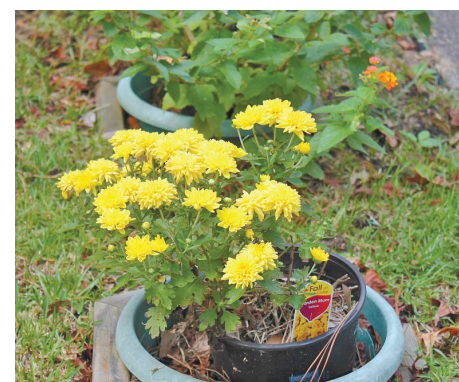
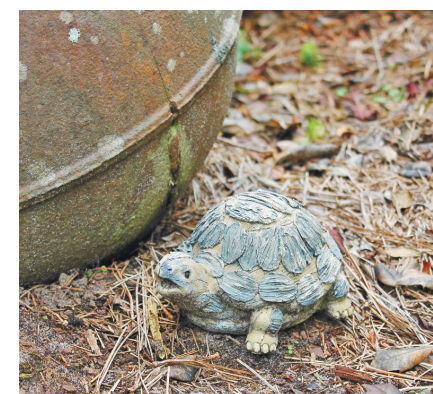
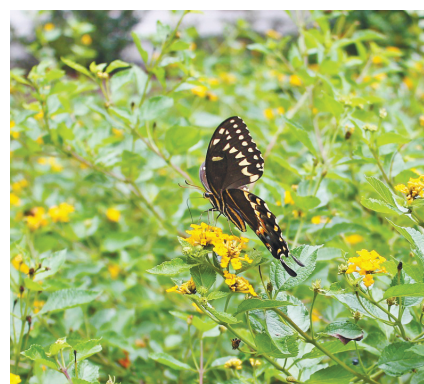


Baby sea turtle found in nest. Turtles found in nest are either released or taken to the Aquarium as needed.



Remains of shells are laid out and then counted.

## September Scavenger Hunt Results



Want to attend an offshore public sea turtle release? If you're interested, follow the link below or search the NC Aquarium site (Pine Knoll Shores). We will mainly be releasing loggerhead yearling and hatchling sea turtles. Fee applies.  
<https://reservations.ncaquariums.com/pineknollshores/Info.aspx?EventID=16>





# 10 Years and Counting: Points to Consider as You Approach Retirement

By Greg Patterson, Financial Advisor, Atlantic Wealth Management

If you're a decade or so away from retirement, you've probably spent at least some time thinking about this major life change. How will you manage the transition? Will you travel, take up a new sport or hobby, or spend more time with friends and family? Should you consider relocating? Will you continue to work in some capacity? Will changes in your income sources affect your standard of living? When you begin to ponder all the issues surrounding the transition, the process can seem downright daunting. However, thinking about a few key points now, while you still have years ahead, can help you focus your efforts and minimize the anxiety that often accompanies the shift.

## Reassess your living expenses

A step you will probably take several times between now and retirement — and maybe several more times thereafter — is thinking about how your living expenses could or should change. For example, while commuting and other work-related costs may decrease, other budget items may rise. Health-care costs, in particular, may increase as you progress through retirement. Try to estimate what your monthly expense budget will look like in the first few years after you stop working. And then continue to reassess this budget as your vision of retirement becomes reality. According to a recent survey, 38% of retirees said their expenses were higher than they expected (2016 Retirement Confidence Survey, Employee Benefit Research Institute).

## Consider all your income sources

- First, figure out how much you stand to receive from Social Security. The average annual retirement benefit is about \$11,800 for women 65 and older and \$15,200 for men in the same age group (SSA Annual Statistical Supplement, 2015, released April 2016). The amount you receive will depend on your earnings history and other unique factors. You can elect to receive retirement benefits as early as age 62, however, doing so will result in a reduced benefit for life. If you wait until your full retirement age (66 or 67, depending on your birth date) or later (up to age 70), your benefit will be higher. The longer you wait, the larger it will be. You can get an estimate of your retirement benefit at the Social Security Administration website, [ssa.gov](http://ssa.gov).

- Next, review the accounts you've earmarked for retirement income, including any employer benefits. Start with your employer-sponsored plan, and then consider any IRAs and traditional investment accounts you may own. Try to estimate how much they could provide on a monthly basis.

- Do you have rental income? Be sure to include that in your calculations. Might you continue to work? Some retirees find that they are able to consult, turn a hobby into an income source, or work part-time. Such income can provide a valuable cushion that helps retirees postpone tapping their investment accounts, giving the assets more time to potentially grow.

## Pay off debt, power up your savings

Once you have an idea of what your possible expenses and income look like, it's time to bring your attention back to the here and now. Draw up a plan to pay off debt and power up your retirement savings before you retire.

**Why pay off debt?** Entering retirement debt-free — including paying off your mortgage — will put you in a position to modify your monthly expenses in retirement if the need arises. On the other hand, entering retirement with a mortgage, loan, and credit-card balances will put you at the mercy of those monthly payments. You'll have less of an opportunity to scale back your spending if necessary.

**Why power up your savings?** In these final few years before retirement, you're likely to be earning the highest salary of your career. Why not save and invest as much as you can in your employer-sponsored retirement savings plan and/or IRAs? Aim for maximum allowable contributions. And remember, if you're 50 or older, you can take advantage of catch-up contributions, which enable you to contribute an

additional \$6,000 to your 401(k) plan and an extra \$1,000 to your IRA in 2017.

## Manage taxes

As you think about when to tap your various resources for retirement income, remember to consider the tax impact of your strategy. For example, you may want to withdraw money from your taxable accounts first to allow your employer-sponsored plans and IRAs more time to potentially benefit from tax-deferred growth. Keep in mind, however, that generally you are required to begin taking minimum distributions from tax-deferred accounts in the year you turn age 70½, whether or not you actually need the money. (Roth IRAs are an exception to this rule.) If you decide to work in retirement while receiving Social Security, understand that income you earn may result in taxable benefits. If leaving a financial legacy is a goal, you'll also want to consider how estate taxes and income taxes for your heirs figure into your overall decisions. Managing retirement income to result in the best possible tax scenario can be extremely complicated. Qualified tax and financial professionals can provide valuable insight and guidance.

## Account for health care

The Employee Benefit Research Institute reported that the average 65-year-old married couple, with average prescription drug expenses, would need \$221,000 in savings to have at least a 75% chance of meeting their insurance premiums and out-of-pocket health-care costs in retirement in 2016. Also think about what would happen if you or your spouse needed home care, nursing home care, or other forms of long-term assistance, which Medicare and Medigap will not cover. Long-term care costs vary substantially depending on where you live and can be extremely expensive. For this reason, people often consider buying long-term care insurance. If you have a family history of debilitating illness such as Alzheimer's, have substantial assets you'd like to protect, or want to leave assets to heirs, a long-term care policy may be worth considering.

## Ease the transition

These are just some of the factors to consider as you prepare to transition into retirement. Breaking the bigger picture into smaller categories and using the years ahead to plan accordingly may help make the process a little easier.

###

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# BOA Board Minutes:

## Board Meeting, September 11, 2017 at the Cedarwood Village Club House

The meeting was called to order at 7:00 pm. Board members present were, Nancy Besztercei, Noreen Barrett, Bob White, Rachel Love-Adrick and Andy Haines.

Noreen asked for a motion to accept the minutes as written from the July meeting. Andy made the motion, Bob seconded and all approved.

**Treasurer's Report:** Bob went over the budget and reported that the all but one (1) property has paid their homeowner's dues. The property with unpaid dues is headed into foreclosure. Bob will monitor for sale to see if some dues can be recouped.

**Secretary's report:** None

### OLD BUSINESS:

1. Drainage/Repair Project Update: work on the Reserve Green project has been completed within budget.

2. Brandywine Yard Sale: Angela Zieleck & Ann Swindell will be overseeing the yard sale again this year. This year, the yard sale will be held on Saturday, October 14th with rain date for Saturday, October 21st.

3. Soundwaves: New Editor is Sandra Gahlinger. The paper is always looking for authors in the neighborhood. The hope is to make the paper a community paper that centers on the events in our community. If you have any birthdays, golf events, or special events please share them with the paper.

4. Address Database: looking into a new database to streamline the management of the various databases for the neighborhood (i.e. gate card and dues).

### NEW BUSINESS:

1. Hurricane Preparation/Cleanup: Prior to storms we request that Chris at the golf course opens the retention ponds to lower their water levels, allowing for optimal drainage of ditches. After a storm the community will be notified of debris pick-up dates. When cleaning up yard debris, please put the debris in paper bags or pile them up at the end of your driveway. Non-yard debris and debris in black trash bags will not be accepted.

2. Storage Unit Update: The storage until will be vacated by the end of October, and items in storage will be moved to the 70-guard house. The extra gates will be stored at the golf course cart barn.

### COMMITTEE REPORTS:

#### AUGUST ACC APPROVALS

207 Brandywine Blvd. ....	Small fenced in area for dog .....	8/6/2017
102 Wisteria Circle .....	Remove tree .....	8/9/2017
208 Lord Granville Dr. ....	Install vinyl siding .....	8/13/2017
404 Lord Granville Dr. ....	Remove tree & overhanging wax myrtles .....	8/14/2017
207 Brandywine Blvd. ....	Install retractable awning over deck .....	8/15/2017
413 Hillcrest Dr. ....	Remove dead tree .....	8/26/2017

Beautification: Requested \$ to purchase new Christmas lights.

Gates: n/a

Cameras: Currently in negotiations with EAC for a preventative maintenance contract. Will include quarterly maintenance to cameras and repairs as needed.

Boat Storage: OK. Board is looking at options to store items we currently store in an offsite storage building. Our current options are using the 70-gate guard house or using a spot in the boat yard.

Recreational Area: Good, camera in working order.

The meeting was adjourned at 7.45 pm.

**Brandywine is Online!**  
Stay connected...

<http://brandywineowners.org/>

<https://brandywinebay.nextdoor.com>

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

### Last Month's Solutions

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

S	P	E	C	S	S	L	E	D	B	L	E	T	
K	A	P	O	K	T	I	D	E	E	Y	R	A	
I	C	I	L	Y	E	M	I	R	L	I	A	R	
D	E	C	E	L	E	R	A	T	E	O	N	T	O
			A	V	E		L	I	N	G	O		
I	N	S	U	R	E	T	Y	I	N	G			
C	A	U	L	K	S	H	U	C	K	I	N	G	S
E	M	I	T	S	P	R	A	T	N	E	A	P	
D	E	T	R	I	T	I	O	N	A	G	A	V	E
			A	C	U	T	E	B	U	S	T	E	D
	B	E	S	E	T		G	A	T				
D	E	M	O	T	O	L	E	R	A	T	I	O	N
R	A	I	N	E	L	A	N	R	I	D	G	E	
A	N	T	I	R	I	S	E	K	N	E	L	T	
B	O	S	C	S	O	T	S	Y	E	S	E	S	



# Lobster Fest 2017

By Phyllis Makuck

This year will be the 13th Annual Lobster Fest at St. Francis by the Sea. It will take place from noon to 4 p.m. on Saturday, October 14. A complete lobster dinner, including potato salad, coleslaw and homemade dessert, is \$25. Add a cooked lobster to an eat-in dinner or take cooked lobsters home for \$21 each. Live lobsters are \$19 each. The best way to ensure you will get one of these delicious Maine lobsters is to purchase tickets in advance. You may get tickets by phone—240-2388 (church office) or 354-5859 (Linda Davies). If you are picking up take-out orders, it is best to arrive before 3 p.m. Special delivery is available upon request for orders of ten or more.



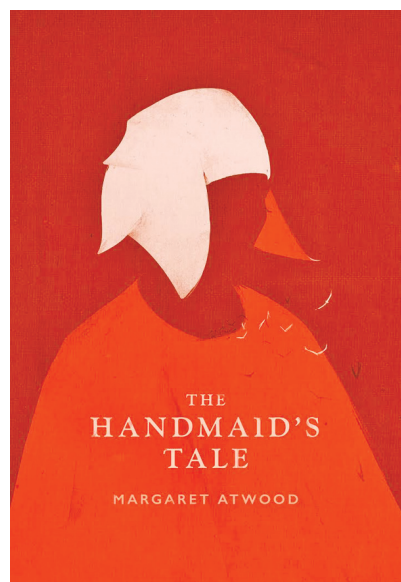
Libba Shelton and Robin Smith serving up lobster dinners last year.

# Brandywine Book Club Notes

By Melinda Brown

The Brandywine Book Club met recently to continue 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 *Into the Water* by Paula Hawkins. Although it elicited thought provoking discussion, we agreed that it was a difficult book to read and not one of our favorites. Our book for discussion next month is *The Handmaid's Tale* by Margaret Atwood.

We invite you to read the book and join us for our meeting on October 10. Visitors are always welcome! Call Melinda Brown at 247-1055 for more information.



## WE'VE RAISED THE LEVEL



## During Breast Cancer Awareness Month, Get a Mammogram

Carteret Health Care provides an outstanding comprehensive range of medical and radiation oncology along with surgical and radiology services to meet the needs of cancer patients and their caregivers close to family, friends and home. During the evenings and nights in October, our Hospital will shine PINK to honor Breast Cancer Awareness.

**FREE Clinical Breast Exam** - Saturday, October 21, 8:00am-12:00pm at the Health Department. Call 499-6200 to make an appointment.

**Preventing Breast Cancer Presentation** - October 19 at 12:00pm, Dr. Mindy Merritt, American Board of Surgery Certified and Fellowship Trained Breast Cancer Surgeon at Carteret Health Care's Meeting Room 1.

**Breast Cancer Update, UNC Cancer Lunch & Learn** - October 27 at 11:30am. Join UNC Cancer Network for an online, interactive lecture with Carey Anders, MD, who will discuss prevention, detection, and treatment of breast cancer. Carteret Health Care, Meeting Room 1.

Register at 499-6200.

[CarteretCancerCenter.com](http://CarteretCancerCenter.com)





# 18 Hole LGA News

By Susie Garland

August 24: Low Gross/Low Net/Low Putts was the game of the day with 11 players participating. Here are the results. In the low putts category, three players tied for second place, each having 33 putts: Brenda Leinthall, Bernie Moreno, and Angela Zieleck. With 31 putts, Ann O'Connor came in first. Speaking of on-a-role Ann, she also won low gross (88). Pudgy Groben came in second with a 92. Margie Bailey (welcome back) took third place with a 94. Very respectable scores considering we had a big rainstorm midway, which obviously made for some tough playing. The sun finally came out after a while and we all continued with our griping and grumbling. Tee-Hee. In the Low Net category, Susie Garland (that's me) took second place with a net 77. Bernie and Angela tied for first place with a net 75.

August 31: Game cancelled due to Tidewater senior golf association scheduled tournament. Alternative arrangements were made to play at the Beaufort Club with 8 players participating. The format: Two Best Balls of Foursome. The team of Ann O'Connor, Angela Zieleck, Nelda Kessler, and Brenda Leinthall scored a total of 185, beating out Margie Bailey, Susie Garland (that's me), Myra Roche, and Pat Barber (190 score). It was a fun day out on the course with beautiful weather and we were grateful that the predicted afternoon rain held off.



Sept 7: Ace of the Month was held with 11 players competing for September Ace. First, for Low Putts, Pat Barber had 33 putts for second place. May Ace, Angela Zieleck, took the win with 32 putts. Here are the results for the low net competition, which was a very close race to the finish line as you can see from the scores: In third place, with a net 74: Rosie Angel. Close behind, with a net 73: Myra Roche. Ra-ta-ta-ta-ta for the winner: Pudgy Groben with a net 72. Angela's name was picked in the 50-50 draw with \$5.50 going into her wallet.



Sept 14: Pro Shop pulls 9 (blind draw). Score these holes only: 1, 5, 7, 9, 12, 14, 16, 17, 18. There were 8 participants with the following winners: Using 1/2 handicap, Pudgy Groben netted out to a 40 for third place. Close behind, with a net 39: Angela Zieleck, who took second place. The winner: August Ace, Ann O'Connor, with a net 32.

Sept 15: Former Carolina Pines players arranged monthly Home & Home tournament at Cherry Point Golf Club. The girls did an awesome job of hosting! Unfortunately, golf was shortened by thunderstorms and heavy rain, so we were unable to complete the last three holes. Since most of the group was unable to finish the round, Cherry Point pro shop generously offered a "play for cart fee only" for participants. We do have some Brandywine winners who came in on the winning side who deserve recognition. As previously reported, the game is a blitz point format, where earning points for birdie, par, bogie, and double bogie are counted towards number of points earned. Pat Barber had the most points so kudos to you, Pat. Second place: Brenda Leinthall. Third place: Bernie Moreno. And, oh, by the way, BBGC came in first. Yeah, us!

## 9-Hole LGA Sound Waves Report

By Lenna Easter

We hit a day when it really was not excessively hot. But it is really still August. On the 22nd, we teed off on the back nine and played a game of "Change Your Three Worst Holes to Par and Subtract 1/2 Your Handicap". That's a long name for a fun game that is a bit challenging to score. When the pencils were down, Lenna Easter came in with a 33 and Marilyn Ryder and Sue Verdon tied for second with a 38. The only drawback is that you have to post your REAL score!

We have high expectations for the weather in September! The 5th was a super day for golf. Still too warm to walk. The game was "Penalty Points" and the 'point' of the game is to have as few as possible. You earn a point for an out-of-bounds hit, a ball in the water, a sand shot, and/or three putts. Marilyn Ryder was the winner with only one point!

The rest of September was not golfing time for the 9-holers. Between weather and a BIG tournament taking our time, there was no further golf for us.

*Did you know* that the game of golf was popular with Roman soldiers, who use a curved stick and a feather stuffed ball to pass the time while waiting to invade some country or another? They subsequently brought the game to Britain and left it there after being forced back home. The first written reference to golf was in 1457 when at the Edinburgh parliament, King James II prohibited his soldiers from playing golf (and football) because they were not practicing archery. In 1610 the Scottish church in Leith prohibited golf on Sunday, ordering anyone caught playing would be fined 20 shillings and publicly repent from the pulpit. (from The Original Rules of Golf, published in association with the Honourable Company of Edinburgh Golfers, 2009)

Just think that you can be a part of history (and without penalty!) as we invite any lady to play this glorious game. It is only 9 holes: not too early to get out and be finished to have time for lunch and the afternoon activities. Sign up at the clubhouse and come out on Tuesday morning at 8:30. Play begins at 9 AM. and you'll be back in time for lunch at the K-Club. Hope to see you!!



# MGA Happenings

By Vince Moreno

SEPTEMBER 13, 2017 Today's tournament was a four man team, and three best net scores out of the four hole by hole. Our tournament Chairman got all twenty of us off and running with very few complaints. After lunch at the K Club, the winners were announced by Chuck Muller. The First Place winners were Chuck Muller, Bill Springsteen,

Tom Normyle, and Lyle Vogel. Second Place was won by Nick Viglianese, James Whitfield, Douglas Eriksen, and Charlie Sabathe. Third Place was taken by Bob Connolly, John Miller, Richie Leinthall, and Mark Roche. Closest to the pin was won by Douglas Eriksen and John Miller. It was a good day for the MGA.



First Place Winners: Lyle Vogel, Bill Springsteen, Chuck Muller and Tom Normyle



Third Place Winners: Mark Roche, John Miller, Richie Leinthall and Bob Connolly



Second Place Winners: Nick Viglianese, Charlie Sabathe, Douglas Eriksen and James Whitfield



Closest To The Pin Winners: John Miller And Douglas Eriksen



# Golf N' Stuff

BY:  
**SUSIE GARLAND**

The second annual BBGC CLUB CHAMPIONSHIP rounds were held on September 16 and 17, with 30 participants playing from either the silver, gold, or white tees. There was also a women's division, with 9 players competing from the silver tees. Handicap for the net prize was based on the tee location played from. The format was 36 holes of stroke play, with winners for both gross and net in each division recognized. An awards banquet with a buffet meal followed the two-day event.



The winning members were:

Women's Gross winner: Pudgy Groben (179)  
Women's Net winner: Margie Bailey (140)



Men's Sliver Gross winner: John Miller (176)  
Men's Silver Net winner: Ed Easter (143)  
  
Men's Gold Gross winner: Buzz Hayes (164)  
Men's Gold Net winner: Joe Rudder (134)  
  
Men's White Gross winner: Gary Harmon (164)  
Men's White Net winner: Eugene Gurganus (142)



**Gary Harmon - White GROSS**

**Eugene Gurganus-White NET**



**Buzz Hayes-Gold GROSS**



**Joe Rudder-Gold NET**



**John Miller-Silver GROSS**



**Ed Easter-Silver NET**



By Susie Garland

August 25: Ten couples participated in the game of 6-6-6: 6-holes of superball; 6-holes of better ball; and 6-holes of alternate shot. Using 30% of team total score, here are the results. With a 67 score, Ann O'Connor and partner, Tim Chidsey, came in second. Returning from an extended trip of the northwest for the past two months, the winners made a "pit stop" to Brandywine and took the win with a score of 62. Congratulations to Margie and Ron Bailey. A delicious dinner was served after game play consisting of chicken, ribs, string beans, salad, and dessert. Yum. Yum. In the 50-50 draw, Susie Garland's (that's me) number was picked that paid for the round of golf and dinner. (Sorry, Vinnie—my turn). Haha. The Werewolves of Morehead City provided music and entertainment after dinner. Now that's what I call a fun day out on the links.





# Heroes & Hooligans... They Walk Among Us!

## New Bern Historical Society's Ghostwalk October 26-28

NEW BERN, NC. It is that time of year again, and the New Bern Historical Society is preparing its 27th annual Ghostwalk, *Heroes & Hooligans... They Walk Among Us!* 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 26-28, keep an eye out for shady characters and good guys as well.

This year there will be 13 different ghost haunts in historic houses, churches and businesses, and of course in Cedar Grove Cemetery where candlelit paths will lead to 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 with special performances. Expect a lighthearted mystery-comedy, featuring the Dowd family at the Attmore-Oliver House. Of course, the Veri-Good Bakery itself will appear with lots of delicious goodies. Historic churches will also be ready with more hearty fare such as chili, pasta and hot dogs.

Hauntings begin Thursday, October 26, 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 nine ghost sites are open Friday, October 27 and Saturday, October 28 from 5:30 p.m. to 9:30 p.m.

Tickets, available mid September, 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 \$13. Children 3-12 are \$5 and under 3 free. Tickets will also be available on line at [www.NewBernHistorical.org/ghostwalk](http://www.NewBernHistorical.org/ghostwalk). Check the website for complete outlet information, or call 252-638-8558. Title Sponsor, Chesnutt, Clemmons and Peacock. Media sponsorship provided by WITN and Public Radio East.

The mission of the New Bern Historical Society is to celebrate and



Heroes and Hooligans right here in downtown New Bern! Photo by Bill Hand

promote New Bern and its heritage through events and education. Offices are located in the historic Attmore-Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go [www.NewBernHistorical.org](http://www.NewBernHistorical.org) or [www.facebook.com/NewBernHistoricalSociety](https://www.facebook.com/NewBernHistoricalSociety).

## The Return of Rodney Kemp Presents! History with Lunch, Voila!

Local historian Rodney Kemp returns with his popular lunch-time history program at the History Museum of Carteret County, 1008 Arendell Street, Morehead City, NC. This well-received mainstay includes local history and Rodney's down-home, personal observations along with audience participation and comments. Included in this run of events are author interviews and some of Rodney's own interpretive topics.

Upcoming Fall dates are: October 13th, November 10th, and December 15th. Events are featured throughout the Community Events calendar in the *News-Times*, on Facebook and the website [www.carterethistory.org](http://www.carterethistory.org).

Admission for each presentation with lunch is \$15 per person or \$13 for society members. Lunch is served at 11:30. To attend the program only admission is \$8.50 and \$5.50 for society members. The program starts at noon. Please call 252-247-7533 ext 1 to make your reservations.

While at the History Museum, guests may enjoy our exhibits or browse through our research library and store which features an array of reading material on local genealogy, books by local authors, jewelry, old-fashioned toys and other merchandise.

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# September Special Events

## *N.C. Seafood Festival*

October 6-8, 2017

Morehead City Waterfront – 252-726-6273

[www.ncseafoodfestival.org](http://www.ncseafoodfestival.org)

## *Garner's Farm Corn Maze*

September 23, 2017 - October 29, 2017

173 Sam Garner Rd, Newport

Fridays 4pm-9pm, Saturdays 10am-9pm, Sundays 1pm-7pm

Open Monday-Thursday for large/school groups by reservation only

## *Garner's Farm U-Pick Pumpkin Patch*

Open October 1-31 | Daily 10am-6pm

173 Sam Garner Rd, Newport

Enjoy a complimentary hay ride from our stand out to the patch & pick your perfect pumpkin right off the vine.

## *Howling Hayride at Fort Macon*

October 14, 2017 | 6:30 pm-8:00 pm

Join us for a special hayride and night hike at Fort Macon State Park. Meet at the bathhouse for the hayride, then hike back 1 mile along the Elliott Coues Nature Trail. Participants should bring a flashlight. Suggested donation \$5 per adult to support the Friends of Ft. Macon's ongoing trail improvement efforts.

## *16th Annual Literacy Spelling Bee*

October 20, 2017 | 6:00 pm

Purchase tickets for the Spelling Bee to benefit the Carteret Literacy Council, which includes a silent auction, dinner, and the spelling bee. Come cheer for Brandywine residents who are participating in the Spelling Bee! Information is available at [www.carteretliteracy.org](http://www.carteretliteracy.org).

## *Cape Lookout Albacore and Redfish Festival*

October 19, 2017 - October 21, 2017

[www.capelookoutalbacorefestival.com/](http://www.capelookoutalbacorefestival.com/)

This is the Crystal Coast's premiere fly fishing and light tackle tournament/event, which raises money for Project Healing Waters. The first day is a private Healing Waters Day for Disabled Veterans followed by the Public Festival and Tournament on the second and third days. This year's festival is full of prizes, auction items, music, food, and most importantly great fellowship. Don't miss this unique opportunity to try your hand at some of the area's finest fishing while helping to raise awareness and funds for an amazing cause.

## *Push for Pink! Breast Cancer Fundraiser and Les Mills Launch Party*

October 21, 2017 | 9:20am-Noon

Gold's Gym of Morehead City, 5301 Hwy 70

The Push for Pink event at Gold's Gym of Morehead City is both a fundraiser for the Pretty in Pink Foundation and a party for the new group exercise routines and music. This event is open to the public; a donation is requested to participate. Check out the push-up contest, food, vendors, raffle prizes, and more!

## *Shuck, Rattle & Roll*

October 27, 2017 | 7:00 pm-11:00 pm

3505 Arendell Street, Morehead City, NC | 252-222-6262

This is an exciting partnership with the North Carolina Shellfish Grower's Associate and C.C.C.'s Aquaculture and Culinary Programs. Talk to local growers about their growing techniques and taste the freshest shellfish (straight from the growers themselves) with hors d'oeuvres prepared by C.C.C. Chefs!

## *Carolina Kite Fest*

October 28, 2017 | 10:00 am - October 29, 2017 | 6:00 pm

Sands Villas Resorts in Atlantic Beach

252-247-7011 | [www.kitesandbirds.com](http://www.kitesandbirds.com)

# October is Fire Prevention Month

By Mark Roche

## Fire Safety Tips for the Home –

- 1 – Every level of your home should be equipped with smoke alarms that are interconnected so all will sound at once. Change your batteries annually.
- 2 – Show children what a smoke alarm sounds like. Also, practice what they should do when they hear it and the importance of acting without delay.
- 3 – Tell kids how to avoid smoke when escaping. Teach them to bend over or crawl to get under the smoke, keeping their head two feet or less above the floor, where the air will be cleanest.
- 4 – Practice EDITH (exit drills in the home). At least twice annually, hold an in-home fire drill at various times of the day and night.
- 5 – Walk through your house as a family. Know all exits and escape routes. Check that pathways are clear and windows and doors open easily.
- 6 – Remind everybody to carefully feel doors and doorknobs with the back of their hand before opening them. Never open a door that's warm. Instead, try another escape route.
- 7 – Tell family members to close doors behind them on their way out. This will help slow the spread of fire.
- 8 – Agree on a meeting place. Family members may leave the home by different routes, so pick a gathering spot that's a safe distance from your house such as a mailbox or street light. Call 911 from a cell phone or neighbor's house.
- 9 – Teach kids their home address. Practice it with them until they can state it clearly.
- 10 – Emphasize this rule: Once you're out, stay out! Be sure your kids know to never go back inside a burning home. Not for anything, even pets.

## Storm Clean Up Procedures

By Nancy Beszterczi

We wanted to remind everyone the procedures for storm clean up in Brandywine. We have a budget for storm clean up that is used after hurricanes and other severe weather. The landscaping company performing the cleanup prefers that you rake your debris to the curb. If you want to use bags, then please do not use black plastic trash bags, but instead use brown paper bags for storm debris. The dump will not take storm debris in plastic bags. We ask you to combine storm debris into one large pile with your neighbors as much as possible. In order to control costs, **we ask that you only put the debris from the storm, not normal yard pruning and clean up.**

We all hope and pray that we will all have a safe Hurricane Season!



# The Banana Spider in Brandywine Kitchen Gadget #10:

By Hannah Nielsen

Have you noticed this critter around Brandywine Bay? It's not a Halloween decoration; it's a Golden Silk Orb-Weaver, also known as a Banana Spider!

Not to be confused with the brown, highly poisonous, Brazilian Banana Spider, the North American Banana Spider has a white head, speckled yellow body and sturdy yellow legs with furry black stripes. It can generally be found in the outdoors of the North American Southeast.

If the spider consistently grows larger reaching the size of an adult human hand, then you'll know that the spider is female. Her male counterpart will only grow to be about an inch wide. While the size of the female may be intimidating to passersby, they pose no real threat to humans. They are in fact docile, diligent neighbors who prefer to keep to themselves. They will only bite if provoked, and their bite may itch and turn red, but is less imposing than a mosquito bite. The only things these creatures eat are smaller insects, for which we humans can be grateful.

We had a female in our front yard a couple of years ago. She grew to be very large (cluing us in that she was female), and she was a very intelligent, hard-working spider. Any time we had a lot of wind or rain, we would see her the next day rebuilding her web with a new, stronger and tighter pattern. Her designs were so intricate and impressive.

And she didn't just build one large web. She would make a system of layered webs—one in the center, which is the one she would generally occupy, with two or three webs in front of and behind her. I was amazed by how much silk was able to come out of her small abdomen to build such large and complex webs. I would imagine that if the entire web were to be crumpled into a ball, it would be larger than her body, and yet the silk continued

to be supplied for her ready hands as she weaved it all together. Two of her arms (or legs...) would hold on to the small portion of web that she had already formed, leading her forward as she worked. Another two arms would distribute silk, feeding it to the arms she used to weave the intricate patterns with the silk. Talk about multi-tasking!

Each time she weaved, it seemed as though her new, grid-like pattern was even more impenetrable than the last. I was amazed by the work that she did and how she knew what to

do. I thought surely this smart little spider had an even smarter Designer. If she wasn't building her web or having a snack, most of her time would be consumed with resting on her handiwork and she always stayed a good distance away from onlookers. I greatly enjoyed observing this Banana Spider and learning more about her; I even named her! I have been excited to see even more Golden Silk Orb-Weavers (aka Banana Spiders) in Brandywine Bay in the years since, so if you ever come across one I hope that you will take a closer look and admire.



## Instant Pot

By Monica Sellars

A few months ago, when I wrote about cooking with a slow cooker, I mentioned a new device that I wanted to try, called a multi-cooker. Multi-cookers can do lots of things, including slow cooking, pressure cooking, rice cooking, steaming, and yogurt making. Finally, after our friends Trevor and Maile insisted that "it will change your life," we took the plunge and purchased an Instant Pot multi-cooker. We have had it for a little over a month, so I'll tell you about how my life has changed so far.



ONE: The word "instant" has a new definition. Cooking in the Instant Pot is not truly instant, of course. In some cases, it takes longer than traditional options – steaming veggies for example, seems to me to be more effective on the stovetop than in the gadget. Pressure cooking is faster than other methods in many cases, but it does take some time for the pressure to build inside the gadget, cook the food, and finally release the pressure at the end. I have realized that, even though I am using an Instant Pot, I still must spend time chopping ingredients and waiting for my meal to cook.

TWO: I buy roasts. Suddenly there are more options at the meat counter. In the past, I would not even consider buying roasts because I found them difficult to cook in the oven. With the Instant Pot, I have discovered that I can put any kind of roast into the pot with some seasoning and water, and pressure cook it to perfection. This new freedom also extends to exotic grains, like spelt. The Multi-Grain button on the Instant Pot is programmed to first soak and then cook ancient grains, turning two steps into one!

THREE: Hard boiled eggs never tasted so good. The Egg button makes perfect hard boiled eggs. You can even select different levels of doneness for your eggs, if you prefer soft or medium boiled eggs. The result is eggs that are tender, flavorful, and easy to peel. I don't have the perfect deviled eggs recipe yet, though. Does anyone have one that you'd be willing to share with me?!

My only disappointment, so far, is that the instructions that come with the Instant Pot are not very detailed. However, you can easily find answers to your Instant Pot questions online. I suppose the manufacturers knew that enterprising Instant Pot fans would create enough online content to supply the world with all of the recipes, videos, and advice we could ever need! We also purchased an Instant Pot recipe book for our Kindle for 99 cents, and it includes over 550 recipes.

We don't have any room in the appliance closet for the Instant Pot, so it stays on the counter. I've wondered if we can clear out some of the old appliances that now seem to be duplicates, like the slow cooker and rice cooker. Trevor's advice is to keep them, at least for now, because sometimes we may want to cook some rice to go with our roast.







# The Good Old Days

By Hannah Nielsen

On the series finale of “The Office” in 2013, the character Andy Bernard remarked about how he had finally gotten a dream job at his beloved alma mater, after years of having to work at paper company Dunder Mifflin. He said that he still found himself longing for “the good old days,” but now those memories were more so filled with the folks at Dunder Mifflin, and less with his college friends. He concluded with saying that he wished there was a way to know you were in the “good old days” before you left them.

When I moved to Morehead City after graduating college in 2015, I didn’t quite know what to expect. I didn’t know where I would work until October, and even then I started a full-time job in an industry that I knew nothing about. I felt a little intimidated, and I wasn’t sure how fast I would learn and who I could trust as I navigated this new world by myself. I also wasn’t sure how long I would be living here before moving back toward the Raleigh area. Like Andy Bernard on “The Office” I missed the “good old days” with my college friends, and didn’t have much hope of meeting people my age here. But somehow, before I even noticed it happen, I got comfortable and attached to little old Morehead City, and I had formed deep connections with people who were at least 5-10 years older or younger than myself.

So when I got word a few months ago that I would have to move, I started looking for jobs in a different city, but I felt a tug in my heart that I shouldn’t rush the process too much. Every once in a while I would get an extra motivation to move on to the next chapter of my life, and I would pick up where I left off on my job search (see my August article on the frustrations of looking for a new job). The idea that my time here was limited caused me to treasure my time here in a new way. It caused me to want to visit restaurants I hadn’t tried here yet. I wanted to drive down a road I’d always been curious about, just to see what where it went. I wanted to take photos of all the mundane things that made every day here unique to this season of my life. I felt like a tourist in my home town, except that I also knew back roads and short-cuts like I’d been living here for years.



Then in early September I was offered a 12-15 month position in Efland, NC which would provide housing, utilities, some of my meals, a health plan and retirement benefits. The job was in my area of interest and would provide great experience for my future, and moving to Efland would bring me much closer to my sister and boyfriend (see my June article on being in a long-distance relationship). I accepted, and was excited for all the positives this opportunity would bring.

But I noticed that the days started feeling shorter, like I wouldn’t have enough time to do all the things I wanted to do before I left. I was tearful as I told my Sunday school students how much I loved and would miss them, and how I hoped I could visit them in the future. I spoke with my boss, the editors of the Sound Waves, and all the other responsibilities and connections I had made here and elsewhere so they would be made aware of this transition on which I was embarking. These announcements made this surreal change feel more imminent and painful, because I knew I was in the “good old days” and I didn’t want them to end. Though I guess that’s why people are always saying that it’s better to have loved and lost than to have never loved at all. It’s better to be sad about leaving a place you’ve grown to love, than to bitterly leave a place you’ve never liked.

So as I transition to something new, I know that I will start off in a mixture of great excitement and homesickness. It will sometimes be hard for me to enjoy making new connections as I miss the ones I’ve left behind (the ones I wasn’t even sure I would find here). I will miss getting to share my thoughts with you lovely readers, walking the loop, visiting my favorite local spots, and swimming in the Bogue Sound. I’ll miss our wonderful neighbors in this little corner of Brandywine Bay- the ones who have given us homemade cookies, graciously driven me and my dog to the vet, prayed for us, befriended us, and shown genuine interest the well-being of my family. I’ll miss my church family tremendously. I’ll miss my boss, my co-workers and my customers. I never imagined I would become attached to this place, but I am glad that I did, and I’m grateful for each of you.

I don’t know what to expect in this new adventure in Efland, but I didn’t know what to expect in Morehead City either. It turned out pretty well here, despite the struggles. So it would seem that I am simply leaving one set of “good old days” for the next set of “good old days.” And I think that my time in Efland will probably end up like my time here. It will find a place in my heart, and add another once-uncertain, character-building experience to my repertoire, all the while continuing to craft me even more into the person I will be.



## Accolades

### Thank You, Hannah!

Hannah Nielsen has been an enthusiastic and dedicated Sound Waves contributor for more than a year. Her witty style and creative topics have been a wonderful addition to our paper each month. Thank you, Hannah, for sharing your writing with your Brandywine neighbors!

Now, Hannah is taking her talents to a new city, where she is starting a terrific new job. We will miss her stories in Sound Waves, but mostly, we congratulate her on her life’s new adventure!



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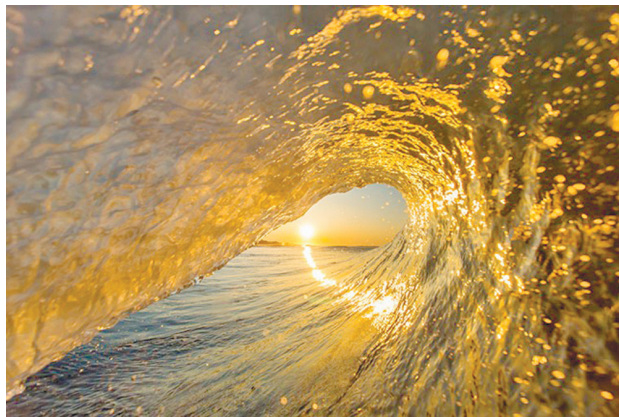
[editor.soundwaves@gmail.com](mailto:editor.soundwaves@gmail.com)



# Bogue Banks Library Art Exhibit October 2017

During the month of October, The Art Gallery of the Bogue Banks Public Library will feature the artwork of our coastal photographer/surfer Doug Waters.

When asked what first inspired him to become a photographer, New Bern native Doug Waters would probably say that it was the countless hours he spent as a young boy browsing through classic magazines like Look, Life and National Geographic. However, it wasn't long after that time that he was bitten by the surfing bug. He'd travel to Atlantic Beach to surf waves at places like Little Africa and Iron Steamer pier with his brothers and friends. As a young adult, his travels took him to Hawaii, where he was able to see and surf some of the best



surf as well as watch some of the best surf photographers in the world. It was during that time that Doug became interested in surf photography. His 35mm was the Nikonos water camera. He had started contributing to the surf magazines in the late

70's. He moved to Florida in the early 80's, was hired as a staff photographer at Surfing magazine, and by the mid 90's, became a senior staff photographer. In 2009, after living in Florida over 30 years, Doug moved home to New Bern to become full time caregiver for his parents. It was during that time in New Bern that his interests became less about the surfing and more about the many other facets of our natural world. He was inducted into the East Coast Surfing Hall of Fame in the media category in 2010. Many eastern North Carolinians already own an example of Doug's work. A photograph of Doug's close friend and NC professional surfer Buddy Pelletier is used on the NC specialty plate for the Buddy Pelletier Surf Foundation. Doug now resides in Morehead City, enjoying photographing the beauty around us, particularly nature, the night sky and as always, waves.

The display cases will feature the handcrafted jewelry by Pam Valente. Pam Valente creates jewelry in her studios in Beaufort and Little Switzerland, NC. Her pieces incorporate metal etching, enamel, thread work, gemstones, wire work, crystals and eclectic mediums that cap-



ture the essence of coastal and mountain living. Each piece is carefully crafted to be a go to favorite - at home with jeans and T-shirts or skirts and heels.

Please plan to join our gallery artists at the public reception on Friday, 13th from 3-4 PM in the Art Gallery. The Bogue Banks Public Library is located at 320 Salter Path Road in Pine Knoll Shores. The library is open from 8:30 AM until 5:00 PM, Monday through Saturday. Notices about art in the libraries appear weekly in the Carteret News-Times. Check your Sunday paper for additional information about local arts and crafts shows.

## Buffalo Chicken Dip

By Hannah Nielsen

This is a really simple, yet delicious recipe that I got from one of my college roommates. Any time I've ever made it, I've received rave reviews and requests for the recipe, and I'm sure you will as well. Keep it in mind as you're planning appetizers to serve at your next Sunday night football party.

Here's what you'll need:

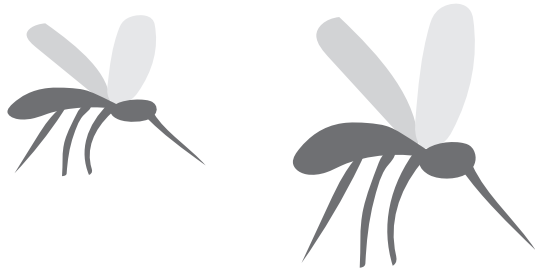
- 1 pkg. (8 oz.) Cream cheese, softened
- 1 can (10 oz.) chunk white chicken, drained (you can also boil and slice your own chicken: ~2 breasts)
- 1/2 cup Texas Pete (buffalo wing sauce)
- 1/2 cup Ranch salad dressing
- 2 cups (8 oz.) shredded Colby Jack cheese
- Whatever you'd like to serve it with- tortilla chips, French bread, celery, etc.

Here's what you'll do:

- 1) Preheat oven to 350 degrees Fahrenheit
- 2) Spread cream cheese into ungreased, shallow baking dish
- 3) Layer with chicken, hot sauce and Ranch (\*If you prefer, you can also mix all of these ingredients with the cream cheese instead, and spread the entire mixture into one even layer)
- 4) Sprinkle with Colby Jack cheese
- 5) Bake uncovered for 15-25 minutes, or until cheese is melted
- 6) Enjoy!







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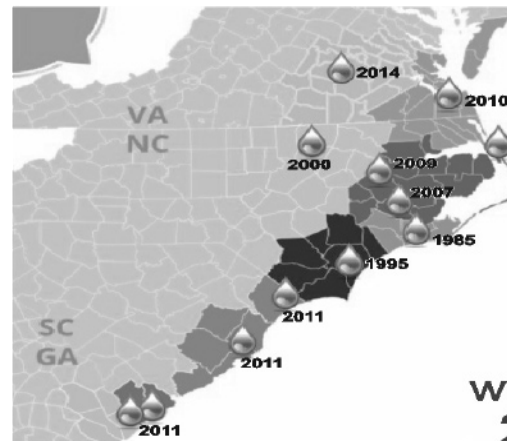
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5. Conditioned water is available for use during regeneration. ....	Yes.....	No
6. Control valve parts operate in clean, conditioned water. ....	Yes.....	No
7. System provides an uninterrupted supply of conditioned water. ....	Yes.....	No
8. No unnecessary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



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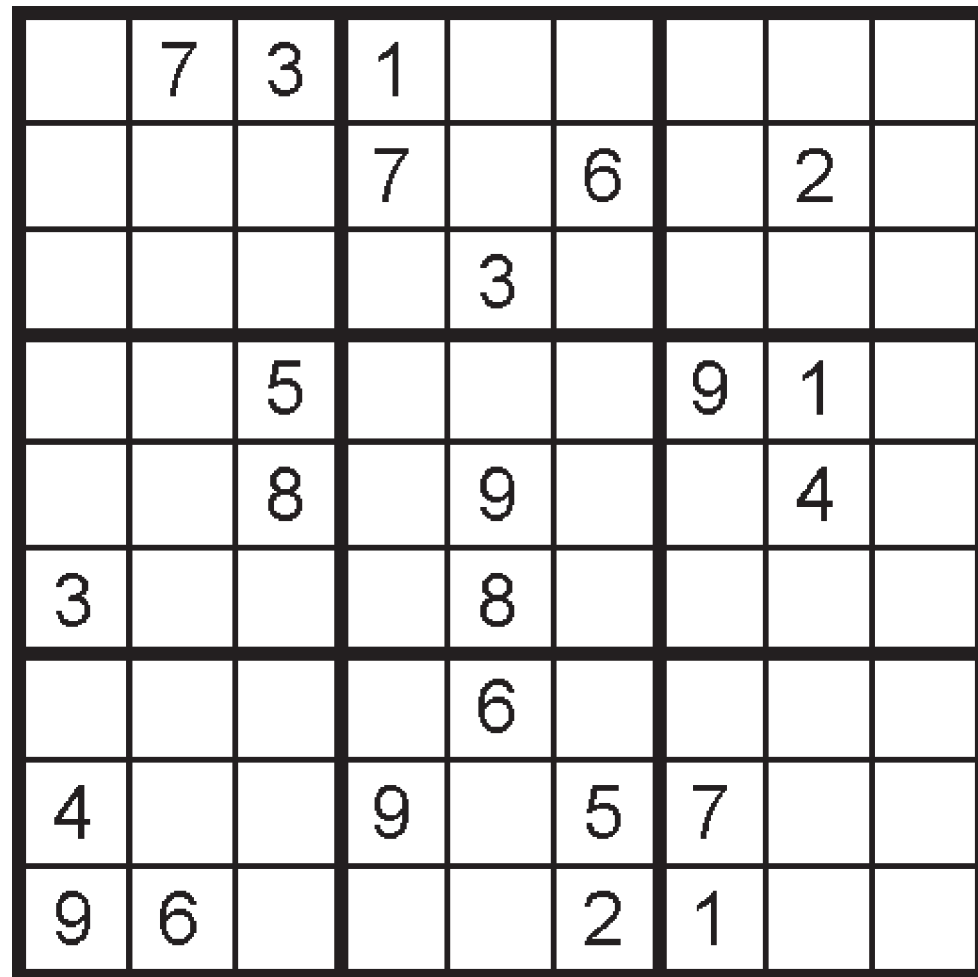
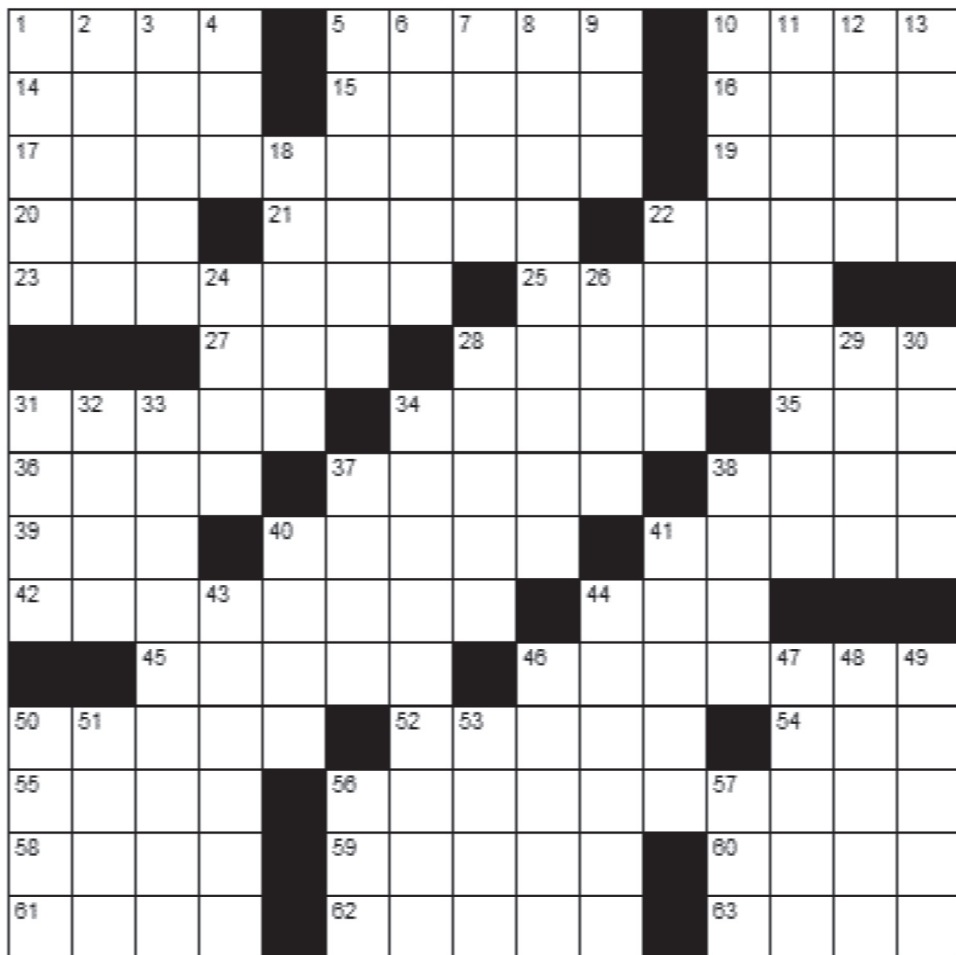


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ACROSS

- 1. Satisfy
- 5. Office worker
- 10. Extent
- 14. Snip
- 15. Bog hemp
- 16. Meal in a shell
- 17. Renunciation
- 19. Mining finds
- 20. Mist
- 21. Stave off
- 22. An edict of the Russian tsar
- 23. An appliance for frozen food
- 25. Fertile areas
- 27. Hankering
- 28. Having a higher rank
- 31. American retailer
- 34. Show-off
- 35. Letter after sigma
- 36. Constellation bear
- 37. Aquatic mammals
- 38. Collections
- 39. Dawn goddess
- 40. Covered with protective barb
- 41. Sheriff's group
- 42. Earthquake waves

44. Altitude (abbrev.)

- 45. Fable writer
- 46. A person who disputes
- 50. Put out
- 52. French for "Man"
- 54. Fuss
- 55. Narrow opening
- 56. A young unmarried woman (archaic)
- 58. Wash
- 59. Mountain crest
- 60. Pigeon-\_\_\_
- 61. Pitcher
- 62. Units of force
- 63. Terminates

DOWN

- 1. Stave
- 2. Bower
- 3. Slight color
- 4. An uncle
- 5. Cowardly
- 6. Not earlier
- 7. Arab chieftain
- 8. Exuberantly
- 9. Cognizance
- 10. Writer of "Dracula"
- 11. Leeches
- 12. Air force heroes

13. Schnozzola

- 18. Stares
- 22. End \_\_\_
- 24. Tropical American wildcat
- 26. Mimics
- 28. Rise rapidly
- 29. Horse feed
- 30. Ploy
- 31. Cooking fat
- 32. God of love
- 33. Soothing
- 34. Outer boundary
- 37. Japanese wrestling
- 38. Drunkards
- 40. Headquarters
- 41. Layers
- 43. Spay
- 44. Battalions
- 46. Overact
- 47. Claw
- 48. Stagnated
- 49. Female students
- 50. Small island
- 51. Shredded cabbage
- 53. Portent
- 56. Father
- 57. French for "Summer"

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# Thirty Years Ago

By Susie Garland

I'll have to put on my thinking cap  
To go that far back in time  
And get your undivided attention  
So I will reminisce with a rhyme

My hair was brown and curly then  
Just as a matter of fact  
The body parts were stable  
And my teeth remained intact

I worked as a medical transcriptionist  
Had an office in my home  
Used an IBM Selectric  
With a landline telephone

Knowing medical terminology  
Was what the work required  
I transcribed for over 50 years  
Until I finally retired

As a sideline, I began writing  
A diversion to this day  
Composing stories and poetry  
But this time with no pay

As I think back 30 years ago  
Some things stand out in my mind  
The NY Giants won the Super Bowl  
The Denver Broncos were left behind

In the World Series of '87  
The Twins showed who's the boss  
The Cardinals took wing and flew the coop  
Suffering a very close loss (4 to 3)

Prozac hit the market  
"Lethal Weapon" was a hit  
He started his career in '87  
His name was William Bradley Pitt

My hair is now white but still curly  
After all, 30 years have since passed  
I've run out of room, and not too soon  
As this poem is finished at last



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