



Vol. 35 No. 4

Our Community Newspaper

NOVEMBER 2022

Brandywine Parade on December 11: Will you be in the parade or watching it?

"Last year's parade truly was a magical night, for not just those who we rode past, but also for us participants. The neighborhood was so beautifully decorated. Enjoyed by us all!" – Lisa Lee

Lisa is organizing this year's parade also, so let's all join the fun on December 11!

If you would like to drive in the parade: RSVP to Lisa by text to 252-646-2903. Please line up on Eastchester Drive starting at 6:00 pm, and we'll set off around 6:30 pm.

If you want to watch the parade: It will travel through each neighborhood in the golf side of Brandywine, so step outside to the main road in your area to soak up the fun with your neighbors. If you live on the sound side of Brandywine, come on over and watch from the playground. Bring on the holiday cheer!

Happy Birthday, Vince!



Vince Moreno celebrates his 85th birthday at the K Club with MGA

Photos from the 2021 Brandywine parade



2023 Community Directory

We are preparing the updated Community Directory and wanted to give residents the opportunity to update or correct their contact information before we submit the list to the printers.

If you have any corrections or updates to make, or if you want to confirm your information is correct, please contact Andy at ahainesnd@gmail.com before Thanksgiving. He will make sure that your correct contacts are included on the list.

We also need a picture for the cover of the 2023 directory. If you'd like to submit photos for consideration, send them to Andy.





Hammock Place Bulletin Board

By Jay Bohlen

What is that growing on my vinyl siding? The number one cause of algae growth on siding is water. Humidity and excessive rain are ideal conditions for algae growth. Algae is worse on a shaded or north side of your home where direct sunlight cannot dry your siding. Dirt, dust and pollen when combined with our humid conditions also invites mold and mildew. Not only is it a nuisance that can permanently stain your vinyl siding, but it can affect those with allergies.

How can you prevent algae growth? Simply wash your house with your homemade or premixed solution a couple times a year to keep your home looking its best. After the pine pollen flies in April is an opportune time of the year. Between Halloween and Thanksgiving is another ideal time of year.

For DIY'ers, a pressure washer is easy to operate. Start on a low pressure setting and slightly adjust the pressure as needed. Pressure washers are designed to pack a punch. Start at least five feet from the surface and gradually move closer if additional power is needed. Do not to spray directly at eaves, vents or light fixtures. Keep the wand at a downward angle; do not tilt the wand up or blast in the seams where the vinyl slats meet. Aiming the wand upward can cause water to slip through the siding, resulting in water damage to your walls. This is just one of many ways to handle this task. If you are not a DIY'er, waving a checkbook will produce the same pride in ownership.

While you have these products and equipment handy. Take a look at your concrete driveway, walkways and curb. Over time, your concrete will accumulate grime and dirt. Again, there are several ways to make your driveway more appealing, possibly the envy of your neighbors. First, you'll want to pretreat oils stains with your favorite cleaning agent (Coke, Dawn, degreaser or...). The discoloration in your concrete is much the same as on your siding: dirt and algae. Choose your favorite homemade or premixed solution and apply sparingly, giving it time to work its magic. I use a pump sprayer for this. Power wash it off. I prefer the Rotating Surface Cleaner attachment for this task. It has dual nozzles and is a joy when you see the results. Another useful pressure washer attachment is the Rotary Turbo Nozzle for smaller areas. This is a spinning water jet nozzle that hits the surface from multiple angles.

When you are almost finished, you will have accumulated a thick dark puddle of gobbledegook in your gutter. You don't want to bring that back into your driveway on your next trip or have it flow to your neighbors gutter. You'll want to spread that out away from your driveway and curbs about four feet into the traffic lane. This is mostly organic growth and will decompose in short order.

These tips are from my unprofessional personal perspective. Experiment with what works for you or ask your neighbors how they keep their property looking so great. They'll be glad you asked and happy to oblige. Knowledge and a checkbook are good tools to have.

Check out "Hammock Place Bulletin Board" on Facebook. It is for HP neighbors to have fun, share home ownership tips, gardening ideas and pictures. You can also post items for sale, services, trade, recipes, lost pets, jokes, bear sightings, etc.

Rotary Club of Morehead City
District 7730 Club 6167



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Holiday Wreath Order Form for Payment by Check

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**Preordered wreaths available for pickup Saturday, Nov 19 and Sunday, Nov 20.
Time: 10 AM - 4 PM
Location: now closed Kmart parking lot. (4915 Arendell St., Morehead City, NC)
Public sale of wreaths Nov 19-20, and Nov 25-26, as available, same time and location.**

Wreath: Qty ____ x \$30.00 each = \$ _____

Bow: Qty ____ x \$5.00 each = \$ _____

Total Order Amount: \$ _____

Make Check payable to **Rotary Club of Morehead City** and mail to:

**Rotary Club of Morehead City
P. O. Box 1863
Morehead City, N.C. 28557**

We thank you in advance for your support of our Holiday Wreath Fundraiser

BRANDYWINE BAY ASSOCIATION Board of Directors

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678-836-7517 • JennMannBBA@gmail.com

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919-943-8834 • bhp@bellsouth.net

Jennifer Shearin – Member-At-Large (OAK BLUFF)
252-916-7995 • jenchefmom@aol.com

Committee Chairs

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Finance Committee - Belinda Etheridge, Brenda Roberts & Jennifer Mann

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Nominating Committee – Belinda Etheridge

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& Terry Barbour

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Terry: 252-728-0626 /brandywinebayhoa@gmail.com

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Secretary/Pool & Tennis - Terry Barbour
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www.brandywineowners.org

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Vice President – **Alex Russell** 919-495-3233 • alexmhc@me.com

Secretary – **Amy Schulte** 231-420-1883 • aschulte0217@yahoo.com

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Welcome and New Gate Devices
brandywinewelcome@gmail.com

– **Elizabeth Sheeks**

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Security Gates (Breakage and Gate
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BRANDYWINE SUBDIVISION PRESIDENTS

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THE RESERVE

VILLAGE GREEN

Gary LaBelle • 413-504-9121

Edward Myers • 252-241-9559

Scott Carpenter • 252-247-3152

Judy Payne • 919-922-0914

Janet Stout • 252-726-0452

Patricia Boone • 231-464-3067

BOA Gates

Gates open daily at 5:30 am

Monday-Thursday, gates close at 8 pm

Friday-Sunday, gates close at 9 pm

Blocked Numbers: If you have a blanket “block all
UNKNOWN numbers” with your phone provider, enter
the following gate phone numbers in your contacts so
that the gate system can connect to your phone.

24 Gate phone number is 252-726-1778

70 Gate phone number is 252-240-0669



Changes to the Brandywine Directory

New to the neighborhood? Contact brandywinewelcome@gmail.com to get your welcome packet and set up your gate access code with your phone number.

Need a new gate entry device?

Welcome and new gate devices committee – Elizabeth Sheeks | brandywinewelcome@gmail.com

Moving away? Please give your gate cards to the next owner.

DIRECTORY CHANGES

123 Carefree Lane.....	Barbara Shutak.....	252-342-7225
123 Carefree Lane.....	Michael Shutak.....	252-342-3225
216 Carefree Lane.....	Doug and Debbie Goines	252-723-3117
203 Slow Lane.....	Tracy Buck.....	252-622-8069
205 slow Lane.....	Sonya Dorsett	252-503-5465
402 Cedarwood Village	Jeanne Mays	240-1089
801 Cedarwood Village	Sammy and Debbie Holt.....	336-260-6440
1305 Cedarwood Village	Frank & Lynn Jarman.....	304-695-3665
702 Cedarwood Village	Mary Warstler.....	252-467-8655
203 Lazy Lane.....	Elizabeth Upchurch	919-280-5095
415 Oakmont Drive.....	Brian C. and Lindsey Scialabba.....	305-393-9836
416 Oakmont Drive.....	Judy Furze.....	203-910-6019
505A Village Green Drive.....	Elaine Clifton.....	252-526-8690
515B Village Green Drive.....	Jan Kruer.....	336-804-0887
524A Village Green Drive.....	Cindy Grant	402-578-3559
527A Village Green Drive.....	Bob Workman.....	646-9198
531B Village Green Drive.....	William and Stephanie Taylor	919-451-1928
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Our Community Newspaper

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editor.soundwaves@gmail.com

Please email submissions by the 20th of each month.

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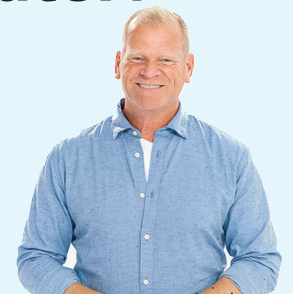
TODD WORRELL

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BOA Volunteer Spotlight: Bob Rose

The Brandywine Bay community has a variety of committees that are coordinated by neighborhood volunteers. Our neighbors are generous to donate their time and talents, and we appreciate the contributions! Please meet Bob Rose, our new volunteer BOA Street Representatives Coordinator.

Where are you from, and what brought you to Morehead City?

I was born, raised and educated in southeastern Michigan, in and around Detroit. As a young man I moved to Jacksonville, Florida, where I met my wife, Penny. We lived near the beach, and loved being close to the ocean. In mid-life I changed careers and we moved to Wilmore, Kentucky, where I earned a Master's degree in Divinity. After graduation we were offered a pastoral appointment in eastern NC, where we served rural Methodist churches. When I retired in 2020, we wanted to move back to being near the ocean. We found a home and community that we love here in Morehead City.

What are your hobbies, interests, and/or occupation?

I enjoy fishing and am learning to golf, but I find too little time for these lately. I work part time as a pastor for Williston Methodist Church and Stacy Methodist Church down east.

Would you like to tell us about your family?

Penny and I have been married for nearly 43 years. We have a son, Bill, in Charlotte area, with two children; a daughter, Jenny, in Gastonia area with two children, a daughter, Becky, in Greenville with one son, and our son Mark passed away years ago, leaving us with three grandchildren, living in Florida, Kentucky and Michigan.

To all of our neighborhood volunteers,



The time and energy that you dedicate to helping our community is much appreciated!

What do you like about Brandywine Bay?

Finding the right house for our retirement brought us here. The golf course and pool add to the attraction. But, the relaxed and friendly nature of our neighborhood make this a great place to live. Here people live outside their homes, greet one another with a wave and a smile, and are willing to stop for a chat.

What motivated you to volunteer to be a committee member?

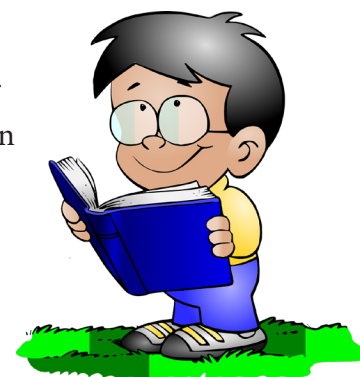
Penny and I wanted to have more involvement in what makes this the kind of community people would want to live in. I am still learning my responsibilities in maintaining an accurate and complete list of street representatives. I would welcome comments, questions and suggestions on ways we can communicate more effectively when a need arises here in Brandywine.

Bob and Penny have lived here for just over a year and already they are getting involved and helping our neighborhood. We are fortunate to have them as our fantastic neighbors and community volunteers!

Brandywine Book Club News

The Brandywine Book Club met recently to discuss our book, *The Tobacco Wives* by Adele Myers. It was especially interesting since some of our members worked in tobacco harvesting when we were younger. Our November book is *Don't Call Me Greta* by Angie Stanton. The book is the story of a 17 year old girl who suddenly discovers that she was stolen at birth. The person she thinks is her mother is arrested. Of course her birth family is delighted to find her and wants to reconnect, but she is very hesitant because she doesn't know them. In December, we are looking forward to our annual Christmas luncheon. We're already shopping for children's books to donate to Toys for Tots. We hope the books will introduce children to the joys of reading. In January we will be reading *Run Rose Run* by James Patterson and Dolly Parton.

We always look forward to welcoming new members. If you would like to join us, call Melinda Brown at 349-5800 for further information.





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SECU Crystal Coast Hospice House Gingerbread Festival



SECU Crystal Coast Hospice House Gingerbread Festival returns to the Crystal Coast Civic Center, December 9-11, 2022. The Gingerbread Festival, an annual benefit for SECU Crystal Coast Hospice House, is a special holiday event for the community, coordinated through volunteer efforts, and dedicated to raising funds

and awareness of our Hospice House. The CCHH Board of Directors is seeking sponsors for the Gingerbread Festival and entries for the competition.

The 2022 Gingerbread Festival begins with a ticketed preview party Friday December 9, 2021, 7:00-11:00pm, featuring the Embers.

The festival is open to the public December 10 & 11, 2022, 11:00am – 5:00pm featuring a Gingerbread House competition created by local artists, individuals, schools and community groups, spectacular Crab Pot Christmas Trees designed and decorated by individuals and corporate sponsors, Santa visits, Face Painting, Holiday music and entertainment. All free. Crab Pot Trees, concessions and sweets and other items will be available for sale.

The gingerbread house competition is free and open to bakers of all abilities and ages. The five categories are Adult, Teen, Youth, Child, and Pint Size with cash prizes awarded in all 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. Entries will be on display and open for public viewing during the festival. The awards reception will be Sunday December 11, 4:00pm.

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 1,800 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.thegingerbreadfestival.com or like us on FB, search gingerbread festival.


Carolina East Singers



The Carolina East Singers, under the choral direction of Susan Gillis Bailey, will perform their Christmas Concert on Saturday, December 3 and Sunday, December 4, 2022. The concert will begin at 4:00 pm at First Presbyterian Church, Morehead City.

The 60+ voice choir will be performing Christmas excerpts from Handel's *The Messiah* as well as many classic Christmas favorites. The choir will be accompanied by an orchestra.

Tickets are \$10.00. They are available from any choir member or at these local businesses: In Morehead - First Presbyterian Church or Williams Hardware; In Atlantic Beach - The Pool & Patio Store, Atlantic Station Shopping Center; and in Beaufort - Pet Provisions.



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By Susie Garland

On a cloudy and threatening rainy day, September 29th, the President's Cup tournament was held in admiration and in honor of our LGA president, Lori Wilson. We lucked out before Hurricane Ian made an appearance and were able to complete the round with 14 players competing for the trophy. Before we get to the results, the LGA would like to thank Janice Ghelli and Bernie Moreno, tournament chairladies, for putting the tournament together, arranging the teams, tallying up the results, and announcing the winners. Lori worked with the restaurant where they offered a special menu enjoyed by members and guests. Thanks to Ruthie Zurn for taking all the memorable pictures featured in this article, plus all the other helpers who contributed to make this a most extraordinary tournament.

Here are some notable statistics and results with players having a low net in the 70s, combined with Lori's low net score. Myra Roche came in fifth with a tied net score of 79 for a total of 158. Alisa Burr came in fourth with a 76 net, and with Lori's 79 net score, a combined total of 155 resulted. Bernie Moreno took third place with a net 75 added to Lori's 79 net, for a total of 154. With a net 73, and Lori's 79 net, for a 152 total score, Nelda Kessler had second place honors. Ra-ta-ta-Ra-ta-ta-Ra-ta-ta-and kudos to Mickey Friend, whose 70 net score with Lori's 79 net gave her the win for a combined score of 149. Congratulations, Mickey, on your outstanding effort. You done exceptionally good to win the 2022 President's Cup trophy.

And "guess who" won the 50-50? There must be a magical force inside the cup of dollar bills that draws attention to the name Bernie that calls out "pick me, pick me," and most of the time that is exactly what happens.



Myra, Alisa, Brenda, Ann



Lori, Mickey



Janice, Bernie, Christine



Nelda, Lori, Mickey



Happy Birthday



Loretta, Susie, Anne, Pat



**Tournament Chairladies:
Bernie and Janice**



President's Cup Cake



Madam President



**Players: Christine, Ann, Alisa
Anne, Loretta, Susie, Myra, Brenda, Lori, Mickey, Nelda, Janice, Pat**



TABLE 1



TABLE 2



TABLE 3

Ace of the Month

By Susie Garland

A low net tournament is held monthly for Ace of the Month (and low putts). I thought it apropos to present to you the Aces for the past season since announcement for Ace of the Year (held in November) won't meet the deadline for Sound Waves until the next publication. Here goes:

March Ace: Bernie Moreno; April: Myra Roche; May: Brenda Leinthall; June: Alisa Burr; July: Angela Zieleck; August: Christine Bryk; September: Mickey Friend; October: Nelda Kessler.

Congratulations, Aces, for your outstanding achievement. One of you will become Ace of the Year to fill out the picture collage which will be posted with the next Sound Waves edition.

ACE OF THE MONTH: 2022

MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



ACE OF THE YEAR



MGA Happenings

By Vince Moreno

August Tournament Winners



First place Nick Viglianese / Tom Normyle / Charlie Sabathe



Second place Todd Pagett / John Miller / Gordon Wall



Third place Ed Easter/ Ken Ghelli / Mark Roach



Closest to the pin John Miller / Skip Pipin

September Tournament



First place

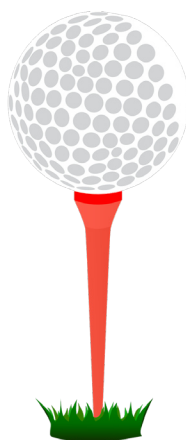


Second place

(Continued on page 11)

Golf Professional's Tip

By Steve Sewell, BBGC



It's been stated before and is worthy of repeating: wrists DO break in golf. The part that many golfers miss is that there are two ways for the wrists to hinge: one is good, the other, bad. The lead wrist, left for right handed players, MUST remain straight. It is the leader! I often state to lesson takers: the lead wrist should be capable of having the grip and shaft of the club you're swinging go up your left arm, just as a splint would brace your arm, throughout the entire swing! Your wrists cock so to assume the position your wrist would assume when hammering with a hammer. The cocking takes place at the top of the backswing.

At impact, the wrists straighten and should return to their pre-swing position. Following impact the wrists cock again so to go up. The wrists NEVER break back or forward. That weak and totally incorrect move changes 4 factors in the swing: plane, club face, height of the club and speed. The previously noted correct move is a constant factor. How nice! The incorrect movement of the wrists is a big-time hinge, or grand variable, not a good thing. Come see me and let me show you the difference between right and wrong, good and bad golf!

Tour Changes

Fortunately, I do not date back to the days when irons were really made of iron! But I do remember well the days of wooden woods. What else has changed?

The equipment is better in that engineering tolerances are much better, tighter. Also, production techniques are vastly improved. Imagine a golf shaft and how much it bends in both directions during a good, powerful swing. How does it consistently return to a straight, well producing shaft? It does so thousands of times. How about the golf ball, which is literally flattened by the club on a fairly solid strike? No question, equipment improvements have helped to hit the ball farther and without the errors of days past.

How about the agronomic sector? Well, when I played competitively, tournament greens were commonly set at 6 on the Stympmeter. That sounds slow, but please remember to add the slope factor, which is not part of the Stymp calculations! Today's Tour fairways, not greens, are cut at a 6 on the Stymp! Greens are now commonly rated at 12-13-14! Yes, things have changed markedly.

Depth of field: the grade and amount of talent on any tour is strong. Whether it's the PGA Tour, LPGA Tour, DP, LIV or Korn Ferry, the quality of these players is astounding! No more do we assess a field prior to an event and choose from 20-25 candidates who are good bets. Now ANY-ONE can win!

Many folks ask me about the LIV Tour. That's a long and drawn-out answer because there are good and bad points to be stated and discussed. I will say there is a need for such opportunity for all the terrific male and

female players throughout the world. The golf world has been small. When you see the number of players who earn good livings in other sports because of the number of teams, then compare to the list of golfers who earn well, the number is very different. Remember, the professional golfer pays his way. There is no team supporting him in case of injury, no owner paying a guaranteed salary, no expenses paid because the owner is flying them and paying the hotel bills, etc. Yes, there are lucrative sponsorship contracts, but that's not exclusive to golf.

The golf world is growing. I recall living in Italy when they had 14 courses, but by the time I left 5 years later, they had over 100. The same for Northern Africa and now many other countries. Look at the list of players for any competition: players represent so many countries it looks like an Olympic event. I love it!

Golf is here to stay; it's even a great financial investment. Golf is categorized as an extension of the entertainment world and the entertainment world never suffers a downturn. As a consultant, never have I had a client who lost money. Oh yes, one time: the company was undercapitalized. My mistake for not doing enough checking before signing a contract! The first rule of business toward ensuring success, as we all know, is sufficient capitalization.

I feel we're fortunate folks to be connected to golf in any way. Golf is such a decent sport, game, business, environment and a great medium for teaching kids how the world should be viewed. I realize that's a little idealistic, but who cares; I still try my best to instill all that golf stands for, in any child I can corral into listening to me.

Veterans Day Brandy-Walk

By Monica Sellars

In honor of Veterans Day, I am participating in a Veterans Day virtual 5k, and the neighborhood loop is pretty much the right distance for that. Instead of walking by myself, I'm proposing that we hold an informal Veterans Day "Brandy-Walk" around the Brandywine Blvd – Lord Granville Dr loop. If you would like to participate, just walk the loop between 10-11 am on Friday, November 11. It will be fun to see friendly faces as we walk together and consider the significance of Veterans Day.

Veterans Day Brandy-Walk
Friday, November 11 | 10-11 am
Brandywine Blvd - Lord Granville Dr Loop



Thank you, Veterans.

September Tournament winners cont.



Third place



Closest to the pin Ken Ghelli /
Joe Kirk

October Tournament winners



First place



Second place



Closest to pin winners Ghelli / Grady

Area Donation Opportunities



Many charitable organizations are in need of support in our area. If you are interested in donating locally, here are some ideas! Please refer to each organization's website for additional information.

Toys for Tots is collecting new, unwrapped toy donations for local children. Look for drop-off boxes at local businesses or check the list at camp-lejeune-nc.toysfortots.org.

Outer Banks Wildlife Shelter is collecting used sneakers for a fundraiser. Drop off your sneakers at OWLS, located on Hwy 24. See outerbankswildlifeshester.com; their Facebook page has a post about the shoe drive, and you can enjoy the cute animal photos while you are there!

The Salvation Army is accepting donations of nonperishable food and hygiene items from 8 a.m. to noon and 1 to 5 p.m. Monday through Friday at its main facility at 2800 Bridges St. The website for Carteret County is southernusa.salvationarmy.org/carteret-county.

Support the 2022 Project Christmas Cheer program by adopting a child or children from an angel tree, making a donation to provide a gift card for food for approved applicants and seniors age 65+, or by making a monetary contribution toward food and gifts. Go to projectchristmascheer.com for information about this local organization.

American Red Cross blood drives are scheduled at various locations in Morehead City in the upcoming months. Check redcrossblood.org/give.html/find-drive for dates and times and to make an appointment.



Everyone's a contributor to Sound Waves! It is a quarterly paper that is by, for and about Brandywine. Send your photos and stories to editor.soundwaves@gmail.com!

Sweetpotatoes from NC

By Monica Sellars

Is that a typo? That was my first thought too, until I dug into the North Carolina Field & Family magazine article I was reading and learned that last year, North Carolina officially changed the spelling of my favorite root vegetable from two words to one. Apparently in other countries, sweetpotato has always been one word, helping to distinguish it from the potato and the yam, which are tubers. Now, the NC Sweetpotato Commission is working to let people know that we are using the single-word spelling here too. #sweetpotatoisONEword

According to NCSweetpotatoes.com, North Carolina is the #1 sweetpotato-producing state, and a map on the site indicates that Carteret County is a producer of sweetpotatoes. If you are facing the dilemma of “what to bring to the potluck,” check this website for many inspiring recipes and videos. While you are there, you can also learn about how sweetpotatoes grow and the different reasons that sweetpotatoes are healthy to eat. Very educational!

I used a recipe from the website to make a batch of Sweetpotato Hummus. Now, go get yourself some local sweetpotatoes and have fun cooking up a tasty treat!

Sweetpotato Hummus

Recipe Developed by Tessa Nguyen, RD, LDN in partnership with NCSPC.

Take hummus to another level with roasted sweetpotatoes, garlic and fresh lemon swirled in for a low cost, diabetes-friendly snack.

Course: Appetizer Cuisine: Middle Eastern

Keyword: healthy, RD Approved, snack Servings: 10

Calories: 56kcal



Ingredients

- 1 can 15.5 oz garbanzo beans
- ½ cup roasted sweetpotato mashed, without skin
- ½ teaspoon garlic powder
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ cup olive oil
- ¼ cup low sodium vegetable stock

Instructions

1. Rinse garbanzo beans under cool water until water runs clear.
2. In a food processor, pour in garbanzo beans, sweetpotato, garlic powder, lemon juice, salt and black pepper. Pulse mixture until beans are crumbly and in small pieces.
3. Turn food processor on and slowly drizzle in the olive oil and vegetable stock through the open spout on top of the food processor lid.
4. Process hummus until smooth and creamy.
5. Serve hummus room temperature or cold alongside freshly cut up vegetables or whole grain crackers for an easy snack.



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November 18 & 19, 2022 at 7pm
November 20, 2022 at 2pm

Performances held at
First United Methodist Church of MHC





Photos from the 2021 Brandywine parade



Festive Fall Door Decor in Brandywine



Photos by Mariana Goldstein

Pet Corner



PetDocks Why Won't My Dog Eat Breakfast?

By Dr. Todd Worrell

It's not an unusual question, but the answer can be challenging to arrive at. There can be several reasons why dogs won't eat their meals in the morning. If your dog has always eaten well in the morning, but now is turning its nose to his morning meals, there may be something going on in their health. Once you've checked with your veterinarian to discuss possible medical causes, you can consider other potential reasons. Note that, although not often associated with only one meal, allergies and respiratory infections may adversely affect a dog's appetite. Similarly, mouth and dental issues can alter appetite since dogs may come to associate eating with pain.

1) One of the more common causes of inappetence in the morning is a condition called bilious vomiting syndrome. This describes a condition where the stomach, when left empty for too long, can become overly acidic. This typically occurs when a dog is fed early morning and mid evening, creating a period of time between dinner and breakfast that is greater than 12 hours.

2) Dogs who are free-fed (i.e., food is kept in the bowl at all times throughout the day) tend to learn to eat when they feel like it. This may mean eating later on during the day when they start to really feel hungry. Feeding two or three scheduled meals each day can rectify this.

3) When dogs are too overstimulated or excited, the appetite may wane or be postponed. Carefully evaluate what is happening in the morning when your dog is refusing food. Dogs who are overly excited or anxious certainly benefit from a calmer environment. Avoid playing with your dog just prior to breakfast, as this can get him excited and thinking about play more than eating. Keep toys away and out of reach and other dogs separated if your dog only thinks about starting to play. Give your dog a quiet place away from the hustle and bustle of kids and adults getting ready for school or work. Moreover, if your dog experiences separation anxiety, it might be that they are too worked up about you leaving and can't focus on eating.

4) Some dogs may learn to skip their breakfast if they know that their owners have something better to offer. Your dog may be learning to hold off eating his meal. Avoid giving treats of any sort as a way to entice your dog to eat something other than their regular dog food.

5) Sometimes, if a dog is accessing other sources of food, they may skip meals. For example, a dog who skips breakfast may be holding off because toddlers are dropping food under the table when the owners aren't watching or sneaking off to

eat the cat's breakfast. Or maybe he's raiding the trashcan when everyone has fallen asleep, or has taken some food from a counter when you weren't looking.

6) Some dogs really love their owners' attention, so much so, they'll do anything for it, like play the "I don't feel like eating game." They may enjoy the extra attention they garner when they make a sad face and stare at their food bowl, causing you to coax them to eat. These dogs may start associating feeding time with interaction with you, so they'll do what they can do to prolong things and get as much attention they can before eating.

7) And let's keep in mind that a temporary loss of appetite is common after vaccination or after starting a new medication. If either of these applies, and they're not eating, call your vet to discuss the matter. If the appetite loss persists, bring your dog in for a checkup.

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Why Some of Us Are More Likely to Be Targets of Cyber Crime



Presented by
Greg Patterson and James Allen Canady

As each year goes by, more of us are becoming victims of identity theft. But did you know that cyber criminals actually prey upon some groups of people more often than others? Who are these potential victims? And why are they more likely to be the targets of cyber scams?

Who: Social media users

Why: According to *Business Insider*, you're 73 percent more likely to have your identity stolen if you use three or more social networks. Today, it's not uncommon for Internet users to have at least three social network accounts (e.g., LinkedIn, Facebook, Twitter). Unfortunately, identity thieves often look to collect personal information from social media sites and use it to get past security questions to access online accounts. Hackers can then pretend that they are the owners of the accounts and, for example, withdraw money from the real owners' bank accounts.

Who: Seniors

Why: Seniors are particularly at risk of becoming victims of identity theft. After working for a lifetime, they often have built up healthy nest eggs and typically have more liquid funds. Cyber thieves see rich pickings in this age group.

Seniors are also the target of scam phone calls, including the IRS scam, where a scammer phishing for personal and payment information calls pretending to be from the IRS, as well as the "grandparents" scam, where the scammer pretends to be a family member with an urgent request for financial assistance.

In addition, seniors tend to use the health care system more. Because most of them are insured through Medicare, their personal information is held at multiple medical facilities, perhaps putting them at a greater risk of having their information stolen.

Who: 18- to 29-year olds

Why: According to the Federal Trade Commission, 18- to 29-year-olds make up 20 percent of identity theft complaints, in part because these individuals are more likely to be active online. They're also at a time of life when they're opening new lines of credit, including applying for credit cards and taking on student loans or home mortgages. In addition, they typically use more technology—smartphones, tablets, laptops—especially when on the go, and they are more apt to use public Wi-Fi networks and to shop online.

Who: Children

Why: Identity thieves look upon a minor's social security number (SSN) and credit history as clean slates. If a minor's SSN has never been used, when

a criminal goes to open a line of credit, loan, or account, a bank or financial institution probably won't push back and will simply grant the request. Unfortunately, this type of fraud usually isn't discovered until the minor turns 18—when he or she tries to open a bank account under his or her own name or applies for a credit card or loan and is rejected!

Tips we can all use to help protect our identities

Despite the increasing prevalence of ID theft among everyone, including the groups described above, there are steps we can take to mitigate our risks:

- **Keep an eye on your finances and your debit and credit card accounts.** Monitor them *regularly* so that you can spot any unusual activity.
- **Be aware of the personal information you share online that is available for others to see.** Remember that identity thieves can collect pieces of information and piece them together to bypass security questions and access your accounts either online or over the phone.
- **Consider purchasing identity theft protection** that will monitor your lines of credit, finances, name, and personal information attached to your name and SSN. Some services cover minors and regularly check the credit reports of children under the age of 18.
- **Be wary when connecting to public Wi-Fi networks.** You never know whether an identity thief with the right hacker tools is on the same network as you, tracking your activity and stealing your personal information.
- **Don't carry your social security card around with you.**

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

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