Vol. 37 No. 3

## Our Community Newspaper

**AUGUST 2024** 

## **Business Spotlight**

By Monica Sellars

# All Paws Pet Care and Dog Walking

All Paws Pet Care is a Brandywine-based pet sitting and dog walking business, run by Eleanor Wolfe. Eleanor will take care of your pets for you while you are out of town or any time you are in need of assistance with your pets.

Eleanor is a responsible young lady who, with the support of her parents TJ and Donna, offers her animal care services to our neighborhood. She is Pet Tech certified; she explained that a local business had a training course for animal CPR, and she completed the course to become certified.



Examples of services she has provided for her clients include feeding and taking out dogs, and feeding and playing with cats. She also has experience taking care of turtles and chickens.

Eleanor says that she has her own cat at home. She also likes to dance and play the violin, and she is a volunteer at the animal shelter.

Please get in touch with Eleanor by calling 252-725-9231, which is her mom's number. If you need to leave a message, Eleanor will get back to you.

# **Water Task Force and Survey**

By Nancy Beszterczei and Heather Fowler, Task Force Members

Hello Neighbors!

A group of homeowners have formed a Task Force to help mitigate the water issues in our neighborhood. The group is not board approved, we call ourselves the Water Task Force.

At the HOA meeting on, May 19, 2024 the Water Task Force presented information about our sub-committees. The sub-committees are 1) Complaints and Billing, 2) Water Testing, 3) Water Quality, 4) State and Federal Water Regulations and 5) Possible Courses of Actions. One that was discussed at length is Annexation.

We also handed out a survey, as well as emailed it to every homeowner. To date we have received 200 completed surveys. These surveys are important for us to understand what our big issues and complaints are and how to deal with them. If you have not responded to the water survey please do so. We will start calling and knocking on doors to get as close to 100% participation as possible. If you need a survey copy please email Water4Brandywine@gmail.com or call Heather Fowler at 864-906-5000. If you are a Sound Side resident, surveys are currently being sent out via email.

Since that HOA meeting, we have had a meeting with Carolina Water Service (CWSNC). In attendance was CWSNC President, CWSNC VP State Operations, CWSNC Area Manager, CWSNC VP Finance and CWSNC Communications Manager. The meeting was mutually agreed

(Continued on page 6)

PLEASE FILL OUT THE WATER SURVEY SO WE CAN GET ADDITIONAL INFORMA-TION THAT WE NEED TO HELP GET IM-PROVED WATER QUALITY FOR BRANDY-WINE.



Water survey can be found here:
https://docs.google.com/forms/d/
e/1FAIpQLSdWDNvkGPHj-LSm6lxg1aXwZgsUCcOlsfpy0AZMprCjfy\_ULA/viewform OR use your cell phone
camera to scan the following QR Code that will take you to the
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Landscape - Jennifer Shearin

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Pool Reservations - J.A. Canady 919-618-5906 icanady4@gmail.com

Gate/Security (Cards/Clickers) - Chris Mann (Chair), & Terry Barbour

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Webmaster - Will Gainey

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HAMMOCK PLACE

THE RESERVE

**VILLAGE GREEN** 

**RESERVE GREEN** 

hammockplace@yahoo.com

Frank DeBernardo • 203-200-8407

Gary LaBelle • 413-504-9121

Johnny Coffee • 336-260-5584

Janet Stout • 252-726-0452

Jody Adams • 410-570-7487





# what you need to know

#### WHAT IS A RIP CURRENT?

Rip currents are channeled currents of water flowing away from shore at surf beaches. They typically extend from near the shoreline, through the surf zone and past the line of breaking waves. (The surf zone is the area between the high tide level on the beach to the seaward side of breaking waves.)

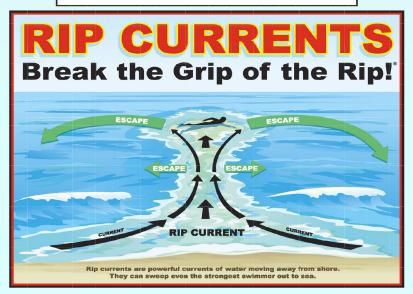
#### What does a rip current look like?

Signs that a rip current is present are very subtle and difficult for the average beach-goer to identify. Look for differences in the water color, water motion, incoming wave shape or breaking point compared to adjacent conditions. Look for any of these clues:

- Channel of churning, choppy water
- · Area having a notable difference in water color
- · Line of foam, seaweed, or debris moving steadily seaward
- Break in the incoming wave pattern
- One, all or none the clues may be visible.
- · Learn to float on your back.
- Never swim alone.
- Bring a float.
- · Swim near a lifeguard.
- Look for posted signs and warning flags, which may indicate higher than usual hazards.
- · Obey all instructions provided by lifeguards.
- Be cautious. Always assume rip currents are present even if you don't see them.
- If in doubt, don't go out!

## IF CAUGHT IN A RIP CURRENT

- ♦ Don't fight the current
- ♦ Swim out of the current, then to shore
- ♦ If you can't escape, float or tread water
- ♦ If you need help, call or wave for assistance







Our Community Newspaper

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Please email submissions by the 20th of each month.

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### **Water Task Force**

Continued from page 1

upon to address the relationship between Brandywine Bay residents and CWSNC. We addressed existing and future CWSNC projects and concerns. The data from the Water Survey was presented to CWSNC and clearly showed we have a cause for concern and a community with overwhelming distress with their water service. From the meeting we have action plans in place to address some of the neighborhood concerns with communication from CWSNC, testing data, drainage issues from sewage plant and aesthetic issues.

The Water Task Force continues to look for ways to improve our water quality and cost. This involves many of our volunteered neighbors doing research, educating, collaborating, and entertaining any possible options that may or may not be considered mainstream solutions. Annexation is an option but not our only option. We have no new updates other than what was provided at the HOA meeting on May 19, 2024.

If you have an issue with your CWSNC water bill or water quality please reach out to the Task Force at Water4Brandywine@gmail.com. You can also call Smoke Betts at 910-382-3282 or Heather Fowler at 864-906-5000.

# **BOA Boat Yard Update**

Fellow Brandywine residents and boat yard occupants,

I wanted to take a moment to introduce myself and to inform you folks that I will be assuming the duties and responsibilities for the Brandywine Golf side Boat Space Administrator.

My name is Gary Stobaugh, and I live at 106 Cannery Row here in English Turn. I will be reviewing all of the files I received from Jerry and will get things set up for the upcoming year. On 20 July at 9:00 AM, I met with Jack Ashley, the Sound side Brandywine Boat Yard Administrator, and our storage Video/Camera folks at the Boat Yard storage unit to go over things with them and get a bit of training on providing you folks with updates and information pertaining to our Boat Storage area.

If you have any questions at all pertaining to the Boat Yard, my e-mail addresses and cell phone are as follows:

- Cell: 252-725-0196
- MGunz9helo@yahoo.com
- MGunz9helo@gmail.com

A reminder to everyone that this position that I am taking on is a volunteer position, and I take this position with the endorsement of the BOA and as a fellow Homeowner here in BB. I will be reviewing all of the current forms that we each have to fill out starting in November. I will be setting things up with our BOA CPA, our partner across the way Jack Ashley and the BOA to ensure that everything is accurate and complete and meets all BOA standards.

I look forward to meeting each occupant in the future. I will also be reviewing the current waiting list with Jack to see where we stand for occupancy. If you live on the golf course side and you believe you are on the waiting list and you have not been contacted by Gary Stobaugh recently, please reach out.

Please feel free to contact me with any questions or concerns.

# In Memoriam

Jerry Garner, June 18, 2024 Tom Bowers, July 13, 2024



Eleanor Wolfe • 252-725-9231

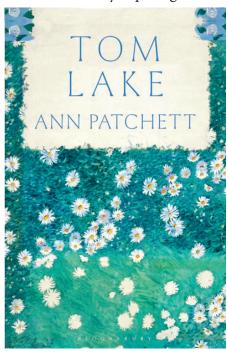


# **Brandywine Book Club News**

The Book Club ladies are back after our summer hiatus! We're looking forward to another year of reading and discussing interesting books. In August we enjoyed catching up with each other's summer adventures and discussing the book, *The Women*, by Kristen Hannah. It takes us on the journey of women nurses who served in the Vietnam War. Their heroism was eye-opening as were

the obstacles they faced after returning home. Our October book is Tom Lake by Ann Patchett. It the story of adult daughters who begin to understand that their mothers aren't only mothers, but that their mothers also had interesting lives and loves when they were young. We haven't chosen books for future months yet. Since books are chosen by the members, we read a variety of genres.

Our meetings are held on the second Tuesday of each month. Members also take turns hosting the meetings. We look forward to a new year of reading, discussion, and friendship!!! New members are always welcome. If you would like more information, contact Melinda Brown at 252 349-5800.





## **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 -Marc Atkins | brandywinewelcome@gmail.com Moving away? Please give your gate cards to the next owner.

#### DIRECTORY CHANGES

103 Pine Circle	Elizabeth Stevens	614-607-4048
110 Carefree Lane	Mary and Jason Ducote Stella and Giovanni Cerruto	252-725-2462
215 Carefree Lane	Stella and Giovanni Cerruto	631-560-8592
303 Cedarwood Village	Anita Pardo	336-707-5276
403 Cedarwood Village	Anita Pardo	570-877-1141
403 Cedarwood Village	Jack Bourbeau	570-877-1214
106 Fairway Court	Amber and Kirk Yedinak	843-997-6233
204 Lazy Lane	Laura Leslie	304-881-8213
	Sammy Brooks	
900 Lord Granville Drive	Amanda Godwin	919-995-6547
900 ord Granville Drive	Greg Godwin	919-422-8941
403 Oakmont Drive Sherry & Ralph	Foster	252-725-5238
	Gail Vaughan	
509B Village Green Drive	Christie atson	252-241-1814
	Mary DiMatteo	
530A Village Green Drive	Allen and Christy Johnson	252-308-7599
538B Village Green Drive	Don Dudley	917-673-5772
205 Westchester Drive	Michelle Doyle	704-245-5250
205 Westchester Drive	Michael Doyle	919-812-5176

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# **LGA Golf Highlights**

By Myra Roche

Viva Mexico was our theme in this year's Solheim, with team red and team green. Sixteen ladies competed with six holes super-ball, six holes best ball and six holes match play. Green team stomped the red team with a score of 14-2. Everyone celebrated with tacos, nachos and margaritas after.

We crowned our May Ace Sue Pike with an impressive net 66. Our Memorial Tournament was held on May 16, where we remember and honor deceased members of our LGA. Mickey Friend defended her title and won!

Brandywine Bay golf hosted 70 ladies for the two days finals of the Crystal Coast League early June. Special thanks to Christine Bryk, Lori Wilson and the current Crystal Coast officers for a successful tournament. Our June Ace is Janice Ghelli with a net 70. Chairman's Cup was won and defended her title again by Mickey Friend. Sounds like a broken record. Congratulations Mickey!

A reminder that the LGA is open to any Lady who is a member to Brandywine Bay Golf Club. We play for fun on Tuesday and league play on Thursday. Contact the Pro-shop for more information.



Janice Ghelli June Ace



Sue Pike May Ace



**Crystal Coast Officers** 



Mickey Friend Memorial Champ



Mickey Friend Chairman's cup winner







Crystal Coast finals



Solheim Viva Mexico

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## **Lobsterfest Returns in October**

The Lobsterfest planning team at St. Francis by the Sea Episcopal Church is excited to announce our annual Lobsterfest for 2024.

This year's event will be held at **St. Francis by the Sea** on **Saturday, October 12, from 11 a.m. to 4 p.m.** 

We will offer 1-1/2 lb. Maine lobsters that have been shipped live to us. We offer three options:

- Live lobsters, \$24
- Cooked lobster without side dishes, \$26
- Full meals (dine in or take out), \$35 Meal service will end at 3:30 p.m.

**Tickets** go on sale Friday, August 2, and sales will run through Monday, October 7. Tickets are available from:

- Our website, stfrancisbythesea.org
- Members of the St. Francis parish
- The Lobsterfest phone number, 252-515-0040

**Payment** can be made by:

- Cash
- Check
- Most major credit cards; a 4% processing fee will be added to credit card sales

**Refunds** will be provided only upon Lobsterfest cancellation due to a named storm event. Refund requests must be received by November 1, 2024.

Questions can be directed to our

dedicated email address:
sfbtslobsterfest@gmail.com.
Follow St. Francis by the Sea
Episcopal Church on Facebook
for regular updates.

Please do not contact the
church; our parish administrator
will not be able to assist.

Image by Amy from Pixabay.



A very hot and humid summer is upon us. Hurricane season is off to an early start and expected to be a busy season this year. The Board is prepared with service providers to clear our roads quickly after any weather event, and homeowners should be making their own preparations to clear their properties. It's been six years since Hurricane Florence, let's hope our luck continues!

Unfortunately, we lost the BIG tree at the 70 entrance to a windstorm a few weeks back. The board is working with suppliers and hopes to have a new tree planted in the near future, and will make other aesthetic improvements as well. Hopefully the BBGC will seed the 17th fairway and finish the cart path to improve the overall appearance as you enter Brandywine from Route 70.



The beautification committee is doing a fine job, the 24 entrance especially is looking good, thanks Sue. Many more dead trees were removed this spring, and we are trying to get the brick wall at the 24 entrance cleaned, but many years of lime scale is hard to remove.

Sadly, we lost Jerry Garner recently. Jerry served for many years on the boatyard committee and we will miss him. Gary Stobaugh has stepped up to fill that position.

Elizabeth Sheeks is stepping down as our Welcome Committee chair. Deb Cooke and Mark Atkins have stepped up to fill that vacancy. See their bios elsewhere in this issue. Thank you Elizabeth and Kelly for your years of service.

Couple of quick updates:

The annexation committee is still doing their due diligence. Lots to do before any recommendations will be made or votes taken.

The CWS sewer plant construction continues and is now expected to be completed early 2025. Our water task force is working hard to quantify qual-

ity and cost issues and to improve communications and customer service with CWS. Be sure to contact them if you have any issues.

Brightspeed is finished with their installation. Trying to find out when service will actually be available.

Lastly, as you all know, Brandywine is a community run efficiently and economically by volunteers. We are always in need of volunteers for various committees, and next May we will have three vacancies on the Brandywine Owners Association board to fill. We will begin recruiting in earnest later this year, but think about serving your community and let any of the board members know if you are interested in volunteering.

# **Second Saturdays Concert Series**

The Morehead City Parks and Recreation Department sponsors "Second Saturdays," a concert series that is the Second Saturday of each month from May 13 - September 9, 2023. We have a wide range of music from Beach Music to Classic Rock to Country, which means there is something for everyone. Concerts are free and open to the public. Bring a chair or blanket to sit on as you enjoy great music. Concert are 6:30 - 8 p.m., unless otherwise noted.

You can contact Morehead City Parks and Recreation Department at 252-726-5083, ext. 708, or email Joshua.Perruquet@moreheadcitync.org for additional Second Saturday Concert information.

8/12/23, Saturday, 6:30-8 p.m.

Freeway Band at Jaycee Park

9/9/23, Saturday, 6:30-8 p.m.

Red and The Rockers at Dr. MLK Jr. Park

## Alive at Five Concert Series

Friday, August 23, 5pm-8pm

The Green Room

Carteret County locals, The Green Room blend elements of reggae, rock, rhythm and ska to produce a sound that is uniquely "feel good." They are an extremely talented group of guys that have played a host of music festivals and local events, and we are thrilled to bring them to our Alive at Five stage for 2024! The Green Room released their first full album, "Through Any Weather," in 2021, and have since added additional singles, "Feeling It," and "Summer" in 2023. Come enjoy their original music with us this summer! The Green Room concert is sponsored by Baran Properties and Genesis Custom Construction.

Thursday, September 19, 5pm-8pm

Band of Oz

The Band of Oz was formed in 1967 as a part time band playing fraternity parties and high school proms all over the South. In 1977, the band went on the road full time and since that time the band has made a big

(Continued on page 13)

# A Trip to Ocracoke

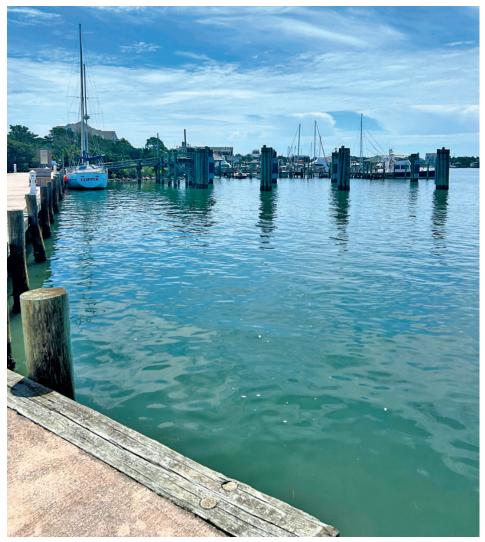
By Monica Sellars

We have decided that, although Ocracoke is not very far away, it's a little too much traveling for a day trip. Plus, there are so many nice things to do once you get there, you will certainly need more time. So this is about our recent long weekend trip to Ocracoke Island. What a relaxing time!

Ocracoke is attached to special memories for my husband, John, and me; we were on our way to a vacation in Ocracoke when he proposed marriage! Aww. He jokes that he went ahead and asked me when we stopped at Bodie Island Lighthouse, on our way to the Hatteras ferry, because if I'd said no, at least we could turn around and not be stuck in an awkward situation on an island.

We decided this year that it was time to return. There was no good reason for us to have waited so long; it's an easy trip from here, since most of it is just riding and relaxing on the ferry.

When we arrived, we struggled a bit to remember all the details of our trip 21 years ago, but we do know that we went during the 4th of July week,



Silver Lake



Ocracoke Lighthouse

we saw the fireworks from a boat, watched a parade, and there was a really impressive thunderstorm one night. We figured out the location of the motel where we'd stayed, but we were told it had fallen into disrepair, which is why most of it has been torn down. The main building, a historic location, is being renovated, and the town added a community garden on the site.

On this trip, we enjoyed a beautiful day on Lifeguard Beach, which is a short car ride away, with ample parking and a bath house with a nice surprise – air conditioning! We also had a nice walk around the town to see the Ocracoke Lighthouse and other historic sites and museums. There are plenty of cute shops, art galleries, music performances, and watersports as well.

We found all of the restaurants to be top notch! We enjoyed the food: Eduardo's Taco Stand (we found it on our second day and ate there every day after), Plum Point Kitchen, Howard's Pub, and The Flying Melon. We enjoyed the drinks: craft beer at 1718 Brewery, Mimosas at Smacnally's, fancy cocktails at The Flying Melon, and margaritas at Ocracoke Oyster Company. We also enjoyed afternoon refreshments on the front porch at Zillie's.

One unique stop was at the antique shop on Back Road. Chester Lynn, a living Ocracoke legend, sells antiques and fig trees from his home. Ocracoke is known for its fig trees, and we wanted to try bringing one here to our yard. We enjoyed talking with Mr. Lynn for a few minutes about Ocracoke history and picking out a healthy Brown Turkey fig tree. Maybe next year we'll go for the Ocracoke Fig Festival.

If you decide to plan a trip, check out the ferry schedules from Cedar Island and make a reservation in advance. Bring your own snacks and entertainment for the 2-hour ride. Lodging options include several motels, as well as vacation homes and condos for rent. Many visitors rent golf carts to get around the island easily. We just walked, and it was fine, but there are no sidewalks. Safe travels!

# How to Prioritize Financial Goals as Your Life Becomes More Complex



Presented by Greg Patterson and James Allen Canady

Some people are savers, some are spenders, some live carefully within their means, and some live life to the fullest, even if that results in accumulated debt. You likely won't remain solidly in one category throughout your life as circumstances, income, and expenses change. Even if you saved diligently during your youth, at some point, you may suddenly be faced with a combination of financial obligations that require decisions about what to prioritize. When juggling day-to-day expenses, debt (student, credit card, or other types), saving for retirement, and saving for your child's college education, where should you focus? Here's a guide to help you decide the priority order these obligations should take and why.

#### **Establishing Priorities**

1. Emergency fund. Before shifting your focus to long-term savings or debt repayment, your priority should be building an emergency fund to provide a safety net. These funds should be available to cover unexpected financial difficulties like job loss, car or home repairs, or medical emergencies. Do your best to save at least three to six months' worth of living expenses in an account that you can easily access whenever necessary. Building this buffer before you put money toward other obligations will keep you from deeper debt and additional financial trouble caused by an emergency.

**Helpful tip:** Set up automated transfers to your emergency savings account, treating it like a monthly bill. This way, the funds will grow consistently, and you'll be able to build a safety net without constant effort.

2. High-interest debt. Since credit card debt and personal loans often



come with high interest rates, paying those off should be your next priority. This will help free up money for other financial goals and eliminate the interest payments that are costing you more money than you actually owe. You can also call credit card companies and ask if they can lower your interest rate. They might not agree, but it's worth trying. **Helpful tip:** Choose a debt repayment strategy that works best for you. Consider the snowball method (paying off debts from smallest to largest) or the avalanche method (paying off debts with the highest interest rates first). Then, stick to the plan until all your high-interest debts are cleared. **3. Retirement savings.** Your retirement may seem too far in the future for you to think about now, but this should come next on your list of financial priorities. Why should it come ahead of saving for your child's college tuition, which is likely to be a huge expense? Because, unlike retirement, there are various options for funding a college education, including scholarships, grants, and student loans. There are far fewer options for funding your living expenses after retirement. Also, since more Americans are living longer, maintaining your standard of living will require more money. You don't want to outlive your financial resources. **Helpful tip:** Take advantage of individual retirement accounts (IRAs) or employer-sponsored retirement plans like 401(k)s. Try to contribute at least enough to receive any company matching contributions because that's essentially free money for you. Thanks to compound interest, even

(Continued on page 13)



a small contribution now can result in significant savings as it grows over time.

**4. Children's college education.** The reason this financial obligation falls last on the list of priorities is certainly not because it's less important. College costs are high, and it makes sense to start saving early. But, if you must sacrifice this goal to focus on others, you can fund your child's education in other ways. Scholarships, grants, and part-time student employment opportunities may be available for supplementing education expenses if you haven't saved enough to cover costs.

**Helpful tip:** Explore the option of a 529 savings plan or education savings account (ESA). These accounts offer tax benefits and can help you save money to use specifically toward educational expenses. If you can manage to automate contributions, you'll maintain consistency and enable your fund to build steadily over time.

This priority order can serve as a good guide, but changing financial goals, income, or other circumstances might cause you to reassess and refocus from time to time. The key is to find a balance between the financial obligations you have now and making sure your financial future is secure, too. As always, your financial advisor can help you determine the best strategy to maintain stability, maximize your benefits, and minimize your costs and penalties based on your individual situation and goals.

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.

The fees, expenses, and features of 529 plans can vary from state to state. 529 plans involve investment risk, including the possible loss of funds. There is no guarantee that an education-funding goal will be met. In order to be federally tax free, earnings must be used to pay for qualified education expenses. The earnings portion of a nonqualified withdrawal will be subject to ordinary income tax at the recipient's marginal rate and subject to a 10 percent penalty. By investing in a plan outside your state of residence, you may lose any state tax benefits. 529 plans are subject to enrollment, maintenance, and administration/management fees and expenses.

Greg Patterson and James Allen Canady are financial advisors located at Atlantic Wealth Management, 712 Bridges Street, Morehead City, NC 28557. They offer securities and advisory services as Registered Representatives and Investment Adviser Representatives of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. They can be reached at 252-515-7800 or at greg@myatlanticwealth.com.

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Recycled paper production creates 74 percent less air pollution and 35 percent less water pollution than virgin paper production. name for itself throughout the Southeast playing top clubs and corporate parties. For several years, the band has participated in major beach concerts in the Carolinas, Virginia, and Georgia. The band features a full horn section and a dynamic group of entertainers. They have a huge following of beach music lovers! The Band of Oz concert is sponsored by Providence Bank.

### Thursday, October 10, 5pm-8pm

The Embers featuring Craig Woolard

This musical institution has left their mark on listeners with numerous albums and single releases that span decades. Having been inducted into the SC Rhythm and Blues Hall of Fame and the SC Beach Music Hall of Fame, The Embers are honored to carry the moniker of North Carolina's Official Ambassadors of Music. In 2007 and 2008, The Embers traveled throughout South Korea to perform 'Christmas with the Embers' on American Military bases for America's troops and were awarded Military Coins of Excellence for their distinguished service. They will put joy in your step, love in your heart and beach music in your soul! The Embers concert is sponsored by Cape Lookout Family Dental.

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Realty Services and Ginny Gordon's. Beverages are sponsored by Shortway Brewing Company. The concerts are hosted by Downtown Morehead City, Inc. and the Town of Morehead City. Downtown Business sponsors include Ace Marine Rigging, Arendell Engineers, Baran Properties, Chalk & Gibbs Insurance and Real Estate, Coastal Press Inc., Dee Gee's Gifts & Books, Genesis Custom Construction, Ginny Gordon's, Kostas Hospitality Group, Promise Land Market, Robby Oakes Mortgage Team, Rough Point Boutique, and Tranquility Spa. Ice is provided by Twice the Ice.

Beverages will be available for purchase and no coolers or outside beverages are allowed inside the concert area.



## **Business Spotlight**

By Lorri Balch

## LiveWell Travel



We all have busy lives and find ourselves in pretty stressful times. That's why quality travel with your spouse, family and friends is so important. Since the pandemic, there is more interest now than ever before in traveling. For example, this July we saw the busiest airport travel day ever, with more than 3 million people traveling through U.S. airport security in a single day.

At LiveWell Travel, we specialize in both water (sea) and land-based adventures, and sometimes even a combination of both! We strive to create life-enriching

experiences in postcard-worthy destinations to stimulate your senses and promote life balance, with a touch of indulgence. Resort destinations are commonly adding more "wellness" features into their programs, such as on-site personal trainers, fitness classes, meditation, yoga and hydrotherapy; and we integrate these at our clients' request.

Our approach as a travel service is unique. We help our clients create life-long memories and experiences by developing a custom, curated itinerary that suits their travel style and budget. We take the stress out of the planning process and maximize the fun factor.

I love to travel and explore new places, people, and cultures. Food is one of my favorite reasons to travel. Entire trips can be planned by your favorite wine, spirits or foods. My husband and I love to go island hopping, with the mission of trying each island's respective ceviche (a raw marinated fish or shrimp appetizer.) We might go to a beach bar or a fine dining establishment to try a ceviche; the fun can be simply seeking the restaurants. The world has so much to offer, and it can be hard to narrow the list of where to go next.

I have lived on the Crystal Coast for almost 20 years, and my previous career in healthcare technology allowed me to travel the world, but I always looked forward to being back home. I spent several years working directly with White House Presidential Physicians and their ultra-high

net-worth clientele. That whiteglove service mentality has given me the knowledge and background to provide an exceptional clientcentric level of customer service. I treat everyone as VIPs at LiveWell Travel.

We also plan and manage group and corporate travel and have some interesting tours in the works, including a wine-centric European river cruise. We would love to help you find the right vacation. The best part is that LiveWell Travel doesn't charge any fees to our clients!

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Youtube channel: @ livewelltravelnow





# A Recipe for Loobyeh

By Monica Sellars

Here's something new that I learned: Loobyeh (pronounced LOO-beh) is a Lebanese dish, and luckily it is made with vegetables that are prolific in our garden right now. I found the recipe that I'm sharing here through an internet search for "tomatoes and green beans."

To back up a bit: A few months ago, I found a recipe for Middle Eastern Seven Spices on a website called cheftariq.com. The warm, soothing flavors of this spice combination appealed to me, so I made a big jar of said spice mix, and I've been putting it to use in different dishes, like spinach stew (Sabanekh) and spiced rice (Hashweh). For those recipes, I referred to a website called everylittlecrumb.com.

So, this recipe follows that theme, which is probably why it appeared at the top of my search results. The Loobyeh recipe, from foodandwine. com, uses allspice, sweet paprika, black pepper, and cayenne pepper. Interestingly, I found a recipe on Every Little Crumb for a similar dish, spelled Loubya, and its spices include only black pepper and coriander.

I hope this recipe will inspire you to take a flavor journey of your own! I would love to hear from you, neighbors, and share your favorite recipe in the next Sound Waves. Please email editor.soundwaves@gmail.com to send in your story.



Monica's Loobyeh

## **Loobyeh (Braised Green Beans with Tomatoes and Garlic)**

https://www.foodandwine.com/recipes/braised-green-beans-tomatoes-and-garlic

## **Ingredients**

2 tablespoons vegetable oil, preferably canola

1 large onion, thinly sliced

12 garlic cloves, 6 minced

1 1/2 teaspoons sweet paprika

1/4 teaspoon cayenne pepper

1 1/2 pounds green beans

1 (16-ounce) can diced tomatoes (Note: I peeled, seeded, and chopped my fresh tomatoes.)

Kosher salt

Freshly ground black pepper

#### **Directions**

In a large, deep skillet, heat the vegetable oil. Add the sliced onion and cook over moderate heat until translucent and softened, about 8 minutes. Add the minced garlic, paprika, and cayenne pepper and cook, stirring, until fragrant, about 2 minutes. Add the green beans and 6 whole garlic cloves and cook for about 2 minutes, tossing to coat the beans.

Pour the diced tomatoes and their juices into the skillet and bring to a boil. Reduce the heat to low, cover the skillet, and simmer, stirring occasionally, until the green beans are very tender, about 40 minutes. Season the braised green beans with salt and pepper. Transfer them to a platter and serve warm or at room temperature.



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