We moved to Sandpiper in October of 2001 and this past July we visited Ground Zero for the first time. The last time that we had been at the site of The World Trade Center we were celebrating my birthday and stayed at the Hilton Millennium overlooking the 16 acres of the financial district where the World Trade Center buildings once stood. It was a majestic view and in my mind’s eye I will never forget watching the ships and boats passing behind each building as they traveled up and down the Hudson River.

All of that changed on September 11, 2001. At 8:46 a.m. (EDT), American Airlines Flight 11 from Boston to Los Angeles crashed into the north tower of the World Trade Center. Seventeen minutes later, United Airlines Flight 175 crashed into the south tower. At 9:59 a.m. the south tower collapsed, followed at 10:28 a.m. by the collapse of the north tower. In and around the twin towers there were 2752 deaths.

In remembering that day, we also mourn the 189 people who died when American Airlines Flight 77 left Washington Dulles Airport and crashed into the Pentagon at 9:47 a.m.. At 10:03 a.m. United Airlines Flight 93 was brought down in a field near Shanksville, Pennsylvania when another 44 people were killed.

It is hard to believe that this September 11th will mark six years since that day.

Continued on Page 2

By Fran Hecht

THEN AND NOW

On September 11, 2001, I was working as a consultant for Robertson Aviation, after serving 43 years with the Federal Aviation Administration, testing, installing and approving Air Traffic Control systems. I left my office in Washington, DC on my way to the Radar sight at Martinsburg West Virginia to inspect the installation of a new Air Traffic Control system. I was almost at my destination when the news broke about a plane crashing into the Twin Towers, then the news of the second plane. My blood ran cold when I heard that American Airlines Flight 77 out of Dulles crashed into the Pentagon. That was a routine flight from Dulles to Los Angeles that I had flown many, many times during my career with the FAA. When I arrived at the Radar sight I assisted in securing the Radar system and the sight. I continued to try and reach Mary but to no avail. I arrived home and several hours later Mary got home safely. For the next several days and weeks I worked at tracking down my colleagues and friends who worked at the Pentagon and in the FAA New York Office. The only thing I could give was my friendship and my prayers.

It has been six years since that terrible day. I am still very close to my FAA family. I have come back home to my Southern roots. I am blessed that my sister and brother-in-law retired and moved to Sunset Beach, and that I have a loving family and friends. Life doesn’t get much better than this.
Continued from Page1

Dubbed “Ground Zero” after September 11, 2001, workers removed all remaining debris and started surveying work on March 13, 2006 of the WTC Memorial and Museum. The Freedom Tower is the centerpiece building of the new World Trade Center Complex. The original World Trade Center was built to the height of 1776 feet as a reference to the year of the American independence. In the aftermath of the destruction, following the clearing of 1.6 million tons of debris, Ground Zero is now an ant hill of activity. After a number of design changes, The Freedom Tower will more closely resemble the character of the fallen towers.

These photos show what is happening today at the site and although there is an overwhelming feeling of sadness walking in and around the area, there is also a great deal of hope and promise that filters through.

“Man is a creature of hope and invention, both of which belie the idea that things cannot be changed”
- Tom Clancy
September 11, 2001 was a beautiful, clear, crisp day. I worked for the Federal Aviation Administration (FAA), Executive Office to the Federal Air Surgeon, Washington, DC. I was busy in my office when an employee came to my door to tell me a plane had just crashed into the Twin Towers. I stopped what I was doing and went into the conference room where a television was showing the events unfold. At first I thought it was a traffic helicopter that had crashed into the Twin Towers. The reason that I thought that was because a few weeks earlier while I was attending a meeting in the Twin Towers, I was astonished to see us looking down on traffic helicopters while lunching at the Windows of the World restaurant. It amazed me that we were higher than the choppers!

Everyone was glued to the television, when all of sudden we saw the second plane go into the North Tower. At that moment I knew we were under attack and the plane that went into the North Tower was no accident. Stunned, I went to the rest room to gather myself, and found myself comforting a young lady that was crying hysterically. I took the young lady outside to get some air. As we were rounding the corner of the building I overheard two men say that a bomb had gone off at the Pentagon. I looked up and saw black smoke coming from the direction of the Pentagon. I quickly escorted the young lady back into the building, passed her off to one of her colleagues and hurried back to my office. In a few minutes we were given the order to evacuate. By this time there was a lot of hysteria and crying. I worked with the other managers to evacuate the floor and pair people together that did not know how they could get to safety. Once the floor was cleared and secured, I went to the Federal Air Surgeon’s office to see what needed to be done next. I was there only a few minutes when a senior manager from Accident Investigation came in, and announced that the FAA building had been identified as a possible target, and that the Federal Air Surgeon needed to report to the “Safe House”. The words that the building I was in was identified as a possible target changed my world. I am not sure how long it took Dr. Jordon to pack up and leave, but I was out of there like a shot. I was standing outside no carpool, no safe building and no way home. As I started to put some distance between the building and me I ran into a colleague who was visibly shaken, and in the same boat as me. I told her that together we would figure it out. We headed away from the Federal Buildings and stopped at a hotel to see if we could get some updated information. There were about 100 people there all gathered around the televisions. In that crowd I spotted Sam my carpool driver. After several hours we were able to get the car and come home. The sights I remember the most were the hordes of people walking over the 14th street Bridge, and the heavy smell of aviation fuel in the air as we drove by the Pentagon.

The next morning and for many mornings after that, even though everyone was nervous and apprehensive we all came back to work. We worked long hours and weekends. We worked though the heartaches and tears, and did what needed to be done. At that time we were all one FAA. There was not one person I worked with that was not either personally or emotionally touched by this terrible act.

Now, I live in paradise with wonderful friends and family. Unfortunately, my innocence is gone; my false superior attitude that no one would ever attack Washington, DC, or a big city in the United States is gone. The world as I knew it has changed forever. I now understand how my parents must have felt when Pearl Harbor was bombed. However, I now love my family and friends harder, I don’t go to bed mad, and I will never forget the thousands of innocent people that gave the greatest sacrifice; their lives. Most of all I am truly thankful for what God has given me everyday.
The Ladies’ Book Club met on August 29th to discuss the book *Three Cups of Tea* the story of one man’s mission to fight terrorism and build nations...one school at a time by Greg Mortenson and David Oliver Relin.

There was certainly a difference of opinion on the chief character of this non-fiction book. A few book club members thought that he was a hero for building schools for girls throughout Afghanistan while the majority thought that he was an egotistical, attention seeking family neglector. The consensus among the Book Club members was negative. Interestingly enough, if you go to [www. Amazon.com](http://www.amazon.com) where you can purchase the book, there are over 300 reviews of the book which are overwhelmingly positive. I guess this proves once again that beauty really is in the eye of the beholder.
I am one of 6 children born to a family at a time when it wasn’t uncommon for families to have lots of children, often born in quick succession. I remember being 4 years old and sharing in the excitement as my 3 older siblings returned home from the first day of school. There was big news: the teacher said my older sister and brother were twins - what a surprise! Somehow it never occurred to my parents to mention it to us before?! 

By Pat Sheridan

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Mac Berenji
It was the sixth year for the Annual Dragon Cub which was held on August 30th and 31st. The two day event featured a two man team best ball on day one and head to head individual match play on the second day. Eighty four ladies and gentlemen participated in making this a successful community event.

The matches were played at Sea Trail on the Maples and Jones courses. A luncheon followed play on the second day and the Dragon Cup Trophy was awarded to the Mighty Dragons. The Common Dragons have held the trophy for the past two years.

Congratulations to Paul Tessein and his staff for their time and hard work in making another successful Sandpiper Bay Outing.

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It has been another highly successful year for the morning water aerobics classes at the pool. Each weekday morning between 8:00 am -9:00 am you may have noticed several dozen women being led in a water aerobics class by their favorite Sandpiper Bay Water Aerobics Instructor, Lila Korpela. Lila has a large repertoire of exercises performed with water weights and colorful "noodles", which provides a very strenuous workout for everyone. There is no charge for Lila's classes and her pupils truly appreciate her dedication, good humor and fun classes. To express their appreciation, the class held a party after a recent Friday morning session and presented Lila with a small token of their appreciation for her hard work. Classes will continue until well into the fall season, as long as the weather and water stays warm.
If anyone is interested in joining the class, just show up any weekday at 8:00!

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USA Olympic Synchronized Swimming Team looking strangely similar to the Sandpiper Bay Ladies morning water aerobics class.

---

Esther Williams
hurricane WATCH indicates that a hurricane is near enough that everybody in the area covered by the “Watch” should listen for subsequent advisories and be ready to take precautionary measures in case hurricane warnings are issued. Watches are usually issued 24-36 hours in advance of landfall. A hurricane WARNING indicates that a hurricane is expected in a specific coastal area in 24 hours or less. When a hurricane warning is issued, all precautions should be taken immediately. If the hurricane's path is unusual or erratic, the warnings may be issued only a few hours before the beginning of hurricane conditions.

What you should be doing during a hurricane "watch" and “warning”

FOR A HURRICANE WATCH:
- stay tuned to a local radio or television station or listen to your NOAA Weather Radio
- assure the six basics you should stock in your home are ready: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.
- secure lawn furniture and other loose material outdoors
- wedge sliding glass doors to prevent lifting from their tracks
- turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly
- make your own check list of things you'll want or need to do
- gather important papers in a protected place
- review evacuation plan

FOR A HURRICANE WARNING:
- stay tuned to a local radio or television station or listen to your NOAA Weather Radio
- check your 72-hour disaster survival kit (use the checklist) and assure everything is in readiness in one place
- bring pets inside
- move valuables to upper floors if in flood prone area
- leave mobile homes if directed to
- secure garage and porch doors
- fill clean containers with several days supply of drinking water
- if told to evacuate, turn off electricity and water, tell someone outside the storm area where you are going, take pre-assembled emergency supplies, warm protective clothing, blankets and sleeping bags, lock house
- during the storm - stay inside, away from windows, preferably in an interior room on the lowest floor, keep a supply of flashlights and extra batteries handy, fill bathtubs with water that will not be used for drinking.

Click below to link to the National Hurricane Center website.
www.noaa.gov/
Celebrating the full moon and the end of summer, the usual suspects of Sandpiper Bay headed to the beach to enjoy one of our area’s most valuable assets, Sunset Beach. It appears a good time was had by all.

Sandpiper Wildlife

OK..... maybe Kermit wasn’t really here, but his cousin was!

“Fine Dining” for an alligator
Jim and Lydia Wiseman along with the help of some of their neighbors hosted a breakfast to benefit the Lifestyle Committee on Sunday August 19th. The menu included fresh made pancakes, sausage, scrambled eggs, coffee, juice, and egg casserole for only $4.00. Proceeds after expenses were donated to the Lifestyle Committee. Many thanks to Jim and Lydia for organizing a great community breakfast!
Congratulations to John Winship who managed a hole in one on Piper #8 on Wednesday August 22nd.

Congratulations to Tom Headman on his hole in one on the Sand course #6 on Sunday August 26th.

Congratulations to Dick Cross on his hole in one on the Sand course #6 on Wednesday September 5th.

Congratulations to Linda Townsend, Helen Mc Cormack, Shirley Kelleher, and Pat Hannigan on placing among the winners in a recent tournament sponsored by Calabash Presbyterian Church!

“The reason the pro tells you to keep your head down is so you can’t see him laughing.”
-Phyllis Diller

“Golf is a game in which you yell “fore”... shoot six... and write down five.”
-Paul Harvey

“I have a tip that can take five strokes off anyone’s golf game. It is called an eraser.”
Arnold Palmer

The ladies of Sandpiper met for their August lunch at the Bonefish Grill in Myrtle Beach. Check our community calendar for information regarding this and any other community events.

Pat Hannigan and Arlene Hernandez

Patty Kuhayda and Sandy De La Cruz

www.localendar.com/public/ch/sandpiperweb
The World Amateur Handicap Championship took place the week of August 27th on some of the finest golf courses in the Myrtle Beach and surrounding areas, including Sandpiper Bay Golf & Country Club. Some 3800 participants from all over the world competed and enjoyed the finest this area had to offer. The men from Sandpiper who participated were Mike Donovan, Don Moore, Bob Bryce and Lou Zotter.

Lou Zotter, played in the Super Senior Men grouping, consisting of over 100 men in his flight. Of the 50 states, only Alaska was not represented.

Day one found Lou playing Wild Wing in Myrtle shooting an 83, coming in tied for 31st place. Day two Lou played Myrtle Beach National Southcreek and shot a 79, moving up and tying for 9th place. On Wednesday Lou played The Thistle and shot a 75 placing him a solid 4th place. The last day he played The Pearl- West & shot a 78 ending up in 5th place. This year’s experience was fulfilling and enjoyable and gave the competitors a slight glimpse of what the professional golfers go through.

The finalist from every flight went on to play at the Grand Dunes Golf Resort on Friday August 31st & the first place winner was a woman with a handicap in the 30’s. According to the list of past champions, she was only the 3rd woman to win in the 24 year history of the World Amateur Championship.

The Sandpiper men had a great time and feel that there will be a large representation from Sandpiper playing in the tournament next year.
Scientists think marinades might help reduce the amount of unhealthy compounds formed during the meat cooking process. These (COPs), cholesterol oxidation products may raise the risk for cancer and other diseases. One study looked at marinating pork in a sugar-based soy-sauce, this seemed to cut the amount of COPs formed during cooking.

**BLACK BEAN LUAU SALAD**

Combine 1 can (20oz.) Dole Pineapple Chunks, drained, use this juice for the marinade

1 can (14oz.) black beans, rinsed and drained
1 1/2 cups cooked white or brown rice
1 medium red pepper, chopped
1/2 cup chopped celery
1/2 cup chopped green onion

Pour 1/2 cup fat free or light honey Dijon dressing over salad, toss to coat. Serves 6. You can also add 1 1/2 cups of cooked cubed left over Teriyaki chicken breast to make this a good portable lunch

**HAWAIIAN DELIGHT**

Combine 1 can (20oz.) Dole Pineapple Chunks, drained, use this juice for the marinade

1 can (14oz.) black beans, rinsed and drained
1 1/2 cups cooked white or brown rice
1 medium red pepper, chopped
1/2 cup chopped celery
1/2 cup chopped green onion

Pour 1/2 cup fat free or light honey Dijon dressing over salad, toss to coat. Serves 6. You can also add 1 1/2 cups of cooked cubed left over Teriyaki chicken breast to make this a good portable lunch

“A person who trusts no one can’t be trusted”

Jerome Blattner

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**Helpful Hints from Aggie**

*Remove bugs and tar from cars without damaging the paint by applying a light baking soda paste on a damp cloth. Let it set for five minutes before wiping off the dead bugs and then rinsing clean. Also use to clean chrome trim, bumpers, and hubcaps.*

*Make your own car wash solution. When washing your car, use 1 cup of this solution per pail of warm water. Combine: 1/2 cup liquid detergent, 1/4 cup baking soda, 1 gallon water.*

*Clean car ashtrays with baking soda to make your car smell fresh. In fact, leave a half inch of baking soda after bottom of the car ashtray to control future cigarette odors.*

*Sprinkle baking soda on vinyl seats and scrub them clean with a damp sponge. Rinse with a clean, damp sponge.*

*Use baking soda to clean your hands if they are smelly after pumping gas. Sprinkle some right on your hands and wipe them clean with a damp paper towel.*

*If you are faced with the results of car sickness, clean up what you can off the affected area, then cover the area with baking soda to neutralize the odor, neutralize the acid and absorb remaining moisture. Later you can vacuum and shampoo the area.*

*Keep a shaker or box of baking soda in your trunk or glove compartment to have available when the occasion arises! Use it as a compact inexpensive extinguisher for a fire---yours or another's.*

---

**SBMGA**

In August, with greater than forty participants, the 'Beat the Pro' tournament was a huge success for the amateurs as Richard was only able to beat eight challengers and the winners received a Sandpiper Bay 'Beat the Pro' towel to commemorate their victory.

September brings four major events for the SBMGA— the third mid-week President’s Cup Qualifier, the Sandpiper Bay Club Championship, the Brunswick Cup competition at Oak Island Golf Club, and finally the Member-Member tournament. This is in addition to the Monday and Wednesday competitions.

Having a hot summer has made our course maintenance crew work extremely hard to keep our course in great condition. Many thanks to Jay and his crew for their efforts as they continue to make our course a very pleasant test of golf.

We have also had a successful year in the number of ‘Holes-in-One’ as we have had five so far this year where in the past we averaged two a year. Now that we have ‘Hole-in-One’ insurance as part of our dues it seems that more of us are going for the pin.

Fall golf at Sandpiper Bay is a great experience and the SBMGA plans to exploit it to the maximum!

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“Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, it is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good.”
- Vaclav Havel

The Joke is on Ed

By Ed Schamp

A woman stopped by unannounced at her son's house. She knocked on the door, then immediately walked in. She was shocked to see her daughter-in-law lying on the couch, totally naked. Soft music was playing, and the aroma of perfume filled the room. "What are you doing?" she asked. "I'm waiting for John to come home from work," the daughter-in-law answered. "But you're naked!" the mother-in-law exclaimed. "This is my love dress," the daughter-in-law explained. "John loves me to wear this dress. It excites him to no end. Every time he sees me in this dress, he instantly becomes romantic and ravages me for hours on end. He can't get enough of me." The mother-in-law left. When she got home, she undressed, showered, put on her best perfume, dimmed the lights, put on a romantic CD and lay on the couch waiting for her husband to arrive. Finally, her husband came home. He walked in saw her lying there so provocatively and asked, "What are you doing?" "This is my love dress," she whispered. "Needs ironing," he said. "What's for dinner?" Visiting hours will be on Monday from 2 to 4 and 7 to 9 at the Rest Assured Funeral Home.

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Now is the time to pull your heat and drought stressed annuals from containers and beds, freshen the soil and plant mums in their place. Look for mums that are still in bud form and not full flowers they will adjust to replanting and provide beautiful blooms Wait till Oct. to plant your pansies

PREVENTING POWDERY MILDEW

You will want to spray the leaf surface of susceptible ornamentals with fungicide to prevent or contain late summer outbreaks of powdery mildew. Crape myrtles, lilacs, flowering dogwoods, garden phlox, aster, bee balm, hydrangeas and roses are prone to this disease. Neem oil works very well in the prevention and control.

DIVIDING BULBS

Now is the time to divide your over grown bulbs Most can easily be cut right down the middle with the blade of your shovel. Dividing your bulbs will help the growth of new blooms and provide for healthier plants for next Spring.

LAWN CARE

Mid to late September is a good time to feed your lawn with fertilizer to strengthen it for the winter months ahead If weeds are a problem you will need to use a weed and feed product.

ON Friday, September 7th, members of the Sandpiper Bay Ladies Book Club traveled down to Debordieu Clubhouse to have lunch and hear Kim Edwards, author of The Memory Keeper’s Daughter speak. This book, which has been on The Best Seller’s List for 63 weeks, was read and discussed at one of their Book Club meetings

“When a man finds no peace within himself, it is useless to seek it elsewhere.”
- L. A. Rouchefolicauld

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L-R Phyllis Roche, Bev Sarkisian, Jackie Bridge
enjoying lunch at Debordieu
Summertime – it brings family gatherings and friends visiting (or maybe you go to see them!?). This is my seventh summer living in Brunswick County, and I really enjoy the beach scene, especially the people watching, adoring the darling quick-stepping sandpipers and the seagulls as they look for their treats.

As the years fly by, we residents see the growth around us especially when Memorial Day arrives and continuing until after Labor Day when all the vacationers come flocking to enjoy the summer along the shores of our coastal beaches. Several years ago I thought “here come the vacationers” as soon as Memorial Day arrived. By late summer I would comment, “Can’t wait until the summer is over and we get back to normal”.

Yes, we see the congestion on our roads, beaches and the food markets, especially on Saturdays – many times items depleted from the shelves. A few times this summer I made the mistake of going into one of the food markets on a Saturday. I listened to families shopping in groups and heard their confusion over “where is this or that food item?” Then they would be talking about somebody’s birthday in two days and what they should get for his or her special day. I would hear them going over their list several times, watch them take an item from the shelves and they still couldn’t decide what to get. I’d get the biggest chuckle thinking to myself, “Maybe I should have offered to make dinner for them and deliver to their beach house?” Hey that’s not a bad idea!

I’ve watched as our local beaches have gotten overcrowded. In July making my jaunts to Sunset Beach, there were times I couldn’t get over the crowd. It was like bumper to bumper bodies, chairs and blankets.

Alas, though summer is a nice time of the year, before we know it, summer of 2008 will be history. Hope this summer was pleasant for all!
Momma didn’t say, “EAT YOUR PEAS, AN APPLE A DAY WILL KEEP THE DOCTOR AWAY, and BEANS! BEANS! THE MAGICAL FRUIT for nothin’.

Did you know The American Cancer Society, The American Heart Assoc. and The American Diabetic Assoc. recommend 25 -35 grams of fiber daily from varied sources.

Well most of us have already heard this but REALLY, WHAT does that mean?? Fiber, in my opinion, is one of the easiest ways for us to help our body regain and stay healthy.

STUDIES HAVE SHOWN you can; Reduce your risk of Colon Cancer, Lower your cholesterol level, (balances the HDL & LDL) Feel fuller with less food, and lower the glycemic index

Fiber is found in plant sources: Grains, beans, fruits and vegetables. Just switch out white (refined) rice and flour for brown (that’s whole grain wheat, oat, bran and barley).

1 cup of cooked barley = 8.80 grams of fiber, you can add it to soup. Add fruit (raspberries or blueberries) to that Bran or shredded wheat cereal in the morning. Most of the Bran cereals(1/2 cup) are over 4.00 grams of fiber and 1 apple or pear, or ½ cup blueberries or raspberries are 3.00- 5.00 grams respectfully. Beans are fabulous and you can easily add them to salads, soups and stews. Kidney, white, and pinto are best 4.30 – 6.40 grams respectfully. (1/2 cup cooked)

Vegetables, most are great but to add the most fiber use baked white or sweet potato (2.50 & 3.00 grams). Brussels sprout, broccoli and peas (3.0, 3.6, & 4.0 grams for ½ cup cooked)

A very important reminder, however, if you increase your fiber you MUST have adequate water intake to prevent (yes, I must say this) CONSTIPATION! Adequate water is ½ ounce for each pound of body weight.

Stay healthy;
Sharon Millar, RN, CNHP

Resources used; Elaine Newkirk, ND., CNHP.
Total Nutrition, Joyce Bauer, MS., RD
Many people in Sandpiper know that I spent many years teaching in Camden NJ, the most dangerous and poorest city in the US. About a month after Sept 11th we had the first of a series of bomb scares in our school. The day that it happened an announcement was made to evacuate 850 students from pre-school to 8th grade and walk them to the nearest elementary school about 8 blocks away.

We walked silently in line to the small gym of an old building. We sat the kids on the floor, the bigger kids facing the little kids and sang songs for 2 hours. No one talked, no one fought, and hardly anyone asked to go to the bathroom, all of which is very unusual in any kind of a school let alone a large inner city school with middle schoolers in it. After we got back to our building I asked one of the older kids why they were all so good. His reply was like I was crazy or something and he said, “Ms. Roche, we were scared”. Then it hit me as to what September 11th did to kids.

PS: We had 17 more bomb scares that year and the fear that gripped the children into behaving within days of 9-11 was soon forgotten and they returned to their normal ways. Maybe that was a blessing.

By Phyllis Roche
You love facts and figures and use them throughout your work and personal life. You love to work and enjoy being of service to people. You enjoy working with details - just don't forget to check out the big picture now and then. You can become obsessed with your mind so remember that you need to be healthy physically and spiritually too.

Try and avoid criticizing others or moaning too much - life is not that bad. You are probably quieter, gentler, and generally more reserved than your friends. You enjoy the finer things in life, are usually well dressed and may enjoy fine food and drink.

You can find it difficult to express your emotions and because of your inhibitions you may have chosen to stay single. All is not lost and there is hope for you. If you believe in yourself and fear rejection less then you will find it easier to relate to others and enjoy a more fulfilled emotional life. You prefer a partner who is polite and restrained.

Virgo Aug. 24th—Sept. 23rd

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<td>27</td>
<td>Debbie Allsbrook</td>
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THANKS to every person who contributes to this newsletter! We appreciate that sharing your precious time and talent is a gift to the community.

Comments? Suggestions? Articles?
E-Mail us at thesentinel@atmc.net