Thinking of listing your property?

The EVOLUTION of St. James Properties

**Historical perspective.** While we were always the leader in resales for almost 20 years, St. James Properties sold more developer sales. Understandably, many owners still maintain that perception.

**But times have changed. Here’s why.** After more than 4,700 sales over a 23 year period, more and more properties come up for resale. That’s what happens as a community matures. As a result, there are far more resales available than developer sales.

*SO, A FEW YEARS AGO, WE CHANGED OUR WHOLE APPROACH TO SALES.*

We became Buyer’s Agents versus Seller’s Agents. We also formed a separate exclusive group who are Listing Agents. They work solely for our listing owners.

We specialize in St. James Plantation only, while other real estate firms sell and list all over the county.

**Million dollar marketing budget.** For the past 20 years, we have spent over $1,000,000 annually to promote St. James. This consistent effort results in over 2,000 prospect tours each year. Think about that! The typical REALTOR® brings in 100 or less prospects to their office.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Sides</th>
<th>Sold Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>St. James Properties, LLC</td>
<td>64</td>
<td>$15,183,300</td>
</tr>
<tr>
<td>2</td>
<td>Discover NC Homes</td>
<td>11</td>
<td>$3,823,800</td>
</tr>
<tr>
<td>3</td>
<td>Coldwell Banker</td>
<td>10</td>
<td>$3,164,470</td>
</tr>
<tr>
<td>4</td>
<td>RE/MAX Southern Coast</td>
<td>5</td>
<td>$2,022,500</td>
</tr>
<tr>
<td>5</td>
<td>Three Rivers Realty of Brunswick County, LLC</td>
<td>3</td>
<td>$1,408,000</td>
</tr>
</tbody>
</table>

**QUESTIONS TO ASK**

Before you list your property with anyone.

1. How many St. James Plantation sales has your company made in the last 12 months?

2. What is your marketing budget for St. James Plantation specifically?

3. How many prospects physically come through your office annually?

4. Do you specialize in St. James Plantation?

5. Are you an exclusive buyer’s agent?

**Results.**

As a result of the changes, approximately two-thirds of our total sales are now resales. Moreover, we sell more resales in St. James Plantation than the other 970 Brunswick County REALTORS® combined.


© 2018 St. James Properties, LLC. Obtain the Property Report required by federal law and read it before signing anything. No federal agency has judged the merits or value, if any, of this property. Void where prohibited by law. This product does not constitute an offer to sell real property in any jurisdiction where prior registration or advanced qualification is required but not completed. This is not to solicit property currently listed by another broker.
WHAT'S INSIDE

4  POA President’s column
5  Mayor’s column
6  Editor’s note
7  St. James Fire Department

FOR YOUR INFORMATION

9  Preparing for severe weather
10 Cat-Tales wins national award
11 New Woodlands Pavilion progressing
11 St. James by the numbers: Latitudes

INSIDE THE COMMUNITY

12 American Legion awards cadets
12 Photo Club learns to explore a small world
13 The Grateful-Not-to-be-Dead Tour
15 St. James shell predates homo sapiens
17 Mother’s Day celebration and pig pickin’
19 Fire department substation groundbreaking
21 Boxed in
23 New Ponds Committee targets goals
25 Activities Committee: A Magical Evening of Broadway
25 Activities Committee sets beach party dates
26 Here’s the scoop
27 How to score grandparent points

FUNDRAISERS

28 St. James Service Club Flea Market
29 St. James Relay for Life Survivor Brunch

SPORTS

30 Golf pro Laurie Adams — always improving
33 Sports center

AROUND THE AREA

34 Dolphins — beauty and brains
(and unusual sleeping habits!)
37 Behind the scenes

HEALTHCARE

39 Are you at risk for diabetes?

JUST RIGHT FOR NOW

41 How old is old?

DAYTRIP

42 New Bern: history, beauty, architecture and great eats

Cat-Tales is published monthly by the St. James Plantation Property Owners’ Association (POA) of St. James, North Carolina to communicate information of interest to its property owners. Reproduction in whole or parts is prohibited without permission from the publisher (POA). The views and opinions of the writers are their own and do not necessarily reflect that of the POA. Per the POA communications policy, the POA does not endorse commercial products, services, or does not publish advertorial, partisan political or religious belief articles.
During last October’s POA Annual Meeting, I presented the forecast end-of-year financial position for 2017, based on nine months of data. We now have the audited results for the entire year in a report issued by our auditor, Earney & Company, LLP.

The report stated: “In our opinion, the summarized comparative information presented herein as of and for the year ended December 31, 2017 is consistent, in all material respects, with the audited financial statements from which it has been derived.”

In other words, everything checked out. A special thanks to the Finance Committee and the POA staff for another successful financial year and audit.

**OPERATING BUDGET:** Our Operating Revenue and Operating Costs for 2017 are included in the table below, along with 2016 actuals for comparison:

<table>
<thead>
<tr>
<th></th>
<th>2017 Actual</th>
<th>2017 Budget</th>
<th>Variance</th>
<th>2016 Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue</td>
<td>$4,928,640</td>
<td>$4,319,300</td>
<td>$609,340</td>
<td>$4,136,096</td>
</tr>
<tr>
<td>Costs</td>
<td>$3,849,267</td>
<td>$3,889,500</td>
<td>$40,233</td>
<td>$3,315,819</td>
</tr>
</tbody>
</table>

On the Revenue side, we ended the year with a positive variance of $609,340 — which means we collected more money than planned. The major reason for this positive variance was a “one-time event” — a payment of $487,649 in cable revenue paid by Spectrum. This revenue included back payments from previous years and quarterly payments for 2017, based on the number of Spectrum customers in St. James Plantation.

Our Operating Costs for the year were on target, with a positive variance of $40,233 — meaning we spent less than planned.

The positive variance in revenue and the underrun in operating costs resulted in an overall positive variance of $649,573, which we transferred to the Reserve Fund.

**RESERVE FUND:** Our Reserve Fund was established to pay for major refurbishment and replacement of infrastructure assets and for major capital improvements. The 2017 data, excluding end-of-year or planned transfers, is shown below:

<table>
<thead>
<tr>
<th></th>
<th>2017 Actual</th>
<th>2017 Budget</th>
<th>Variance</th>
<th>2016 Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue</td>
<td>$962,691</td>
<td>$575,000</td>
<td>$387,691</td>
<td>$781,200</td>
</tr>
<tr>
<td>Costs</td>
<td>$1,825,056</td>
<td>$1,838,500</td>
<td>$13,444</td>
<td>$866,783</td>
</tr>
</tbody>
</table>

Reserve Fund revenue normally includes Road Access Fees, Interest Income and Working Capital. This year, the North Carolina Department of Transportation (DOT) paid $383,565 for easements associated with the State Highway 211 project, plus costs to rebuild the front entrance wall at some future date. The widening project will begin in late 2019, but it is uncertain when the front entrance will be impacted.

We completed numerous critical infrastructure projects in 2017. We also purchased 1.3 acres of land on Oak Island to expand parking at the Beach Club.

Total Reserve Fund revenue, including a pro-rata share of annual assessments ($429,800) and the end-of-year transfer ($649,573), was $2,042,064. Our actual expenditures for 2017 were $1,825,056, for a net increase of $217,008 in the Reserve Fund, and a current end-of-year balance of $5,596,445. We anticipated a decrease in 2017 of approximately $1 million, but due to the cable revenue, the NCDOT payment and other factors, we had a slight increase.

In 2018, roadway repairs, upgrades to the Beach Club, construction of the Woodlands Pavilion, stormwater system maintenance, the new Beach Club parking area and other infrastructure projects are forecast to cost over $1.5 million. These projects will result in a net 2018 decrease of $500,000, but we will still have a very healthy Reserve Fund.
One of the Town Council’s primary responsibilities is establishing the annual budget. St. James, like every unit of government in North Carolina, adopts an annual budget that runs on a fiscal year of July 1-June 30.

To get the budget ready and in place for July 1, work typically begins on its development in late winter. The town manager is also the budget officer and in that capacity the manager develops the budget and presents a recommended budget to the council over a span of several meetings.

"Expenditures and revenues are the fundamentals of the budget. Unlike the federal government, local budgets are required to be balanced; our expenditures and revenues must equal each other."

Expenditures and revenues are the fundamentals of the budget. Unlike the federal government, local budgets are required to be balanced; our expenditures and revenues must equal each other. There are the ongoing functions of the budget that are relatively fixed and controlled. Those include such items as utilities, insurance, debt service and other operating costs. There may also be one-time costs or project costs that may be in the budget. Examples of this may be the street light improvement project, additional funding for the fire department substation, a pay and classification study or some other item that is not likely to be an ongoing expenditure.

General revenues are somewhat more fixed in their availability, but not necessarily fixed in the amounts received. St. James has three major sources of revenues — property tax, sales tax and shared state revenues. In addition to these, there are other less significant sources of revenues, such as fees that, when cobbled together with the major revenues, must match the total expenditures.

The State of North Carolina requires that each year the budget include a message that provides the residents with some specific information about the proposed budget and the overall financial condition of the Town. State law also requires the budget to be adopted through an ordinance. Prior to the adoption of the budget, the council holds a public hearing to provide an opportunity for residents to speak to the council about any matters or concerns they may have.

The proposed budget for the next fiscal year will be adopted by the council at its June 5 meeting. The tax rate will remain at five cents, and this fully funds all the Town’s current programs and services, sets aside some funding for future projects and does not require the use of any existing reserve funds.

A five-year projection of revenues and expenditures is also presented each year for the council to review. These are educated estimates that could change. But the long-term projections indicate that the Town will remain financially healthy with no expectation that there will be an increase in the tax rate any time in the near future.
Seated comfortably in our sunroom/den/family room (we’ll never figure out what to call it), quietly reflecting as a rain squall battles the sturdy windows, may be an unusual St. James moment. But it’s a moment, nonetheless. It’s my way of marking the start of summer, albeit a soggy one, and the arrival of so many activities in our area.

St. James is all about summer experiences. It’s precisely why so many of us moved here from noticeably cooler climes. By now, most if not all residents have spent time at the beach. The pools around St. James, including the facility at the Beach Club, are open and fully operating. Tennis and golf are in full swing (except, sadly, at the Founders course, closed until mid-August).

“As Cat-Tales contributor Stuart Pike and his family dramatically demonstrate on this issue’s cover, early summer in Southeastern North Carolina is a great time to be outdoors, enjoying a picnic and a nice beverage or two at Waterway Park.

Many of the stories in this issue of Cat-Tales are about summertime living in St. James. Stuart’s article on upcoming theater events, with it’s great news about another summertime performance aboard the battleship North Carolina, is a highlight. Laurie Danko’s insightful piece on golf pro Laurie Adams will help duffers understand how good golfers get to be good golfers. New contributor DJ Beaton helps us remember the price we paid for moving to St. James to enjoy summer’s treats — the pain and suffering of moving and downsizing.

Rick Margin takes us on an unusual seashell hunt, while Managing Editor Cheryl Serra shares the joys of two terrific summer activities — dolphin watching and sightseeing. And Gina Mancinelli helps St. James grandparents with a useful suggestion on how to spend part of this summer’s vacation with the grandkids.

For a look at construction progress on the Woodlands Pavilion, check out the latest photos by John Muuss. St. James’ latest amenity is scheduled to open before the end of this month, giving residents a new location for parties and other large events.

About a year ago, Amanda Kiel, editor of “What’s Up, St. James,” began thinking about a new publication chronicling the sports activities of St. James residents. As we note in our story, Amanda’s vision has become the POA’s latest publication. Edited by Roger Nejes, “St. James Plantation Sports News” is a weekly compilation of what we do athletically, not just during the summer, but all-year around.

Not everything about summertime is carefree and laid-back. This month marks the start of the 2018 hurricane season, which will last through November. Preparation for severe storms is important, and St. James is fortunate to have a team in place to help us get ready for unusually bad weather. Consider attending a seminar on June 5 at the Community Center, hosted by the St. James Emergency Management Team, to help you be prepared when storms strike.

But right now, I’m headed outdoors for a late-day walk on the beach or through the neighborhood — as soon as the rain stops.”
Your St. James Fire Department (SJFD) has a highly trained and skilled unit called Rescue Technicians (RT). These firefighters have taken an additional 174 hours of training, prescribed by the State of North Carolina, so they can perform rescues from automobiles, trucks, 18 wheelers, etc. Their primary duty is, of course, firefighting. But to ensure their skills in RT activities are up to snuff, the SJFD requires them to conduct additional training throughout the year.

Difficult to see from St. James Drive, a training vehicle is in a tree-lined area by the fire house. We are very pleased to have a training location on the fire house grounds that is convenient to the house yet not obtrusive to the community.

Vehicles used for practice and training are donated by Mark Warren, who operates Yaupon Motors as well as the junk yard across NC Highway 211 from St. James. He delivers a “new” wreck to us whenever we need it and removes the old one that has been destroyed. The SJFD could not conduct the level of training we do without the support of Mark.

Before we had RTs, the SJFD responded to accidents using standard fire trucks. They were designed to fight fires and perform low-level accident-related tasks using tools found on the pumper. I will never forget the look on a gentleman’s face when I was trying to cut him out of his car and the battery-operated Saws All I was using lost its charge. Fortunately, the accident was a minor one without injuries. We freed him using a Halligan and a sledge hammer.

Today, we have a dedicated vehicle, aptly named the Rescue Truck, equipped with all manner of tools: manual, hydraulic and pneumatic, as well as some smaller battery-operated tools. The RT truck also has scene lights that can light up a location like a movie set, as well as equipment to stabilize a vehicle before victims can be removed. Without a stabilized vehicle, the safety and lives of both RTs and victims can be at risk.

By the way, if you are interested in participating in the Vial of Life program, you can stop by the fire house to pick up a vial and a form to help in listing your medications, allergies, special issues, etc.

Also, if you’re interested in joining the St. James Fire Department, please call 910-253-9990 and ask for Chief Dahill. He would very much like to talk to you about the opportunities we have.
Ready to create an amazing space?

David L.

BIANCHI

BRICKYARD SUPPLY, INC

7995 River Rd, Rte 133
Southport, NC 28461
FREE ESTIMATES

910-454-4445   BIANCHIBRICKYARD.com

• Walkway & Patio Pavers
• Flagstone & Wallstone
• Retaining & Seat Walls
• Mulch & Topsoil
• River Rock
• Decorative Gravel
• Firepits & Grill Enclosures

A PARTNERSHIP MADE FOR THE COAST

HAGOOD HOMES has committed to building long lasting, low maintenance, coastal friendly homes in the south for 20 years. Build something with lasting confidence. Please contact Patrick Wright (910)470-5456 to schedule a tour of new model homes in ST. JAMES PLANTATION.
Visit our website: www.hagoodhomes.com

Feel confident in your home no matter what nature brings.
It’s the middle of summer and you’re listening to the weather when you hear a meteorologist talking about a storm with hurricane potential that may approach the Atlantic coast. If you’re a member of the volunteer St. James Emergency Management Team (EMT), that’s when you begin tracking the weather system and preparing in case the Emergency Operations Center (EOC) is activated.

The team currently uses the St. James Community Center during the time it’s activated; but it’s moving later this year to its permanent location at the new fire house on Oceanic Drive.

When reports indicate the storm’s potential track includes our area and is about 48-72 hours from landfall, the EOC, led by Director Mary Nash, is activated and staffed 24/7. Trained volunteers monitor the National Weather Services’ HURREVAC system, which provides continuous updates on the storm path and strength.

The EOC also coordinates with the Brunswick County Emergency Services staff, using the WebEOC internet program to provide the county with updates on the situation in St. James as the storm passes through. This could include requests for resources or assistance, as well as notifications of flooding, road closures or other storm-related incidents. The staff also provides ongoing communication to residents by phone, text or internet messages and coordinates with other resources in the town. It is also the responsibility of the EOC staff to make recommendations to the mayor regarding voluntary or mandatory evacuation.

So, while our town officials are preparing in the event we are in the path of a severe storm, what can residents do?

The 2018 storm and hurricane season is just around the corner (June 1-November 30). To ensure residents are prepared, the EMT hosts an annual event at the St. James Community Center that focuses on preparation for potential severe weather. Information is shared on everything from what to have on hand to evacuation procedures.

New residents should plan to attend, and long-time residents should stop by for a refresher. The event will be held June 5 from 1-2:30 p.m. and will feature guest speakers representing the National Weather Service, county and town officials, county and town emergency services personnel, the Sheriff’s Office, the St. James Fire Department and the POA.

An Information Fair will follow the formal presentations. Tables with representatives from government agencies, insurance companies, the fire department, EMS, Firewise, the Storm Water Committee and storm-related vendors will be on hand to provide residents with information and answer questions. Plan to attend, and carpool, if possible.

*Editor’s note:* Laura Miller is a member of the EMT.
Cat-Tales has been honored with a prestigious national award. The magazine has earned a “Hermes Creative Award,” given each year by the Association of Marketing and Communication Professionals to “creative professionals involved in the concept, writing and design of traditional and emerging media.”

The following is from an email Cat-Tales Editor Arthur Hill sent to contributors who have helped to make the magazine a success: “The association received more than 6,000 entries. Entries came from corporate marketing and communication departments, advertising agencies, PR firms, graphic design shops, production companies, web and digital creators and freelancers. We were swimming with the big guys in the deep end in this competition.”

“Judges included writing and design professionals who looked for talent that ‘exceeds a high standard of excellence and whose work serves as a benchmark for the industry...’ the top entrants (about 15 percent) won the Platinum Award. Cat-Tales scored in the second group (about 20 percent) and won the association’s Gold Award...we scored better than 4,200 entrants.”

We’ll be sharing more when we receive the actual award, which is pretty impressive looking in our non-objective opinion.
Construction is progressing in earnest on the new Woodlands Pavilion. In late April, the slab was poured for the kitchen/bathroom area, and the structure was framed in the first weekend in May. This area will be finished out with plumbing and electrical, floor and wall finishes and finally, bathroom fixtures and kitchen equipment.

The vertical posts of the pavilion structure were installed in deep concrete footings at the end of April, and the slab for the floor was poured May 9. Soon thereafter, the laminated wood curved-tapered roof beams were installed on the laminated wood columns. This was followed by the installation of the tongue and groove wood roof decking to create a beautiful rustic structure.

The facility is scheduled for occupancy by the end of June, although the final landscaping will not be installed until late fall. The building is sized for a little over 200 guests sitting at round tables. Tables and chairs will not be provided, so users will need to bring their own or rent from a vendor.

This amenity is designed as a venue to accommodate the large neighborhood and club get-togethers that have outgrown the Waterway Park Pavilion. The POA Board is currently developing guidelines for the facility’s use, including hours of operation and use restrictions.

---

**St. James by the numbers**

Compiled by Rick Margin

### Cities Around 33/34 Degrees North Latitude

<table>
<thead>
<tr>
<th>City</th>
<th>Latitude</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. James</td>
<td>33.9</td>
</tr>
<tr>
<td>Augusta, GA</td>
<td>33.6</td>
</tr>
<tr>
<td>Columbia, SC</td>
<td>34</td>
</tr>
<tr>
<td>Los Angeles, CA</td>
<td>34</td>
</tr>
<tr>
<td>Wichita Falls, TX</td>
<td>33.9</td>
</tr>
<tr>
<td>Phoenix, AZ</td>
<td>33.3</td>
</tr>
<tr>
<td>Birmingham, AL</td>
<td>33.5</td>
</tr>
<tr>
<td>Hiroshima, Japan</td>
<td>34.2</td>
</tr>
<tr>
<td>Xi’an, China</td>
<td>34.2</td>
</tr>
<tr>
<td>Baghdad, Iraq</td>
<td>33.2</td>
</tr>
<tr>
<td>Beirut, Lebanon</td>
<td>33.9</td>
</tr>
<tr>
<td>Rabat, Morocco</td>
<td>34</td>
</tr>
</tbody>
</table>

Degrees of Latitude
American Legion, Post 543 awards cadets at JROTC awards night

By John Muuss

The American Legion Post 543 and other civic organizations participated in recognizing deserving cadets at the annual South Brunswick High School Junior Reserve Officer Corps (JROTC) Awards ceremony. Numerous awards were presented in a variety of categories and proud parents were in attendance to witness the event. Along with the JROTC Air Rifle Team awards, the Commander of the Post, Mike Fegan, presented the American Legion Awards for Military Excellence to Cadet Elijah Spencer, Scholastic Achievement to Cadet Jesus Morales and the 2nd place Oratorical Award to Cadet Cassi Bailey.

Attendees and award winners (l-r) Gary Crowden (coach), Tommy Nguyen (2nd place, Rifle Team), Tony Nguyen (3rd place, Rifle Team), Christina Girard (1st place, Rifle Team), Elijah Spencer (Military Excellence Award), Jesus Morales (Scholastic Achievement Award), Victor Ramirez (1st place team in state competition), Cassi Bailey (2nd place, oratorical contest) and American Legion Post 543 Commander Mike Fegan

Photo Club learns to explore a small world

By John Muuss

Gary Allen, a photographer for more than 35 years, was the speaker at the St. James Photo Club in May. Gary was the manager of Southeastern Camera in Wilmington, as well as a nationally recognized press photographer who primarily photographed for news outlets, magazine articles and covered sports, including the Olympics.

Gary is currently focused on the world of macro, or close-up photography.

Gary told club members that macros require you to look closely for items of interest in familiar locations, which yields ever-changing items of interest, regardless of how familiar the location or how many times you’ve visited it.

He also noted that this method allows photographers to know their subjects and learn things such as: bees sleep under flowers, lilies bloom during the day, dragonfly eyes can see 360 degrees around and spiders will not cross vapor rub. Club members enjoyed the talk, which led them to think small.
Before there was Mike’s Garage Band, there was the Plastic Mushroom Band (PMB). Michael Haase spent three years as a cheerleader at Drake University in Des Moines, Iowa, but his first love was always music. Senior year, he convinced five business fraternity brothers to sing a few songs at a fall frat party. After their 1974 graduation, the boys parted ways, and except for a few exchanged Christmas cards, most never saw each other again. This year Mike changed that and invited them to St. James for a tour and reunion.

And so, they came — from California, Utah, Arkansas, Texas and Tennessee. They were lured by promises of cookouts, lounging on the beach, golf, a brewery and Southport tour, practice, happy hour aboard Mike’s boat and a Strawberry and Wine Festival. Had any of these business grads Googled the latter, they might have guessed — Mike was planning an impromptu singing reunion on stage at the Mike’s Garage Band charitable function in Sunset Beach.

Back in the fall of 1973, Mike’s ‘band’ played three songs at that first party. Word spread through the campus and three weeks later they played for three hours and “got some attention,” Paul Golden recalls. They thought it was fun. Jeff Beat adds, “We would have played for food and drink or for free.”

Scott Harrington smirks while talking about his friend, Rick Nelson, who heard them play. Seems that Rick’s band had recently broken up and he wanted to know if the PMB could (please) fulfill Rick’s future commitments and bookings. Bruce Mesnard had earlier picked up their drum set emblazoned with Plastic Mushroom Band, and a band name was born. The PMB played at frat parties, dances, after prom parties and other events in surrounding towns. At that time, teachers noted that students loved to dance and sing along and no one left early. Dave Rich says, “Suddenly we had help with tuition payments!”

Dave became known as somewhat of a ladies’ man after he admired a pretty young gal in the audience with whom he struck up a conversation. He asked for her phone number and she replied, “That is a very nice offer, but I will have to ask my husband, the principal.” Jeff Beat was then assigned the ‘Keep Dave outta’ trouble’ duty.

Their careers were varied – executive, marketing consultant, manufacturer representative, sales and a truck driver. None had done much with music since their college days. “The most musical thing I did since college was buy a guitar for my son,” Paul Golden remembers.

On that sunny day in April in Sunset Beach, the crowd roared when Mike and his old band members told stories during its “Grateful-Not-to-be-Dead Tour,” clapped loudly after each of their three songs and gave them a standing ovation. The theme was clear through the weekend’s activities, the on-stage songs, the stories told: Mike is the heart and soul of both bands, loved by all and he always makes it fun.
We help you with answers to questions you never thought about:

- Who will handle my arrangements?
- What if I were to pass away in a foreign land or on vacation?
- What would happen if I move to another part of the country?
- What kind of grief counseling is available?
- What can I do about the rising prices of funeral and burial?

We help you personalize the story of your life, the customs, traditions and your faith.

On site Crematory, Catering Facility, Memorial Chapel

---

**Peacock-Newnam & White Funeral & Cremation Services**
Serving Southport and Oak Island since 1985

White Funeral & Cremation Services Shallotte and Supply

For more information
910-457-6944
1411 N Howe Street
Southport NC 28461

---

**Building St. James, one home at a time!**

Your custom home from True North Building Company will be everything you ever wanted: the highest quality materials, the best construction techniques, the most meticulous attention to detail.

We are True North: Trusted and True.

www.TrueNorthBuild.com ~ 910.294.1098
4705 Southport Supply Road, Suite 105 ~ Southport, NC 28461

---
I’ve been puzzled by the occasional sighting of all types of seashells in our man-made drainage easement. Maybe some of you have been befuddled by the same discovery on your lot.

In my case, heavy rain flowing in the easement is essentially excavating these shells. Our home is located deep in the Woodlands on what was an untouched, heavily wooded lot with no easy human access. We’re 45 feet above sea level and 5-6 miles from the ocean. The recent finding of a beat-up conch-like shell finally motivated me to reach out to an expert who could help me unravel this mystery.

Dr. Michael S. Smith, a professor of Geology in the department of Earth and Ocean Sciences at the University of North Carolina Wilmington, gladly solved my puzzle. Guess what? My shell is really, really old! “The material exposed in the region of your home is (mainly) the Waccamaw Formation,” he said. “It is a sedimentary package of fossiliferous sand (mostly quartz) with silt and clay (these are the fine-grained materials — mostly called ‘muds’ or ‘clay’).”

Dr. Smith said this material was deposited near shore marshes (or swamps) to shallow marine conditions (like present day Oak Island offshore conditions). In some areas, he said old sand dune ridges are found, as well as fossil-rich sands with mollusk, conch or other marine invertebrate shells. “The age of this material is from the late Pleistocene to early Pliocene, about 5 million years ago,” he said. “At that time, sea level was rising and invading the coastal region.”

Dr. Smith added, “The Waccamaw Formation was often ‘mined’ in the late 1700’s to mid-1800’s for the shell material, which was used as a fertilizer.” So, my shell predates the emergence of Homo sapiens and the Neanderthal era, possibly by millions of years.

I conducted more research on these geologic periods and learned that sea level rose as much 75 feet from its present level, which implies our lot, and most of St. James, was at least 30-40 feet under the sea. I also discovered that my conch-like shell was really a Channel Whelk, a predatory carnivore that lives in temperate waters. True conchs are herbivores and found in tropical waters.

Channel Whelks coil to the right and have a channel along the top whorls. Its close cousin, the Lightning Whelk, coils to the left. Like conchs, they are edible. In Europe, especially in England, whelks are extremely popular. Scungilli, primarily an American-Italian delicacy, is derived from whelks. It is used in pasta sauces and salads and has a texture like calamari. Very tasty!

Keep an eye out, and you might find a prize shell of your own.
The Rodanthe model home in St. James Plantation
3299 Moss Hammock Wynd, Southport, NC
For more information call: 910-548-0402
Amy Schaeffer • ASchaeffer@arhomes.com

Award-Winning Plans • Quality You Deserve • Come See for Yourself
Winner of the 2017 Brunswick County HBA Parade of Homes Diamond Award

FOR SALE: FULLY-FURNISHED WITH LEASEBACK

The New 2018 Buick Enclave Avenir
Highway 57 & Highway 9
Little River/North Myrtle Beach

www.bellandbell.com • 843-399-8300 • Toll-Free 1-800-635-1693

The New 2018 Buick Regal Sportback/GS
We’re Closer Than You Think. All Roads Lead To Bell & Bell.

Arthur Rutenberg Homes
ArthurRutenbergHomes.com
JWB, Inc. – an independent franchise
A Mother’s Day celebration and pig pickin’ was held at Waterway Park May 13, where Carolina Line Bluegrass Band provided music and Bar-B-Que House provided food. Ida DeCastro, mother of St. James resident Art DeCastro, celebrated her 100th birthday at the event and mother and son shared a dance to celebrate. (photos by John Muuss)
Parting Is Such Sweet Sorrow

Due to a health issue we will no longer be able to operate Carolina Jewelry Exchange.

Good fortune, and a helping hand, led us to a family with an incredible history of serving as their home town’s trusted jeweler since 1947. We found “good people” who believe as deeply in providing an incredible experience of honesty, quality & customer service as we hope we’ve provided to this community.

As of May 12, Wades Jewelers of Gibsonville, NC will be taking over so we can focus on this health issue. We encourage you to stop in and meet them. You will be well taken care of by this fine family and their wonderful staff. Visit their web site at: https://www.wadesjewelers.net/

Thank you from the bottom of our hearts for taking us in to this incredible community, and thank you for trusting us to help you celebrate so many life milestones.

CAROLINA JEWELRY EXCHANGE

With Deep Gratitude,
George & Cindy Barkett

---

SUNAIR®

HAS THE RIGHT RETRACTABLE AWNING SYSTEM FOR YOU!

EXPAND YOUR OUTDOOR LIVING SPACE AND MORE…

SUNAIR® Lateral Arm Awning offers the ideal solution for creating a comfortable outdoor environment the entire family can enjoy. Imagine staying cool on your deck and protecting your family from the sun’s harmful rays. Finally you can enjoy cookouts and entertaining the way it is meant to be with a Sunair® Retractable Awning.

ADDED BENEFITS!

• Energy savings - reducing cooling energy
• Sun protection from harmful UV rays
• Add value to your home without the cost of a permanent installation

Wilmington Awning & Shutter, Inc.
1046 S. Kerr Avenue
Wilmington, NC 28403
910-799-2782
info@wilmingtonawning.com • www.wilmingtonawning.com

---

Scott’s Farm & Family

PET SUPPLIES
WILD BIRD FEED & SUPPLIES

(910) 755-6055 • scottsfarmandfamily.com

MONDAY - FRIDAY:
8:30 - 6
SATURDAY: 8:30 - 3
SUNDAY: CLOSED

Scott’s Farm & Family
4718 Main St. • Shallotte, NC 28470
A groundbreaking ceremony was held to kick off construction of the new St. James Fire Department substation. Members of the fire department and the Emergency Operations Center, which will be housed in the new building, attended, including Chief Dahill, front row, second from left holding shovel. (photo by John Muuss)
Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM

Stop Drinking 24,500 Chemicals in Your Bottled Water...

Drink Healthy Water with Hydrogen at a fraction of the cost!

Ultimate Filtration:
- Pesticides
- Chlorine
- Chloramines
- Water Soluble Metals
- Pharmaceutical Drugs
- Fluoride
- Algae
- Bacteria
And 100s of other toxins in your water

Natural Antioxidants To Support The Body:
- Boost Immunity
- Anti-Aging
- Faster Athletic Recovery
- Reduce Inflammation
- Natural Energy Boost
- Better Sleep
- Deeper Hydration
- Boost Metabolism
- Sharper Focus and Cognitive Response

Stop Drinking 24,500 Chemicals in Your Bottled Water...
— CALL 910-214-6977 —

WWW.DISCOVER-H2WATER.COM
Boxed in

By DJ Beaton

When my husband, after much cajoling, finally agreed to move to the beach, I sang the song “I’m Moving Out”— with off-key apologies to Billy Joel — at the top of my lungs every day for a week. Then the reality set in.

Downsizing is the pits. I’m much, much older now than I was when I packed a squillion boxes and carried them to the attic. Now, as I haul those same boxes downstairs and sort through each one, I’m singing another tune entirely. More like “What Were You Thinking, Girlfriend?” (is that a song?). I should have listened to my husband when he suggested that this type of work should be left for one’s kids to do when we’re gone from this earth.

I’m exhausted. I’m “can’t-lift-my-head, can’t-feel-my-toes” exhausted. In fact, I’m dictating these words into my cell phone, because I’m too tired to type them. That would require sitting up.

You remember those days well, don’t you?

I confess this is all my fault. It was my idea to get rid of the big house and move to a smaller one in St. James. I envisioned living the laid-back cowabunga life, like Annette and Frankie or Gidget and Moondoggie, with no care in the world and no attachment to material things (except my beach blanket and woodie, of course).

I dreamed of sipping my own personally concocted daiquiri of the day under an umbrella while “Summer Hits of the ‘60s” poured through my earbuds. I wanted to spend hours staring at the waves, pondering how we all got here and where we’re going next. Did we evolve from starfish? Can I get a pizza in heaven?

My husband warned me he’s not a lay-around, beach type of guy. (I could argue that I don’t see much difference in that and lying on the couch and pointing a remote at the TV. But I know to pick my battles.) I’m confident I can turn Hubby into a free-spirited dude who wants to spend each day inhaling ocean breezes and watching crabs sprint across the sand.

But before I tackle that project, I must first complete the one I’m now tackling — going through boxes that have been in the attic for years, packing up new ones and getting rid of furniture and nearly everything else we’ve accumulated that won’t fit into Annette’s or Frankie’s (or Gidget’s or Moondoggie’s) lifestyle. Anyone have some Aleve?
About 265 ponds are scattered throughout St. James, 135 of which the POA services. Troon controls about 70 golf course ponds, which contain a nice collection of my golf balls. The Developer controls most of the remaining ponds.

The 10-member POA Ponds Committee started 2018 with five new members. Our initial focus was to establish three subcommittees and begin defining goals.

The mission of the Health & Beauty subcommittee, chaired by Vicki Fuhrmann, is the same as its title. Pond health is vitally important to everyone in the community. Preventing erosion, silt and organic debris are necessary to maintaining a pond’s holding capacity. Ponds serve as one method of protection from flooding in a major rain event. Pond health also supports wildlife native to this area, both in and around our ponds.

Beautification has a two-fold goal. By creating an aesthetically pleasing look with native plants and buffer zones around our ponds, pond health becomes easier to maintain. Vegetative buffer zones, 3-6 feet from the edge of a pond, absorb nutrients such as fertilizer runoff before they enter the pond. Nutrients create algae blooms and deplete life-giving oxygen. The committee has created a demonstration buffer zone just off the Woodlands Park roundabout. Stop by and take a look at this work-in-progress at our showcase pond.

The POA recognizes vegetative pond buffers are the best practice for maintaining the long-term health and beauty of a pond, and it intends to transition POA ponds from edge cut to vegetative buffers as appropriate. In addition, the ACC Guidelines now strongly encourage property owners with pond edges to use a vegetative buffer to enhance the health of their ponds.

The Fishing & Recreation subcommittee is chaired by Tom Milner. There are currently 12 POA ponds designated for fishing and one for model sailboat racing. All are accessible and have been stocked with up to three species of fish for catch-and-release fishing. The sub-committee will look at fish populations this year and perform additional stocking, if needed.

Another important area to maintain pond health is water testing. Dragonfly is our contracted pond maintenance company. One of the reasons most of our community’s ponds look so good is Dragonfly’s monthly testing and life-friendly treatment.

The Communications subcommittee, chaired by yours truly, updates Ponds Committee activities to all residents. We are currently working on documents created by previous committee efforts to ensure they are easily accessible on the POA website.

Save this date — Tuesday, September 4, 2018, 10 a.m.-noon. The Ponds Committee will host its Third Annual Ponds Educational Meeting at the Community Center. Your volunteer committee members are working hard to make sure our community’s ponds continue to be a great asset and amenity for all residents.
Enjoy St. James lifestyle and add value to your home.

Call our office at 910-793-2762, or call 910-253-4486 to get Don Oakley, your St. James neighbor who has added value to more than 600 homes in your neighborhood.

Southern Exposure OFFERS:
- Custom Design
- Award Winning Craftsmanship
- World Class Product
- Genuine Value
- Precision Installation
- Don Oakley, your St. James Neighbor

910-793-2762 • 412 S. College Rd
Wilmington NC 28403
SouthernExposureSunrooms.com

Award Winning Craftsmanship

Logan Homes Design Studio
60 Gregory Rd, Suite 1
Belville, NC 28451

800.761.4707 I LoganHomes.com

Void where prohibited. Home features described and depicted herein are subject to change without notice. Illustrations are artists renderings. Some items illustrated or pictured are optional and are at an additional cost. Dimensions are approximate. Home and customer-specific, detailed drawings and specifications will be furnished to each customer as part of their builder contract. Floor plans/illustrations are subject to change without notice. © Logan Homes 2013
A Magical Evening of Broadway

By Michelle McArdle and Pat Makosky • Photos by John Muuss

Give our regards to old Broadway — and to the talented Thalian performers who entertained attendees at “A Magical Evening of Broadway,” sponsored by the St. James Plantation POA Activities Committee.

The stage was perfectly set with the elegant decorations created by Kathy Caruso. Members Club provided delicious dinners expertly served by their outstanding staff. It was a delightful evening.

A big thank you to all who attended and contributed to Thalian Hall while enjoying the theater at St. James. Patrons are already looking forward to a holiday performance by Thalian performers in December.

Summer beach parties at the Beach Club

By Pat Makosky and Jerri Wheeler

There’s nothing better than relaxing at the beach, listening to music and enjoying the company of friends. So, mark your calendars for this summer’s beach parties on June 15 and August 3 from 5:30 to 8:30 p.m. and September 16 from 3 to 6 p.m. The parties are sponsored by the St. James Plantation POA Activities Committee. Mike Zagora, or DJ Z of ZDog Productions, will be spinning your favorite tunes.

Bring your beach chairs, beverages and snacks to the beach in front of the St. James Beach Club at 72nd Street on Oak Island to leave your cares behind and dance the night away! Parking is limited so carpooling is highly recommended.
Here’s the scoop

By Laurie Danko

No, not juicy gossip. Or mint chocolate chip ice cream.

It’s about pooch etiquette and “doing their business” during walks — but not just scooping up solid deposits.

There have been exceptions, but by and large, we’ve come to accept the benefits of keeping after our dogs, filling disposable bags with their unpleasant deposits. Companies — which rarely miss a marketing opportunity — are making good money selling such products as small, dog-bone shaped containers filled with plastic bags that conveniently attach to leashes.

What members of our dog-loving community may not have thought about, though, is the other half of that etiquette — not letting pups urinate on neighbors’ lawns. Do you know why dogs shouldn’t do that? Dog food contains a high level of protein that breaks down as nitrogen in the urine. And the nitrogen in dog urine overloads grass and kills it, no different than a concentrated handful of fertilizer.

So, whereas you may have thought watching your pooch pee on a lovely green patch of grass next to your neighbor’s mailbox did no harm (let alone bushes and flowers), now you know it does. Look instead for other locations, like wooded areas, sandy soil or patches of pine straw along your walking route.

And know your consideration will be appreciated.
How to score grandparent points

Just when I thought I couldn’t be any more entertaining in my quest to be Super Grandma, our family Easter this year was one of the best ever. Starting with the festivities in St. James and culminating with a few tricks of my own, nothing is more rewarding to me than watching my 16-month-old grandbaby giggling with delight.

My lucky find is the Children’s Museum of Wilmington (CMoW). Located at 116 Orange Street in the historic district, the museum opened its doors in 1997, spearheaded by the Junior League of Wilmington and parents who sought a place for children to play and learn. As the number of guests increased, so did programs, activities and exhibits, until they outgrew their home. In 2004, the Museum purchased the three buildings that comprised the former St. John’s Museum of Art as the new site of the CMoW.

So, what can you do with a toddler for hours in the four floors and courtyard of the CMoW? We started in the treehouse room where she could crawl, climb and slide, all in a safe environment. She gathered apples in a basket at the apple tree, played a variety of musical instruments and explored the undersea activities and pirate ship.

On to arts and crafts, where the museum supplies aprons and all supplies needed to paint or color. Drea made Easter cards for everyone in the family. The highlight in this room was a giant table like a Lite Brite from back in the day. She put the different-colored shapes into the lit table.

Time to go grocery shopping in a room filled with small grocery carts and shelves of empty containers and boxes. We were surprised to see her toddle around, pushing her cart and actually gather her groceries. Her purchases consisted of three containers of Daisy sour cream and a carton of almond milk. The older kids staff the cash register and restock the shelves.

We found our way to a book nook, an area with shelves of books and huge pillows. Drea actually picked Dr. Seuss’ “One Fish Two Fish Red Fish Blue Fish” and plopped down for a good read.

There were many other stops along our expedition through the museum, the last of which was a stop in the courtyard that was filled with sidewalk chalk and hula hoops. Good old-fashioned fun. If your grandchildren will be spending time with you this summer, the museum is highly recommended. Its website, https://www.playwilmington.org/, will give you all the information needed for a fun day. You will not be disappointed in the amount of activities, cleanliness and friendly staff. Although it is geared for children from one- to 10-years-old, we adults had a pretty good time as well.

Editor's note: If you have great tried and true ideas for fun activities for visiting children and grandchildren, please send them to cattaleseditor@gmail.com with a subject line ‘Kids’ activities’ and we’ll compile and share them in a future issue of Cat-Tales.

Coloring at the Children’s Museum of Wilmington is one of a myriad of activities that could earn grandparents’ points when entertaining young ones this summer.
On April 14, the St. James Service Club held its 20th annual Flea Market fundraiser at Brunswick Community College. Over 100 St. James volunteers worked together to help raise scholarship funds for Brunswick County students. All items for sale were donated by St. James residents throughout the past year in the spirit of giving back to the community.
In April, Relay for Life of Brunswick County held its annual Survivor Brunch at Stone Chimney Place in Supply. The brunch is one of several events that are part of the American Cancer Society’s (ACS) Relay for Life, its signature fundraiser. The Survivor Brunch was attended by 160 cancer survivors and their guests, including several survivors from St. James. The Survivor Brunch aimed to educate as well as inspire cancer survivors.

And inspire it did. After opening remarks by Teresa Houser, St. James resident and Brunswick County Relay for Life Chairperson, brunch was served by volunteers. Themed “Relay Around the Clock,” the attendees danced to the song “YMCA” and were totally amazed by an impromptu vocal rendition of “Can’t Take My Eyes Off of You” by one of the survivors. DJ Rodney Axom provided music and Dr. Rudy Ramphal, pastor at Brunswick Island Baptist Church, delivered a keynote full of hope and resilience.

Funded completely by donations, the brunch was “the best survivor brunch ever,” according to Fran Thomas, one member of the 11-person event leadership team. Dedicated volunteers managed everything from sponsorship, logistics, setup and registration to food service, door prizes and entertainment. St. James residents came out in full force. Wendy McIver and Liz Knapp are Co-Chairs of the St. James/Troon team. Additional volunteers from St. James were Lori Boyer, Sue Comiskey, Carolyn Gallo, Dixie and Michael Oberender, June Otte, Lisa Prichard and Donna Valponi-Brookhart.

Nothing went to waste. Leftover food from the brunch was donated to Street Reach in Brunswick County, a volunteer charitable organization focused on spiritual, physical and emotional needs of the local homeless.

This is Teresa’s third consecutive year as the chair for Brunswick County. But she has been involved with Relay for Life since 1990. During a difficult time in 1989 when both of her parents succumbed to cancer, Teresa relied heavily on the ACS for general information and medical advice. Within 48 hours of her first call to ACS, she received helpful information from compassionate knowledgeable people. Living in Pittsburgh at the time, Teresa joined her employer in sponsorship of a Relay for Life fundraising team. Since then, her commitment and passion to act against cancer has grown.

The St. James/Troon Relay for Life team, composed of Brunswick County schools, churches, businesses and individual families, has raised $56,000 to date and expects to raise an additional $20,000 during this year’s campaign. Approximately $21 million comes back to North Carolina and is used for three purposes — research; programs and services such as Hope Lodge, which provides a free home-away-from home for cancer patients; and education.

After the brunch, a survivor approached Teresa, just to give her a hug. “I don’t know you,” she said, “but I write LIVE in capital letters every time I write the word. Thank you.”

“This just brings it all home,” Teresa said.

For more information on Relay for Life, contact Teresa Houser at teresahouser@twc.com.
Golf instructor and pro Laurie Adams advocates players tend to their game proactively.
It all started with caddying in her hometown of Albany, New York. At 14 years old and the youngest of seven in a big Catholic family, Laurie Adams needed a job. She loved the outdoors and thought caddying would be interesting. It was.

For the next eight years and as the only female caddy, she carried 40-lb golf bags. She caddied for college basketball coaches and at U.S. Open qualifiers. It taught her golf etiquette. She also discovered her own talent for the game.

Laurie attended Siena College in Albany on a caddy scholarship. With no women’s golf program at the school, the 2-handicap lefty played with the men’s team. The season was in the fall, often a rainy, chilly time in upstate New York. Laurie says the adverse conditions helped her become a better golfer.

After graduating in 1995, Laurie began her career as assistant golf pro at the Governor’s Club in Chapel Hill. With UNC, Duke, and NC State hoops pervasive in the Triangle, she followed it all and is still a fan of the Tar Heels and Coach Roy Williams.

Laurie progressed to head pro at Lexington Golf and Country Club in Virginia, Cedar Creek Golf Club in Aiken, South Carolina, and The Lakes Golf Course at Laura Walker State Park in Waycross, Georgia. It was at Cedar Creek that Laurie became involved with The First Tee, a relationship she continues as a certified coach. And then she oversaw the "Hook A Kid on Golf" program at the Lakes Golf Course, which was sponsored by the National Alliance for Youth Sports. Laurie also enjoyed a summer in Miami running the junior program for Jim McClain, one of the world’s top golf instructors.

In 2013, she arrived in St. James, where many of us know Laurie as a popular golf instructor and the pro supporting the women’s LGA, Niners and 101ers.

Laurie most enjoys helping people with their game, whether new to it, picking it back up or wanting to improve play on our four courses.

Laurie advocates tending to one’s game proactively, not waiting until things go wrong and then requiring a big fix. She does that with her own game, annually evaluating what part of it needs work. Carrying a 5 handicap, she feels her short game is her strongest asset and has taken classes to sharpen green reading. Her dream course to play is Pebble Beach or Scotland’s Glen Eagles as part of a fantasy foursome with Phil Mickelson, Lydia Ko and Juli Inkster.

Laurie’s most recent instructor certification is for TPI (Titleist Performance Institute) Fitness, which she uses for her own game as well as helping others with theirs. It involves screening physical strength and flexibility, revealing optimum characteristics for the player’s swing. The goal is to improve swing efficiency for performance as well as movement to help avoid injury over time — an important consideration for most of us here as we try to keep back, shoulder, hip and knee issues at bay.

Describing our courses, Laurie said Hale Irwin’s middle of the fairway bunkers make for interesting play at Members. Founders is prettiest and a good test of golf. She loves the Nicklaus-designed Reserve. When the comment was made that it’s intimidating for some, she responded, “Or you can rise to the occasion! Visualize your shots to help execute.”

Players – “a fun course” – is where she passed her PGA Player Ability Test in 1999, when there was just a trailer on site.

When not on the golf course, Laurie enjoys kayaking, church groups and taking walks around Southport with Ming-Ming, her six-pound poodle.
The AUSTIN

First Floor 2552
Second Floor 563
Total 3115
Garage 870
Front Porch 161
Screened Porch 252

Clearly superior.
• Premier heat rejection provides energy savings and enhanced comfort
• Low reflectivity enhances views and overall beauty
• Proprietary 3M nano-technology provides supreme performance with no metals or corrosion
• Reduces glare and eye discomfort
• Premium 3M manufacturer’s warranty
• Increases personal safety by minimizing flying glass

CAROLINA SOLAR SECURITY
www.carolinasolarsecurity.com
910.791.5820
Since 1985
A quick check of Roger Nejes’ professional background wouldn’t necessarily lead one to conclude he has a long-standing interest in sports. But the New York native’s abiding interest in athletics is one of the reasons he agreed to become editor of the weekly “St. James Plantation Sports News,” the POA’s latest online publication.

A marine engineer by profession, Roger spent the first years of his career designing nuclear submarines in Groton, Connecticut. Later, he parlayed his engineering background and an MBA in finance into a job as the CFO of a steel fabricating and distribution firm in Pittsburgh.

Along the way, Roger, a swimmer in high school, focused his volunteer activities on sports. He coached a recreational football team for 7-10-year-olds and served as the head of an association that raised money for a local high school sports program.

Roger’s civic responsibilities and involvement in sports didn’t end when he moved to North Carolina. Since he arrived in St. James in 2003, he has served on the POA’s Transition Committee and for seven years was on the association’s Finance Committee (three years as its chairman). For seven years, he was a member of the board of the St. James Fire Department.

Roger also has served as treasurer of the Men’s Golf Association and was treasurer and a founder of the St. James Military Appreciation Tournament until the American Legion took over the event.

So, when POA Communications Committee member and “What’s Up St. James?” Editor Amanda Kiel began looking for a volunteer to manage the proposed newsletter, Roger’s interest in sports and his community involvement led St. James residents Su Peyton and Bett Lewis to recommend him. One interview later, Roger and Amanda began planning the new publication, which launched last October.

Amanda said the idea for the newsletter arose during a social gathering. “Friends told me there was no way to follow St. James sports teams and what they’re up to, including results,” she said. “Reading about an occasional hole-in-one wasn’t enough. We needed a St. James sports section.”

Distributed by email, the newsletter numbers more than 400 subscribers and is adding up to seven readers each week. It offers timely information on how friends and neighbors fared in friendly competition, what’s next on the calendar or descriptions of the organizations that administer each sport.

Featured in a recent issue were stories about golf, tennis, softball, bowling, model yacht racing, billiards, bicycling, fishing and table tennis. St. James pickleball is another sport starting to get coverage.

Roger says his primary duty as editor is to encourage his volunteer reporters to provide short articles for each week’s edition. He’s grateful for the help and enthusiasm of his contributors, including John Lynch, Judy Rubin, Patricia Stewart, Denise Studt, James Taylor, Peter Wilding, Gene Yanosy and Mark Zaenglein.

Editor’s Note: To subscribe to the St. James Plantation POA’s “Sport’s News,” or to review past issues, go to the POA website at www.stjamespoanc.org/page/SportsNews.
Walking along the area’s waterfronts is a relaxing and eye-pleasing pastime. If you’re lucky, you’ll catch a glimpse of one of the most beautiful creatures these waters offer — dolphins. Some people actually believe the superstition that a dolphin sighting predicts good luck.

According to Ryan McAlarney, assistant husbandry curator, North Carolina Aquarium at Fort Fisher, the most commonly observed and recognized marine mammal in southeastern North Carolina is the bottlenose dolphin (Tursiops truncatus). This species, found along the east coast of the U.S., is composed of different “stocks,” or subsets of the same species, which occupy smaller geographic regions. Sometimes, he says, it’s difficult to determine which stock a specific animal belongs to. In the lower Cape Fear region, we can see animals from estuarine, resident and migratory stocks.

Asked what dolphin facts most people might not know, Ryan says, “A dolphin’s dorsal fin does not always have the clean silhouette that we may picture in our minds. Throughout its life, an accumulation of nicks and notches, particularly on the trailing edge of its fin, can leave a dolphin with a distinctive profile.”

Researchers collect images of these fins and have used these unique features to identify and track individual dolphins, sometimes for decades. The images are also shared with other scientists through an online dorsal fin catalogue. Ryan doesn’t suggest people approach and photograph dolphins. Scientists who conduct this research require permits from the federal government.

Some other fun facts about dolphins:

Because they need to be conscious to breathe, they can’t fall fully asleep. They rest one half of their brain at a time and get a total of about eight hours of sleep a day. You can learn more about unihemispheric slow-wave sleep (that’s what it’s called) here: https://en.wikipedia.org/wiki/Unihemispheric_slow-wave_sleep.

Dolphins can swim three different ways: resting at the surface with their blowholes above the water, resting on the floor of shallow water and rising to the surface occasionally or swimming very slowly and occasionally surfacing to breathe. Speaking of water, while dolphins can dive almost to depths of almost 1,000 feet, most don’t spend much time deep diving. The majority of them live in fairly shallow water and spend most of their time in waters less than seven feet deep.

The gestation period for dolphins is about a year. When born, the calf learns to breathe and swim within minutes, but stays with its mother for about three years. A dolphin’s lifespan is about 20 years.

According to a website on North Carolina beaches (www.ncbeaches.com/Features/Sealife/Dolphins/), the size of dolphins ranges “as small as four-feet long and 90 pounds for the Maui’s dolphin to as large as 30 feet long and almost 10 tons for the orca whale (which is actually a species of dolphin rather than whale).”

Dolphins live in communities, or pods, whose numbers range in size. They also hunt with pod members. According to the website: “Through communication of clicking, squeaking, (called echolocation) and the use of their remarkable eyesight, they can capture fish,
shrimp, and squid, which they will catch with their teeth.” The website says a dolphin doesn’t chew its food, preferring to swallow it whole once it has been caught. “The average dolphin eats about 14 pounds of food a day, but some dolphins have been known to eat up to 30 pounds in a single day, the website notes, adding, “A dolphin has two stomachs that serve different purposes: food is stored in one stomach and digested in the other.”

It may be hard to figure out the difference between a dolphin and a porpoise, but one of the most important differences is length. Porpoises are shorter and stouter than the average dolphin. And while a porpoise's teeth are shaped like spades with blunt tips, dolphin have longer, sharper teeth. A dolphin also has a very clearly defined beak; a porpoise's jaw is set into its head with no protruding beak.

Their personalities differ, too. Dolphins are social and outgoing compared to the shy and withdrawn porpoises, which may be seen traveling alone. Dolphins often use echolocation for idle chat while porpoises use it only when necessary.

It turns out dolphins are pretty smart, too. According to an article on the Whale and Dolphin Conservation website (us.whales.org/whales-and-dolphins/brain-power), “Research and observations in recent years have revealed that whales and dolphins not only have the ability to learn as individuals, but those individuals can then pass their new knowledge onto others. This is a rare intelligence in the animal kingdom.”

So, how can we help preserve these beautiful, smart, unihemispheric slow-wave sleeping creatures? According to Ryan at the aquarium at Fort Fisher, the National Oceanic and Atmospheric Administration has a dolphin SMART program that aims to promote responsible stewardship of wild dolphins:

- Stay back 50 yards.
- Move away cautiously if dolphins show signs of disturbance.
- Always put boat engines in neutral when dolphins are near.
- Refrain from feeding, touching or swimming with wild dolphins.
- Teach others to do the same.

You can make a dolphin sighting a teachable moment by sharing these facts that adults, children and grandchildren may enjoy: www.natgeokids.com/uk/discover/animals/sea-life/dolphins/#1/register.
Meet your future with confidence.

Take the first step toward peace of mind in retirement with our exclusive Confident Retirement® approach. I'll help you understand how you can cover expenses, live the lifestyle you want, be prepared for the unexpected and leave a legacy. Call me today and learn how you can live more confidently today and tomorrow.

Lohff and Nelson
A financial advisory practice of Ameriprise Financial Services, Inc.
910.616.8232
8509 E. Oak Island Dr, Ste 2
Oak Island, NC 28465

Beth Nelson,
MBA, CFP®, ChFC®, CASL®
Financial Advisor
Senior Vice President
beth.nelson@ampf.com

David Lohff,
CFP®, CRPC®
Financial Advisor
President
david.lohff@ampf.com

Ameriprise Financial

The Confident Retirement approach is not a guarantee of future financial results. Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser. © 2016 Ameriprise Financial, Inc. All rights reserved. (8/16)
Summer is not officially here but as all of us in southeastern North Carolina know, the calendar has little to do with how HOT things get. The theater scene here often heats up this time of year, as it will this year. Three very different shows will grace area “stages” in the coming weeks. I hope you will be able to take them all in.

**Thalian Hall Opera House Theatre Company** will open the summer with the beloved Lerner and Loewe classic “My Fair Lady.” The musical adaptation of George Bernard Shaw’s wonderful tale “Pygmalion” is certain to delight audiences young and old. Songs like “I Could Have Danced All Night,” “Get Me to the Church,” “I’ve Grown Accustomed to Her Face,” “The Street Where You Live” and “The Rain in Spain” will provide ample opportunity to sing along. The show opens June 6 and runs through June 24 at Thalian Hall. Tickets are available at www.thalianhall.org, at the box office at Thalian Hall or by calling at 910-632-2265.

Based on the Gilbert and Sullivan classic, “The Mikado,” Brunswick Little Theatre will stage the up tempo, jazzy “Hot Mikado.” All the same characters are there, Yum-Yum, Lord High Executioner and the rest, but the songs are different. The show will run Thursday, June 14 through Sunday, June 17 at 7:30 p.m. except for Sunday, which will be a 3 p.m. matinee. The show will feature one of St. James’ favorite performers too, Rasa Love. For ticket information call 910-447-2586.

Last year the Thalian Association aptly took up the challenge of staging “Mr. Roberts” on the fantail of the U.S.S. North Carolina. After all, the grand lady was nicknamed “The Showboat” during her initial sea trials. The production generated tremendously enthusiastic responses throughout the run. Even today I receive comments from folks telling me how much they enjoyed the show and the setting. I was privileged to be part of the cast of that show and it was an exceptional experience — although it was HOT.

The Thalians will be back aboard “The Showboat” again this year. Opening June 29 will be the acclaimed stage production of “The Caine Mutiny Court Martial.” Based on the Herman Wouk novel the play only presents the court martial. The movie, starring Humphrey Bogart, Jose Ferrer, Van Johnson, Fred McMurray and a host of others, presents the events leading up to the mutiny in “real time.” The stage version does not have that luxury. Instead the audience is immersed in the court martial and learns the “facts” as they are presented and so they only have the testimony on which it may reach conclusions. The show will run weekends from Friday, June 29 through Sunday, July 15; all shows are at 8 p.m. There will be a special July 4 presentation that will begin at 7 p.m., making way for the Wilmington fireworks show. Patrons are welcome to stay for the display. Tickets are available at www.thalian.org.

While the beach is great and golf is....well golf, I hope you’ll be able to catch one of these local productions.
• Live with greater flexibility and financial peace
• Enhance your retirement with an extra check each month
• Reserve line of credit to use as you like

Southern Comfort Homes, Inc.
Design Center Location
4701 Southport-Supply Road, Suite 1
Southport, NC 28461
910-454-8604
www.SCHomesNC.com

Building in St. James for over 10 years.
Call for a Tour of Homes & Design Center.
Parade of Homes Diamond Award Winner.

Our latest Model is Up and Coming at 3859 Fairhaven Dr.
Drive by “Southern Ways” to Check Progress!

Southport, North Carolina
www.jsatterwhite.com
jack@jsatterwhite.com
910.457.6901

BUILDING homes designed FOR YOUR FUTURE.

• Building in St. James for over 15 years.
• Unlimited licensed N.C. builders, No Hidden Fees, licensed real estate agents, an interior designer and licensed landscape contractor all on staff.
• FOR SALE 3859 Fairhaven Drive, located in St. James Plantation

Parade of Homes Diamond Award Winner
Recently, two free diabetes screening events were offered in Brunswick County. The results indicated 50 percent of the tested individuals had prediabetes.

“This is alarming,” said Marjorie Lanier, the Diabetes Prevention Program Coordinator for the YMCA of Southeastern North Carolina. “The national average of adults with prediabetes is one in three, and our event found one in two adults with prediabetes. The good news is that adults with prediabetes have a great opportunity to reverse their condition through small lifestyle changes.”

Risk factors for prediabetes include a family history of Type 2 diabetes, being overweight, lack of physical activity or being over the age of 45, just to name a few. Being over the age of 45 should hit home with most St. James residents.

The Centers for Disease Control and Prevention (CDC) states that 26.9 percent of the Medicare population has diabetes, and half of all Americans over age 65 have prediabetes. Because this disease places people at high risk for severe complications, preventing or delaying the onset of diabetes must be a national priority.

Complications associated with diabetes are quite concerning — heart disease; eye damage; stroke; kidney damage; skin infections; limb amputations; nerve damage; high blood pressure. Diabetes is also very costly. Spending for Medicare beneficiaries with prediabetes and diabetes is estimated at more than $2 trillion over the next 10 years, including $1.7 trillion in federal spending.

The CDC and the American Medical Association (AMA) are working together to prevent Type 2 diabetes (formerly known as adult-onset diabetes or noninsulin-dependent diabetes). The AMA is committing expertise and resources to help prevent Type 2 diabetes and improve outcomes for patients with diabetes. Their efforts include collaboration with the CDC and YMCA to increase physician screening and testing of patients for prediabetes and to increase referrals of at-risk patients to national diabetes prevention programs.

"Half of all Americans over age 65 have prediabetes."

Additionally, the AMA and CDC recommend that physicians screen patients for diabetes using the CDC Prediabetes Screening Test or the American Diabetes Association Diabetes Risk Test, which are available at these websites: doihaveprediabetes.org/ and www.diabetes.org/are-you-at-risk/diabetes-risk-test/.

Individuals can access these sites to self-administer simple diabetes risk screening tests. Prediabetes and diabetes can be diagnosed by physician-ordered blood tests.

Developing Type 2 diabetes does not automatically occur after a diagnosis of prediabetes. For some with prediabetes, early treatment can return blood glucose levels to a normal range, and research shows that risk for Type 2 diabetes can be significantly reduced.

Be proactive. Consider accessing the diabetes risk screening tests and contacting your physician to discuss your personal risk for prediabetes. Your doctor will help you determine the need for testing or referral to a diabetes prevention program.

Bottom line — know in which 50 percent you stand.
Compare Our CD Rates

<table>
<thead>
<tr>
<th>Duration</th>
<th>APY*</th>
<th>Minimum deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-month</td>
<td>1.95</td>
<td>$1000.00</td>
</tr>
<tr>
<td>1-year</td>
<td>2.15</td>
<td>$1000.00</td>
</tr>
<tr>
<td>3-year</td>
<td>2.90</td>
<td>$1000.00</td>
</tr>
</tbody>
</table>

* Annual Percentage Yield (APY) effective 05/07/18. CDs offered by Edward Jones are bank-issued and FDIC-insured up to $250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

Call or visit your local financial advisor today.

Teresa A Carroll
Financial Advisor
4961 Long Beach Road
Suite 6
Southport, NC 28461
910-457-6644

www.edwardjones.com
Member SIPC
How old is old?  By Fred Ammann

The question “How old is old?” came up at one of our weekly ROMEO (Retired Old Men Eating Out) sessions, when Bob, one in our group, told us he has a 32-year-old grandchild. Now considering that everyone at the table was plus or minus a few years either side of 70, and the rest of us have grandchildren ranging in age from five months to just out of college, we decided that Bob was, well, old.

Let’s face it; if you live in St. James, it’s more than likely you’re old. The age requirement for membership in the American Association of Retired Persons (AARP) is 50, and it would be safe to say that most of us inside the gates are eligible for membership. To that 20-something who serves your senior coffee at McDonald’s or the high school student who takes your senior-discounted ticket at the movies, you fit the bill.

Pete Townshend, the guitarist for The Who, penned the famous line in the 1965 hit, My Generation — “Hope I die before I get old.” A few years back, he recanted that hope as he approached his seventh decade. “I think 70 is more like 30,” he said. “I don’t think I’d be happy passing right now.”

Similarly, Jack Weinberg, while a leader of the Free Speech Movement at University of California, Berkley during the height of the 1960’s student protest era, said, “Never trust anyone over 30.” Today, he’s 78.

I’m starting to think that cultural references can help define “old.” There’s a fine line between those who grew up in the Eisenhower, Korea and Elvis period, as opposed to the Kennedy, Vietnam and Beatles era. Right now, people are moving to St. James who are even less old — and in some cases, were just starting kindergarten during Woodstock. Yikes!

My wife, Janice, has a different take. She says old is not age, but attitude. That’s why she listens to Pink and Ed Sheeran — to help stay young-at-heart.

Because I stick with the Rolling Stones, Motown and 50-year-old songs, she classifies me as a curmudgeon.

Janice and her group, who call themselves the Adventure Ladies, have an attitude lifestyle. Some of their outings have included white-water rafting, zip-lining and being tossed on a banana boat. During their annual scavenger hunts (when they terrorize local communities), they’ve wheeled each other through Walmart in shopping carts and ordered takeout on piggyback at a drive-thru. Their Wacky Sports Carnival featured a 10-woman relay, each sprinting 20 yards while wearing flippers. They’re forever finding ways to channel their inner 13-year-old spirits.

I guess that “old” is really a matter of personal perspective; what your state of mind is or where on the timeline you might fit. Perhaps one octogenarian put it best when he said, “The older I get, the older old is.”

In any event, I have decided to stop using the word about someone’s age. So, Bob, along with my other friends and acquaintances, from now on you’re just older.
Daytrips are a great way to expand your world view and still land in your familiar home (and bed) at the end of an experience-filled day. Here at Cat-Tales, we love a good field trip. When we go on one, we’ll share what we see and learn in case you want to visit, too.

Our version of the trip isn’t the only one possible. It’s simply the one, for one reason or another, we chose. Daytrip criterion is that we can travel and return in a day to an interesting location and explore what makes it unique.

For our first daytrip, we chose New Bern, located about two hours from St. James in Craven County, at the confluence of the Neuse and the Trent rivers. We did the trip in a day. But you may want to plan an overnight trip to enjoy the city at your leisure.

**History**

New Bern, 87 miles northeast of Wilmington, is the second oldest European-American colonial town in North Carolina (after Bath). It served as the capital of North Carolina from 1770 until the state government relocated to Raleigh in 1792. Aside from its quaint city center with shops and restaurants and its lovely river views, perhaps New Bern’s greatest claims to fame are its architecture, its role in the Civil War, the founding site of Pepsi-Cola and The Governor’s Palace, also known as Tryon Palace.
The city was settled in 1710 by Swiss and Palatine immigrants led by Christoph von Graffenried. He named the settlement after Bern, the capital of Switzerland. The Tuscarora Indians had earlier lived along New Bern’s riverbanks in a village they called Chattoka.

The city had a pivotal role in the Civil War. In the 1862 Battle of New Bern, Union General Ambrose Burnside captured New Bern, closing a port through which the Confederate soldiers could slip supplies. In March of that year, General Ambrose landed 12,000 troops along the Neuse River, 15 miles south of New Bern, where they marched upriver to face 4,000 Confederate troops. When the Confederate lines collapsed, Union gunboats steamed into New Bern.

After President Abraham Lincoln’s January 1863 Emancipation Proclamation, slaves in Union-occupied territories were declared free and more freedmen came to the Trent River camp for protection. Some 4,000 freedmen from North Carolina enlisted in the U.S. Colored Troops to fight with the Union for their permanent freedom. The New Bern Battlefield Park is located five miles outside the city and includes more than 30 acres of the original battlefield. It is listed in the National Register of Historic Places.

Architecture
Several residences, stores and churches dating back to the 18th century are in New Bern’s four historic districts, also listed on the National Register of Historic Places. More than 150 of these homes and buildings are within easy walking distance of the waterfront.

Thirty years after New Bern was founded, four large lots on the north side of Pollock Street were designated for religious purposes. A church built on one of the lots, and a corner lot used for a school was later moved and reorganized. It’s called New Bern Academy and it still exists. The City Hall site was purchased in 1891 from Christ Church and originally constructed as a federal courthouse, customs office and Post Office. This Romanesque Revival building, completed in 1897, is today the only one of its kind in the area. James Knox Taylor later designed the clock tower as it stands today, including the large Seth Thomas four-faced clock.

Tryon Palace and the North Carolina History Center
Tryon Palace is a living museum showing how the city was governed and operated in its early days. Self-guided museum tours are not available – guides must escort you through the palace. Check tour times to ensure they meet your needs. You may, however, get a ticket for the gardens, which can be visited on your own.
Originally completed in 1770, Tryon Palace was the first permanent capital of North Carolina and was home to the Royal Governor, William Tryon. After a fire destroyed the building in 1798, the palace and grounds were rebuilt, restored and reopened in 1959. It was one of the grandest public buildings in the colonies.

The palace is staffed by costumed guides and working craftspeople such as Don Ingraham, who showed us what would have taken place in the blacksmith shop of yesteryear. Marilyn Staley, who moved to New Bern from Ellicott City, Maryland, works in the palace gift shop and said she loves the history of the city.

The North Carolina History Center offers rotating exhibitions, waterfront dining, shopping, rare artifacts and a wide variety of interactive historical activities. We didn’t have time to visit the center, but it’s on our next New Bern to-do list.

Dining
Dozens of restaurants offer a wide variety of gastronomical fare in New Bern. We chose one because photographer John Muuss recalled a restaurant he’d gone to and enjoyed more than a dozen years ago. The Baker’s Kitchen, at 227 Middle Street, offered good home-cooking at reasonable prices, and the service was great.

Pepsi-Cola formulated in New Bern
Originally created and developed as Brad’s Drink, the caramel-colored soda pop was renamed Pepsi-Cola on August 28, 1898, and then as Pepsi in 1961. According to Wikipedia, “The drink Pepsi was introduced as ‘Brad’s Drink’ in New Bern, North Carolina, United States, in 1893 by Caleb Bradham, who made it at his drugstore where the drink was sold. It was renamed Pepsi-Cola in 1898 after the root of the word "dyspepsia" and the kola nuts used in the recipe. The original recipe also included sugar and vanilla. Bradham sought to create a fountain drink that was appealing and would aid in digestion and boost energy.”

The drink was marketed as “delicious and healthful.” Later its marketing slogan would be “Pepsi-Cola Hits the Spot.”

Did you know that between 1922 and 1933, on three separate occasions, the Coca-Cola Company was offered the opportunity to buy the Pepsi-Cola Company? It declined every time.

Other things to do in New Bern
You won’t get bored in New Bern. Shops and restaurants, tours of the city, museums and a host of activities are available. Check out travel websites and read reviews to find sights that suit your fancy.

Editor’s note: Some of the websites used for the information in this article include: www.newbern-nc.org/visitor/city-history/, www.history.com/this-day-in-history/battle-of-new-bern-north-carolina, and www.visitnewbern.com/tryon-palace/
READY.

Our team is ready to help before, during and after any disaster. Protect your home. CALL TODAY.

StateFarm

Josh M London, Agent
1112 E Cutlar Crossing Ste 104
North Carolina
Bus: 910-383-1303
josh@joshinsuresme.com

Will Rogers, Agent
4330 Southport Supply Rd., Unit 202
Southport, NC 28461
Bus: 910-477-6530
will.rogers.uyiq@statefarm.com

Carolina CUSTOM Closets

"Smart and Affordable Luxury"

910-253-9745
Locally Owned and Operated
Call for a Free Design Consultation
Or Visit Our Showroom.
www.CarolinaCustomClosets.com
4320 Southport-Supply Rd., Ste 400 Southport

COASTAL COSMETIC FAMILY DENTISTRY
BOLIVIA | OAK ISLAND

(910) 550-2334

ADVANCED TECHNOLOGY
Compassionate Care
GENERAL | COSMETIC | PREVENTIVE

Smile...Today.
James W. McCriskin, DO, cardiologist, is welcoming new patients at NHRMC Physician Group – Cape Fear Heart Associates’ Southport location.

NHRMC Physician Group

Call for an appointment 910.662.9500
3009 Medical Plaza Lane, Southport, NC 28461

nhrmcmathgroup.org
Fulford Heating & Cooling
910-842-6589
www.FulfordHVAC.com

2018 Customer and Employee Appreciation Luau
Come celebrate with the Fulford team till the sun goes down!
Put on a grass skirt and do the hula dance!
Fun contest and games for all ages. Live music, karaoke, food and drinks
Saturday June 23.
11 Am to 5 PM
172 Ocean Highway East
Supply NC 28462

Please RSVP by June 20th
to kaytied@fulfordhvac.com
Or call 910-755-6587
BUILT TO A HIGHER STANDARD
American Standard Heating & Air Conditioning

FREE service call with major repair.
Repair examples:
Compressor, Coil, Expansion Valve
*Coupon must be mentioned prior to the time of service.
** Expires 7/30/2018

Kent Homes
A SMARTER WAY TO A LUXURY HOME

NEW HOMES AVAILABLE IN THE HAMMOCK!

Located between the gated SeaSide entrance and the SeaSide Club, lot/home packages are still available starting in the high $300s. Models are open!
Contact Carol Hobbs 910-619-0777 carol@kenthomes.net
for details and to schedule your tour.

Winner of the Guildmaster Award for the past six years for their continued commitment to Excellence in Customer Service. Kent Homes has an overall recommendation rate of 97%, one of the highest in the industry. Kent Homes strives to maintain the most satisfying homebuilding experience possible.

Hammock

Go to www.guildquality.com/kenthomes to see what their home owners are saying.
When it comes to your health, having access to the best care in a convenient location is a must. That's why Novant Health Oceanside Family Medicine in Southport has moved to a new location at Pine Forest Plantation and changed our name to Novant Health Family Medicine Pine Forest.

From routine check-ups to injuries and illness, our providers are trained to care for every member of the family, from infants to seniors. And with special conveniences like extended hours, same-day sick appointments, online appointment scheduling and MyChart, a free electronic health management tool, we'll make your care easier than ever. We're accepting new patients and can see you soon.

Visit our website at NovantHealth.org/familymedpineforest or call 910-454-4032 to schedule an appointment.