

SOUND WAYES

Vol. 36 No. 2

Our Community Newspaper

MAY 2023

Volunteers Needed

By Carol Tulevech



The Pam Bird Crystal Coast Half Booty Triathlon is coming! Mark your calendars for Saturday, May 13, 2023, for the Crystal Coast's only half-distance triathlon (1.2 mile swim, 56 mile bike, 13.1 mile run). The endurance event, now in its 3rd year, has raised over \$80,000 for local non-profits and charities from the first two races. With the help of generous sponsors and local volunteers, we hope to raise even more from the 2023 event!

The athletes have trained hard for this event and we are in need of volunteers to help them fulfill their dream of completing a half-distance race or improving their time from previous events. There are many opportunities to get involved, no experience necessary, just the desire to help another achieve a goal of completing a half triathlon. With your help, we can ensure that the athletes have an amazing experience and help better the local community for everyone!

Please go to crystalcoasttri.com/volunteer to view the many opportunities available to give a little of your time to help not only the athletes but local charities and non-profits in our community! The course spans the area from Beaufort through Morehead City, Newport, and Havelock before finishing in downtown Beaufort, so there are many convenient locations to lend a hand throughout the Crystal Coast area. Assistance is needed at Aid Stations (handing athletes water), to direct bikers and runners on the course, at the Finish Line, and the Transition Area. There are also opportunities to volunteer as a group; contact us for details!

Visit crystalcoasttri.com for more details on this unique endurance event at the Crystal Coast! Or contact Carol Tulevech (carol@ towncreekmarina.com or 252-241-5916) for more information on how you can help!

Thank you in advance for helping make a difference in your community and for the athletes in this year's Pam Bird Crystal Coast Half Booty Triathlon!



Class of 2023:

Help us celebrate Brandywine graduates in the next Sound Waves! To participate, send the graduate's photo and bio to editor.soundwaves@gmail.com by July 20.

Please remember to send in your BOA dues and ballots before May 15. The BOA annual board meeting will be held at the



playground on May 21st at 3 PM. There will be a reminder sent out through a Constant Contact and in case of inclement weather.

Please come out and meet the newly elected board members and learn what is happening in our community!





Mon.-Sat. 11 a.m.-9 p.m. • Sun. 11 a.m.-5 p.m.

Brandywine Book Club News

At our April meeting, the Book Club members discussed the bestseller, West with Giraffes by Lynda Rutledge. It is an interesting historical fiction that takes place during the depression. After a fierce hurricane that affected New York, two giraffes who survived their sea journey were transported by truck across the country to the San Diego Zoo. The drivers had exciting adventures along the way and learned valuable life lessons. Our book for May is *The Bohemians* by Jasmin Darznik. It is the story of Dorothea Lange, a famous photographer, who began her work in 1918 which wasn't a welcoming time for women in the photography business. However, her friendship with other artists in the bohemian area of San Francisco helped her improve her style and become very successful. In June we will be reading The Secret Life of Sunflowers by Marta Molnar. It is the story of Johanna Bonger. She was Vincent van Gogh's sister in law. In the 1800s, she inherited his paintings. This was before he was famous and the paintings were worth very little. She needed money to support herself and her child so she worked to promote his art. As we all know, he became a very famous artist and his art became very valuable.

Our meetings are the second Tuesday of each month. We would enjoy having you join us for our book discussion and some delightful social time. New members are always welcome! Contact Melinda Brown at 349-5800 for further information.

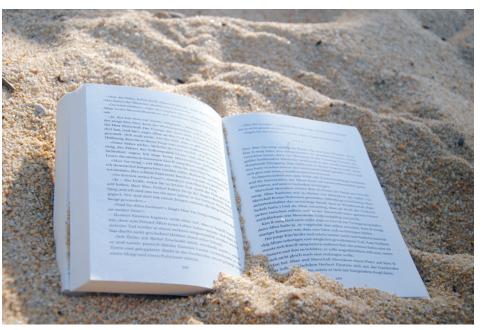


Image by Michael Bußmann from Pixabay



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Storm Water - Jack Ashley & Terry Barbour

Landscape - Belinda Ethridge

Nominating Committee – Belinda Etheridge

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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

BOA BOARD OF DIRECTORS

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252-269-0179 • tbeszterczei@gmail.com Security Gates (Breakage and Gate

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Spring Beauty in Brandywine



Photos by Marianna Goldstein











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!



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When you need medical care, knowing you have the brightest minds in medicine working together for you is the first priority. Being able to stay close to your loved ones while getting the care you need can set your mind at ease. Through our membership in the Mayo Clinic Care Network, Carteret Health Care doctors have access to Mayo Clinic expertise and team of specialists. It's just one more way Carteret Health Care is bringing you exceptional care, close to home.







Our Community Newspaper

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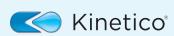
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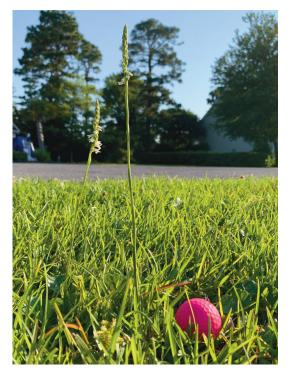
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Native Orchid Update!

By Elizabeth Sheeks

You may recall an article last Spring in *Sound Waves* about some unique native orchids (Lady's Tresses) that grow naturally in lawns and roadsides in



our area. These orchids begin to emerge from dormancy and begin putting up their bloom spike this time of year, and will be in bloom if left undisturbed late May-early June. My husband and I begin looking for the immature bloom spikes now and try to avoid mowing them in our lawn.

These little beauties are quite unique and worth searching for and enjoying close up. Use a magnifying glass to really appreciate the individual flowers on the spike! The photo above is a reminder of how they look and the golf ball gives a size reference... ENJOY!





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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

104 Carefree Lane	Sonya & Scott Carpenter	443-848-9666
	Richard and Linda Netzloff	
407 Hillcrest Drive	Dan Wade	336-491-0197
415 Hillcrest Drive	Lucas Benner	336-482-6727
415 Hillcrest Drive	Sara Benner	336-314-0365
312 Lord Granville Drive	Bryan Stephenson	252-916-7252
204 Oak Drive	Miles Rogers	919-812-0733
204 Oak Drive	Kendra Alden	
505 Pine Valley Drive	Charlene Aubel	724-971-7580
101B Reserve Lane	Nicholas Getwan	205-937-3956
202 Spruce Drive	Dustin and Hannah Swindell	252-725-7521
200 Tree Fern Drive	Gail Reynolds	908-229-4722
200 Tree Fern Drive	Alan Reynolds	908-229-4745
106 Wistaria Circle	Dan Tower	919-880-0121



BOA: Mobile Vehicles and Buildings

The covenants do not allow for construction on any lot of a temporary building, including but not limited to, any tent or any other non-permanent structure. In addition, no motor home including recreational vehicle ("RV"), camper trailer, utility trailer, boat trailer, or boat, personal watercraft (PWC), Jet Ski, or all terrain vehicles (ATV) are allowed on any lot for a period of time exceeding 7 consecutive days. In addition at least 7 full consecutive days must elapse between the removal of any such device, and the relocation on the lot for an additional 7 consecutive days.

Source:

https://brandywineowners.org/wp-content/uploads/Brandywine Covenants Guide.pdf

MOTHER'S DAY

WORD SEARCH

M B U E T R A E H L R N X L P D N E I R F A O O Q L I I J P D E H I T I X Z U U U M S H T C C T T T K X G Y A R C R E E O I Z M I T P E A O P T V H D X T H F D E P S O E N R R E F X I T P D R D L M R A W O V G U Y P C W O B E C M O D S I W N Q M V C A B R E W O L F H D B E R E P U S V B H

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Ace of the Year LGA News & Updates

By Susie Garland

On November 3, 2022, seven Aces competed for Ace of the Year followed by an enjoyable luncheon to celebrate the winner along with a celebration cake for dessert. Participating/competitors were Bernie Moreno (March); Brenda Leinthall (May); Alisa Burr (June); Angela Zieleck (July); Christine Bryk (August); Mickey Friend (September); and Nelda Kessler (October). Recognition is given to April Ace, Myra Roche, who was not able to participate, but was awarded the coveted LGA Club Champion award on October 21. (See separate article on Club Championship rounds Oct. 21-22, 2022).

Ra-ta-ta, ra-ta-ta, ra-ta-ta to our 2022 Ace of the Year: Bernie Moreno. Congratulations for this well-deserved honor to take the win with a low net 73 score. Christine achieved second place with a net 78. Alisa took third place with a net 79. Kudos and more for your outstanding play.

Special thanks to our tournament chairladies, Janice Ghelli and Bernie Moreno, for scheduling the games: arranging the tee times, team players, emailing each member the results, and so much more. Following the award luncheon, our Annual Meeting was held at Cedarwood Village conducted by President, Lori Wilson with Board members: Vice-President, Mickey Friend, Secretary, Christine Bryk; Treasurer, Nelda Kessler, together with committee chairpersons, each giving an account of what had transpired during the past year.

A synopsis from Christine's report: The Nominating Committee, Alisa Burr and Angela Zieleck, as appointed by President Lori Wilson, offered the





following persons for the slate of officers for the upcoming season: All will remain with the exception of Secretary, Ann O'Connor, who will assume this position in the 2023 season.

LGA Club Championship Rounds 10-20-21, 2022

By Susie Garland

On October 20 and 21, the LGA Club Champ rounds were held. The weather was perfect on both days, with 10 players competing for low gross with a two-day combined score. "Play it down" and "no lift, clean, and place anywhere" did not affect the three players who deserve special recognition for scoring in the 80s on Day #1: Alisa Burr (82); Angela Zieleck (88); Myra Roche (89). Yowsa! The competition was on. A close race with combined score on Day #2 had Angela achieving a total of 182; one stroke less, for a combined score of 181, put Alisa in second place. But one player scored in the 80s on both days, for a total of 175. Congratulations, Myra, for your remarkable achievement. Double Yowsa! Hip-Hip-Hooray. You played lights out today. Kudos for your outstanding play.

Thanks to all who participated in this two-day competition. It was truly an exciting event. The remaining groups who competed waited on the 18th hole to watch Alisa, Angela, and Myra sink their putts, and gave a rousing cheer for their outstanding accomplishment.

A delicious luncheon was followed to pay tribute and honor our 2022 Club Champion, MYRA ROCHE.













8 I Sound Waves MAY 2023

LGA Christmas Party/Awards Luncheon December 8, 2022

By Susie Garland



Our annual holiday party and awards for 2022 was held at the Dunes Club in Atlantic Beach, with thanks to Alisa Burr and Ruth Zurn for arranging this festive event. They worked very hard in putting together a wonderful celebration of camaraderie, friendship, fun, and entertainment.

Lenna Easter recited a heartwarming and emotional prayer in thankfulness for the love and friendships we all treasure.

A delicious luncheon was enjoyed by all, followed by the presentation of awards by tournament chairladies Janice Ghelli and Bernie Moreno, for which thanks for your tireless work in keeping us all up to "par." They handed out Xmas "gelt" to each of the LGA members and presented the list of winners for 2022: (A * represents duplicate awards).

2022 TOURNAMENT WINNERS

LGA CLUB CHAMPION	MYRA ROCHE
ACE OF THE YEAR	BERNIE MORENO *
MEMORIAL TOURNAMENT	CHRISTINE BRYK *
CHAIRMAN'S CUP	LORI WILSON
PRESIDENT'S CUP	MICKEY FRIEND

RINGER BOARD WINNERS

LOW GROSS	ALISA BURR *
LOW NET	CHRISTINE BRYK *
MOST BIRDIES	ALISA BURR *
MOST CHIP INS	BERNIE MORENO *
MOST IMPROVED	ANNE LYNES

Lori Wilson, LGA 2022 President, handed out thoughtful and generous gifts to Board members. For entertainment, Susie Garland recited two of her hilarious poems.













Turtles Eat Lettuce!

Turtles cannot properly digest foods prepared for humans, like bread.



Turtles love to feast upon leafy vegetables or turtle food from the pet store.

Goodbye, Farewell, Amen

By Susie Garland

After almost 30 years of membership At Brandywine Bay Golf Course I express to my readers the above three words Which gives me much remorse

I apologize for the lateness of submission The articles somehow went astray But here they are now for your enjoyment The news of Brandywine Bay

Since I am no longer a member This submission will be my last I hope you've enjoyed what I wrote through the years For me, it was truly a blast

So, to all my faithful readers I say goodbye, farewell, and amen Wishing you good health and happiness Until we meet (somewhere) again



Learning About the American Beautyberry

By Monica Sellars

I am always pleased when a neighbor shares an idea for a Sound Waves story. Recently, my lovely neighbor told me the she had learned about Beautyberries after she tasted some homemade Beautyberry syrup that a vendor at the Newport Flea Market had made. She said it was delicious and that she was pretty sure she's seen some of these plants on our street. She thought other neighbors might like to learn about them in Sound Waves so that they can appreciate them also.

To begin my research, I contacted Sue, a Brandywine resident who is an avid gardener and plant expert. She said, "The American Beautyberry is a treasured shrub and does beautifully here. I know of two examples along

lower Brandywine Blvd. They leaf out a little late so won't be noticeable for some time. The purple berries are stunning in fall and into winter. The plant site at NCSU is our best resource for what does well in NC." This is the site she recommended: https://plants.ces.ncsu.edu/plants/callicarpaamericana/ (or scan the QR code on the right).



On this site, I learned a few things that I thought were particularly nice characteristics. These are taken directly from the above website.

- It is a member of the Lamiaceae (mint) family and is native to the central and southeastern United States, Bermuda, and Cuba.
- In the spring, green leaves emerge on upright arching stems. Clusters of small flowers bloom on the stems during the late spring and early summer.
- Clusters of purplish to bluish berries develop August through Octo-

ber and encircle the stem. A pink-fruited and several white-fruited forms have been found. The fruits may last through early winter. They are a good food source for songbirds and small mammals.

 The leaves, when crushed, produce a chemical that can repel mosquitos, ticks, and fire ants.



This photo of the Beautyberry bloom is from the above website by photographer Debbie Roos.

If you are fortunate to have some of these bushes on your property, also check out the site for information about how to care for these plants to help them flourish. This is a picture of the blooms that we'll see soon!

Yikes! I have a Leak and It's My Irrigation System!

Contributed by Deborah S. Clark, Communications and Community Engagement Manager for Carolina Water Service

You just received your bill, and it is way more than you usually pay! A sudden spike in your water bill is a sign that you have a water leak somewhere in your home, underground lines to your home from the meter, or in your irrigation system. When you have a leak, it will waste water and add up when you receive your water bill.

Leaks from pipes, plumbing fixtures and fittings are a significant source of water waste for water utilities and the residential customer. Research has shown that the typical home loses 2,000 to 20,000 gallons (7.6 m3 to 76 m3) of water per year due to leaks.

Some leaks are readily apparent, such as dripping faucets and leaking water heaters.

Unfortunately, many leaks go undetected for years because the source of the leak is not visible. When leaks are hidden, the water escapes undetected, such as caused by deteriorating toilet flapper valves and cracked water supply lines.

Individually or collectively, the leaks in a single home can easily waste thousands of gallons of water each year; costing money to BOTH the water customer and the utility. (Alliance for Water Efficiency)

What can you do? Start by locating the leak, then take the necessary steps to repair it.

How do you begin to locate the leak? Watch the water meter!!!

If you suspect a leak, monitoring your home's water meter will give you a definitive answer.

- Turn off all water faucets in your home and make sure the washing machine and dishwasher are not running.
- Check the water meter and write down the numbers you see.
- Look on your home's water meter for a small triangular dial in the center labeled "Low Flow Indicator."
- Private playtime kitty condos with aquarium view Personal pampering & Even ice cream treats!

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- Watch the triangle to see if it rotates, which means there is a water leak somewhere inside or outside your home.
- The next step is checking for signs of a leak in your indoor plumbing.
- Come back in an hour and check again. If the numbers have changed, there is a leak somewhere.

To determine if the water leak is in the house or outdoors, turn off the shut-off valve on your home's main water supply pipe. This is either located in a basement or a utility room where the water pipe enters the home.

Check the water meter, write down the numbers, and wait another hour. When you check again, if the numbers have not changed, the water leak is inside your home. If the numbers have changed, the leak is in the buried water line that runs to the house.

If the leak is in the buried water line, call an experienced plumber to repair or replace the water line.

What happens if it is in not in my house or the buried water line?

If there are no signs of a leak in the home or the water line from the meter box, the leak is probably somewhere in your sprinkler's irrigation system. Leaks mainly occur in a valve box, a sprinkler head, or a broken line/sprinkler head.

- Turn off the water supply to the irrigation system.
- If the low flow meter on the water meter stops spinning, you have a leak in your irrigation system.
- Check for irrigation controller problems, your sprinkler valves, lines, and sprinkler heads.

Signs of a leak include the following:

- Flooding around the sprinkler's base may indicate malfunctioning valves that are not shutting off properly.
- Water sprays/geysers usually indicate missing spray heads.
- Water spraying between sprinkler heads could mean you have a cracked lateral line.
- Water laying in the grass between sprinklers usually indicates a steady leak coming from an underground pipe.
- Water spurting from a sprinkler's base could mean that a seal is broken where the riser or nozzle connects to the underground supply line.

If you notice any of the above, fix the leaks or call an experienced plumber. A little maintenance and prevention will save a lot of money in the future.

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Retirement Planning at Every Age





Presented by Greg Patterson and James Allen Canady

Whether retirement is right around the corner or decades away, being strategic about investing and saving for that time can help set you up for a comfortable lifestyle once you stop working. Unfortunately, research finds that many Americans underestimate their life expectancy and, therefore, don't save enough for retirement. Although the current life expectancy is 77 years, many Americans will live much longer. Here are key factors to consider as you invest in your retirement in each decade of your career and aim to maximize your savings and retire comfortably.

In Your 20s

Retirement might seem too far away to concern you at this point, but this is when you can be most aggressive with your investments. Market volatility won't affect your savings as much because you won't cash out your funds for decades. A target date fund is an option that automatically chooses a mix of investments, with risk calculated based on your expected retirement date.

Another benefit of starting your retirement savings as early as possible is compound interest. When you receive interest on your investments, those earnings begin earning interest, and you can save a significantly greater amount over time. So, even investing a small percentage of your income can yield surprisingly high earnings in the long run.

You also might not yet have financial obligations that come with marriage and a family, which could free up some income to set aside for retirement. If your employer offers a matching program, it's in your best interest to contribute the minimum amount to obtain the match. If you can max out your contribution, however, you'll put yourself ahead of the game before life's major expenses cause you to pull back a bit.

If your employer doesn't offer a retirement plan, that doesn't mean you can't start saving. Look into an individual retirement account (IRA) to begin investing for your future.

In Your 30s

Two important warnings as you enter your 30s: If you haven't started contributing to a retirement account, start now. Waiting any longer could put you at risk of not saving enough for retirement or having to contribute a larger percentage of your income later in order to save enough. If you have been contributing to a retirement account, don't cash out unless you're in a situation where there are absolutely no other options. You will end up paying taxes and a withdrawal penalty—and you'll also deplete savings you worked hard to secure in your 20s. Even if you're given the option to withdraw, possibly because you're changing jobs or need to take a hardship withdrawal, it's in your best financial interest to keep that money where it is.

In terms of investment choices, you still have plenty of time to recover from market fluctuations, so you can still tolerate a bit of risk and aggression in your investments. Beyond this point, as you get closer to retirement age, you'll want to get a little more conservative because you'll have less time to bounce back from market lows.

In Your 40s

You may now be earning a higher salary—and you'll likely have many financial demands to balance. To stay on track for securing a comfortable retirement, try to resist the temptation to spend more just because you have the means. Staying conservative in some areas of spending will allow you to continue steadily contributing to—and earning interest on—your retirement savings. In fact, as your income increases, it's wise to look into increasing your retirement savings contributions rather than spending more elsewhere.

This is a good time to plug your numbers into a retirement planning calculator to estimate how you'll need to adjust your investing and saving strategy to meet your goals. Check with your retirement plan provider to see if they have a calculator they recommend.

If you have kids, you also might feel conflicted between saving for college for your children and saving for your retirement. But consider putting yourself first. Although that might be tough for a devoted parent to do, there are many financial aid options for college. If you want to retire and still live a comfortable lifestyle, you are the one who needs to fund that. Of course, it's ideal if you can afford to contribute to both. But if you can only afford to focus on one, focus on your 401(k), 403(b), IRA, or other retirement plan.

In Your 50s and 60s

As you near retirement age, you might see a gap between your desired savings and what you've actually saved. Now is the time to catch up, if possible. Once you turn 50, retirement plan contribution limits increase an additional \$7,500 per year for your 401(k) and \$1,000 per year for your IRA. You'll also want to be more conservative with your investments because market fluctuations will have a greater effect on your retirement account the closer you are to accessing your funds.

You can begin taking withdrawals from your IRA and 401(k) at age 59½ without incurring penalties. Don't count on accessing your retirement accounts before reaching that age.

If you haven't already, now is the time to focus on paying off debts and setting aside a fund for medical emergencies. The last thing you want when you've spent your whole career preparing for retirement is for your savings to be wiped out by one unexpected medical event or to have to allocate a large chunk of it for debt repayment. Medicare doesn't start until age 65, so it's wise to consider the cost of medical insurance in your retirement plan before that age.

Although you can start collecting social security at age 62, you won't receive full benefits unless you wait until your full retirement age (FRA). For each year you delay collecting social security past your FRA, up to age 70, you'll receive an 8 percent increase, so it's beneficial to hold off. It's

(Continued on page 13)

Retirement Planning at Every Age

Continued from page 12

also worth noting that funding for social security (and Medicare) is set to run out in the next decade. So, if your retirement date is beyond 2033, your benefits won't be determined until the federal government decides how to fund those programs.

In Your 70s

Once you turn 73, you must begin taking required minimum distributions (RMDs) from your retirement fund. One exception is if you're still working for an employer at that age; in that case, you may be able to delay withdrawals.

Even if you've set up a retirement plan and made regular contributions, establishing a budget for living on a fixed income after you stop working can be a challenge. It may be beneficial to consult a financial professional if you have questions about investing, saving, or strategically using your savings during your retirement.

Investments in target-date funds are subject to the risks of their underlying holdings. The year in the fund name refers to the approximate year (the target date) when an investor in the fund would retire and leave the workforce. The fund will gradually shift its emphasis from more aggressive investments to more conservative investments based on its respective target date. The performance of an investment in a target-date fund is not guaranteed at any time, including on or after the target date.

This material is intended for informational/educational purposes only and should not be construed as investment advice, a solicitation, or a

recommendation to buy or sell any security or investment product. Please contact your financial professional for more information specific to your situation.

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Heritage Homes Tour Spans Two Historic Neighborhoods

NEW BERN, NC, Join the Historical Society as they celebrate their 100th Anniversary and showcase New Bern's enduring beauty with a very special 2023 Heritage Homes Tour, May 12 & 13. This beloved annual event is only possible with the loyal support of title sponsor Neuse River Region Association of REALTORS.

The 2023 self-guided tour includes very exceptional homes in the Downtown and Riverside Historic Districts, ranging from glorious to tiny, from 19th century to restorations in progress. These are livable family homes with rich stories and diverse architecture that illustrate New Bern's amazing history. Add creative floral arrangements, live music, gardens



in bloom, historical churches, and a very special 1920s themed garden party to the mix for an unforget-table tour!

New Bern Historical Society's Executive Director, Mickey Miller explains, "This year's tour is a feast for the senses! It high-

lights New Bern's wonderful diversity of architecture, with exciting homes including a converted chapel, charming bungalows, and the grand Blades House."

In addition to remarkable homes, you'll be fascinated by working artists, notably the Plein Air group, and musicians performing on porches. Your day will be full! Your map, which is your ticket, will guide you to all these delights.

Tickets, good for both days, are available at , by calling 252-638-8558, or by visiting the New Bern Historical Society at 511 Broad St. in New Bern. Beginning April 10, tickets are also available at Mitchell Hardware, 215 Craven Street; Harris Teeter, 3565 MLK Blvd.; and Harris Teeter, Carolina Colours. Tickets are \$20 for adults through May 11. Beginning May 12 adults are \$23. Active-duty military and family members, students

under 23, and Historical Society members are \$16. Groups of more than 10 are also \$16 each.

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 or www.facebook.com/NewBernHistoricalSociety.





PetDocks Laboratory Tests & Your Pet

By Dr. Todd Worrell

Pets can't say how they're feeling—it's usually how they look or act that tells you something is wrong. As pet-owners, we play a key role in helping our pets combat illness and stay healthy. Awareness of the warning signs and regular preventive health screens, including a physical exam and blood work, are the best ways to ensure that our pets lives long, healthy and happy lives.

When is blood work necessary?

- Sick and emergency situations. Blood work provides a valuable picture of your pet's health and is often the first step when pets are brought to a veterinarian because they are sick or in an emergency situation. It helps your veterinarian make immediate decisions, so they can act quickly to help your pet.
- Preanesthetic testing. Blood work is routinely done prior to your pet's surgery, dentistry or other procedures that require anesthesia. It lets your veterinarian know if anesthesia is safe for your pet and allows them to make adjustments if they see anything abnormal. These tests are often performed the same day as anesthesia is scheduled.
- Preventive care screening. Because the signs that your pet is sick are not always obvious, preventive care testing is often recommended as part of your pet's annual exam. Preventive care screening can uncover disease before it's too late, and also helps avoid significant medical expenses and risks to your pet's health.
- Medication monitoring. Some medications have side effects. Periodic laboratory tests while your pet is being treated can find these problems early and allow your veterinarian to make necessary changes. With other medications, blood tests are needed to ensure that the dosage is appropriate.

What tests might my veterinarian run?

There are tests that are routinely performed when blood work is recommended. They include:

1. A complete blood count (CBC) tells you if your pet has an infection, if inflammation is present or if your pet is anemic.

- 2. A complete blood chemistry panel including electrolytes provides information about your pet's liver (processes the blood by removing both bacteria and toxins as well as further breaking down many of the complex nutrients absorbed during the digestion of food into much smaller components for use by the rest of the body), kidneys (responsible for filtering metabolic waste products, excess sodium and water from the blood stream, which are then transferred to the bladder for excretion) and pancreas; as well as other key indicators, such as blood sugar and electrolytes.
- 3. A urinalysis identifies an infection or inflammation in the urinary tract. Although not a blood test, it is essential for a comprehensive evaluation of kidney function. A urinalysis includes physical, chemical and microscopic evaluation of urine.
- 4. A thyroid function test detects whether or not your pet's thyroid gland is functioning properly. The hormone produced by the thyroid gland, is essential for growth and metabolism. As your pet ages, thyroid function can become abnormal and cause signs of illness.

When can I expect results?

Many of the tests routinely recommended can be performed in-clinic, providing results quickly and allowing for immediate treatment of your pet. In-clinic blood testing also lets you be more involved in your pet's care, since you can discuss test results with your veterinarian while you're still at the clinic. Normal results can rule out certain diseases immediately, so you can worry less. If results are abnormal, your veterinarian can make fast decisions about next steps, including treatment and additional tests.



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Contact us today for your complimentary copy of our "10 Common Retirement Mistakes" booklet. Call **252.515.7800** or visit us at 712 Bridges Street in

Morehead City and online at www.myatlanticwealth.com

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Hammock Place Bulletin Board

By Jay Bohlen

2022 produced five home sales gaining four new neighbors. How does that work? One neighbor downsized and bought a gem of a house two doors down. This isn't the first time that has happened in Hammock Place. We moved to Morehead City the week after Hurricane Irene hit in 2011. We rented a house in Hammock Place and tirelessly looked around Morehead City to buy a house. We kept coming back to Brandywine Bay. Long story short, we bought our house two doors down from where we were renting.

Despite rising mortgage interest, homes go under contract in record time. Most have been zero days on the market and now have been up to a month or two. No one can predict this. Home prices have been up 9% since last year. Now averaging \$159/sq ft for 2022. Again, I am not a Realtor nor do I work for one.

Since 2018, Hammock Place has lost/gained half of our neighbors. 35 out of 70 houses have changed ownership. We seem to attract the over 50 crowd and still keep 60 plus great neighbors. A former resident is asking if we know of any 2-3 BR houses coming up for sale. We might have a 2 BR on the market soon. The average age of our neighbors seems to continuously evolve in the mid-sixties.

If you get a big water bill that shows more water being used than what you are used to seeing, check for leaks. Your water meter has a leak indicator. It is a dial that rotates even with very small amounts of water moving through the meter. If the leak is large it will be easy to see the dial move. Numbers around the face equal one gallon. Start by checking your toilet flapper! A bad toilet flapper is a key culprit of water loss, though the leak may be subtle. When a flapper isn't working properly, the tank behind your toilet never fills all the way up - water is always leaking out. A running toilet leads to continuous usage, often making it a costly leak that people don't notice until the water bill shows up. Don't forget the faucets - a leaking faucet could be a possible source of your sky-high water bill.



Flow Indicator Used when measuring very low

flow through the meter

Meter Dial

Leak Indicator

If no water is being used inside or outside, this indicator should not be moving. If it is rotating, you may have a leak.

Place Holder

Indicated by [0]

Meter Register

Every turn of a number in the first black register measures 10 gallons; the second, 100 gallons. Every turn of a number in the white register measures 1000 gallons.

Check out "Hammock Place Bulletin Board" on Facebook. It is for HP neighbors to have fun, share home ownership tips, gardening ideas and pictures and all the usual posts.



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