

New Friends' Favorites updated 10-12-15

The New Friends is a group of women that meet monthly at the POA on the second Tuesday of each month. This list was compiled based on suggestions from the group. It is not meant to be an all-inclusive guide to area businesses, or in any way to reflect the opinion of all members, but an informal list that might be of use to those new to the community.

Health & medical professionals

Allergist- Dr. Danny Douglas, 843-399-9033, Seacoast Medical Center (LR)

Cardiologist: Dr. Gavin Leask, Pee Dee Cardiology Assoc., 843-390-0877 (LR)

Dentist- Ocean Isle Family Dentistry Laura Douna DDS, PA, 910-579-6999; Dr. Aaron Ward, 910-754-4507 (Shallotte), Little River Dental, 843-663-1033 or 1027 (Rt. 17 S, NMB); Dr. George Jones (SB), Dr. Lyn Styers 910-575-2909 (Calabash); Dr. Fanning, (Calabash); Dr. Deeb & Fanning, (Calabash); Dr. Cox; Frederick Williams, 910-754-6718 (Shallotte); Alex Rakos, General Dentistry 579-0464, Calabash; Dr. Richard Young, Periodontist, 843-272-2536 (NMB); Coastal Cosmetic Dental Association, LR;

Dermatologist –Dr. Richard Hussey, 843-449-9140 (MB), 910 363 7512 or Dr. Thomas Braza (910) 755-5015 (Supply, NC); Dr. Robert Bibb, Waccamaw Dermatology (843) 449-0453 (MB);

Doctor's Walk In: Doctors Care in Little River 843-249-0003

Eye Care –Optometrists: Caugh Eye Care, WalMart Vision Center, NMB, 843-281-8181, Dr. Mark Saunders, 910-754-9687 (Shallotte), Dr. Kathy DesLauriers, Vision Square, 910-754-2020 (Shallotte); Dr. Fouad Allouch, H. Rubin Vision Centers, 843-663-3311, (NMB, SC); (Shallotte); Dr. Jason Diamond, 843-390-0058, Eye Associates of Little River (LR); Dr. Tiffany Le- Shallotte (Walmart)-910-754-3358

Eye Care –Ophthalmologists, Surgeons, Specialists: Jonathan Ply, MD. Atlantic Eye Associates, Ophthalmologist, Murrells Inlet, SC, 843-651-8200; Dr. Alan Brown, Ophthalmologist, (Cataract surgery), Surgical Eye Care, 910-755-0033, (Supply, NC); Dr. Robert Brownlow, Wilmington, Retina Specialist, Cape Fear Retina, 910-332-3560 (Wilmington); Dr. Moshures, Ophthalmologist, (Shallotte); Dr. Shawn F. Riley, Ophthalmologist, (843) 449-6478 (MB); Dr. Charles Doering, Coastal Eye, Retina Specialist, 843-280-8779 LR; Dr. Mary Elizabeth Price, Glaucoma Specialist, Carolina Glaucoma, Supply (910) 341-0011

General family doctor/internist: Dr. Patrick Ryan, Calabash Medical Center: Shea Beloff, P.A., Ann Cough, P.A., 910-579-7971 (Calabash); Grand Strand Senior Center North (LR); Rogers S. Walker, 843-280-8333 (LR); Dr. Jose Armonio, 843-479-1441 (Murrells Inlet); Dr. Christopher Isenhour, Oceanside Family Medicine, 910-754-4441 (Shallotte); Dr. E. Denise Whidby, 843-663-2100 (NMB)

Gynecologist Dr. Tracey McCarthy, Novant Health ObGyn, 910-721-4050 (SB), Dr. Christine Roberts NMB; Dr. Amy King, 843-839-4996 (MB); Wilmington Health, (910) 343-1031

Hospital/Medical Center –Closest: Seacoast Medical, X-rays, Mammography, emergency care (LR); Novant Health, Brunswick Medical Center, 52 Physicians Dr. Supply, NC
Other hospitals: Cape Fear Hospital –major surgery, hip replacement, etc. (Wilmington); New Hanover Regional Medical Center –heart and bones (Wilmington) Grand Strand Regional Medical Center -open heart surgery, knee replacement, etc. (MB); noted as #1 Heart care in SC and #5 in the nation; Cancer care, Duke UNC, Durham, NC.

Orthopaedist: Dr. James Merritt, 843-236-3222 knee specialist (MB), Dr. Richard Leighton, 910-575-5800 (Supply); Dr. Jack Bowling, 5035 Wrightsville Ave. Bldg G, 791-4492 (Wilmington); Dr. Mark Foster (back specialist), 910-457-4789; Donald R. Johnson, MD or Steven Poletti, MD. Southeastern Spine Institute, Mt. Pleasant, SC (back conditions) 843-849-1551, or 800-432-0274

Physical Therapy: Brunswick Physical Therapy Associates, OIB, (910) 575-2775; NMB Physical Therapy, River Hills Medical Center, LR

Podiatrist Seacoast Podiatry Assoc., - Dr. Richard Moore or Dr. Bradley Cooper, LR, 843-390-1333 (LR); Dr. Scott Hamilton 843-449-8079 (LR);

Urologist – Dr. Glenn Gangi, 843-399-9696 (LR); Dr. Brian Roberts, Dr. Richard W. Young, and Dr. William Bogache, Grand Strand Urology, 843-280-5151, (LR); Dr. Shore-Atlantic Urology Clinics, MB, SC 29572, 843-449-1010

Veterinarian- Dr. Ernest Ward, (910) 579-5550 (Calabash); Trudyenne Swanda, St. Francis Animal Hospital, 843-249-1988, (LR, SC); Animal Hospital of NMB, 843-272-8121;

Business Directory and People to Contact:

Accountant/taxes- Thomas B. Gutierrez, CPA, P.H., Calabash, 910-579-1040

Attorney-Douglas Baxley, 888-719-1712 (Shallotte); Cynthia D. Smith, 910-579-1711 (OIB, NC); Andrew Olsen, Wilmington NC (elder law, estate planning, wills, health care proxy, power of atty) 910-254-0599.

Air Conditioning ... Kool Freeze, David, 910-470-6753; Smith's A/C in Shallotte; Sandpiper H&C, 910-579-1497

Auto dealers- Jud Kuhn Chevrolet (LR); Quality Ford (Whiteville, NC)

Auto repair shops-Jim's Car Care, 575-1175 (OIB); Southern Coast Collision (auto body), 754-3820, (Shallotte); Doran's Transmission Services, 910-755-7600 (Shallotte, NC); Calabash NAPA, Route 179. Calabash.

Bakeries: Crumb Buns Bakery, NMB, SC, 843-663-0886; Cakes by the Sea (cakes, cupcakes), LR; Calabash Deli, Calabash; Indigo Farms (makes pies), Calabash, Route 57; Sugar Confections, (Shallotte)

Bookstores- local: (independent) Pelican Book Store (SB) Barnes & Nobles, Market Common, (MB); Phil's at the flea market, (LR); Used books: Azio Media, Smith Street, (Shallotte); Books n' Stuff, Long Beach Rd., (Southport); Books a Million (several locations: 800 Coastal Grand Circle (MB), Colonial Mall (MB), and 10125 Highway 17 Bypass (Murrells Inlet);

Books, specialty: Authored children's books made to include child's name, local author: Lynn Darby, 910-579-7526 www.LynnDarbyCreations.com

Brickwork (for driveway walls)- Exotic Concrete, Travis, 910-664-0140

Cabinets and Countertops: Calabash Woodworks, Robert Mabe, 910-398-5343 (Calabash)

Carpet cleaning-Stanley Steemer, 800-783-3637; Livingston-843-249-1848; Hardee's Carpet Cleaning, NMB, 843-446-4623; Fowler's KleenRite, 910-653-5536

Computer Systems: Vaughn MacEntee, (910) 575-7515

Concrete driveways: Universal Concrete, MB, (843) 458-0987; Exotic Concrete, Travis 910-664-0140.

Consignment/thrift -Bloomin' Gail's (Calabash); Goodwill (LR) senior discount on Wed, Calabash Volunteer EMS Thrift Store (benefits Brunswick County community services), Calabash, Sheltered Treasures (benefits Providence House, an emergency shelter for teens).

Contractor Terry Smith, 910- 575-0110 (OIB)

Dog groomer-Joyce Frank, Pet Salon, 843-249-5888 (LR); Primp my Pooch, LR

Doors & Windows- Coastal Transformations (Murrells Inlet, SC)

Dry cleaners-Love's (Calabash)

Electrical- Ridgeway Electric (910) 579-6490(Shallotte); Coastal Mechanical Electrical (910) 579-6290, (Shallotte)

Fabric/crafts-Michaels (MB); and AC Moore (MB); Wal-Mart, (Shallotte); Rose Arbor Fabrics, (MB); Hobby Lobby, NMB

Favorite stores: Belk (senior discount 1st Tues. of month), TJ Maxx; Steinmart; Marshalls

Fine china: Tanger Outlets; Home Goods;

Nice dress clothes: Island Breeze (SB)

Flea markets- North Myrtle Beach Flea Market, (Rt. 17, NMB); Hudson Flea Market (Surfside Beach); Everything Under the Sun-NMB

Floor Coverings –AAA Carpet & Floor Covering, Inc (Carpet, Tile, Laminate, Vinyl, Elderado Stone), 910-579-8686 (SB); Williams-locations in North and South Carolina-910-452-5792

Florist- Simply Unique Flowers & Gifts, 910-575-7555 (Calabash); Calabash Florist & Co, 910-579-2837(Calabash)

Funeral home- Brunswick Funeral Home (Shallotte); Lee's-Longs, SC 29568 (843) 390-2527

Gift Shop: Callahan's Nautical Gifts, (Calabash)

Gifts, Specialty items: handcrafted gifts, for birthdays, babies, brides and more, Lynn Darby 910-579-7526, www.LynnDarbyCreations.com

Gutters- Water Way, Seamless Gutters, Inc. 910-754-3336, (Shallotte)

Hair Salon- Totally Chic (Calabash); Cutting Corner, (Calabash), La Coquille Hair Design (Calabash); Touch of Class, (Calabash), Spa Rituals, OIB

Hair stylists: Linda Barton at Beauty Sense (Shallotte) 754-4422; Sami, Cutting Corner, (910) 579-5940; Karen Hilditch, CS, 910-209-2782 (will come to your house); Ashley May (Brass Pineapple, 301-643-7983); Karen Hardee (Totally Chic 910-579-1035, Calabash); Jane, Spa Rituals, OIB, 910-575-5435.

Heating & Air- Dave (CS) 910-470-6753

Home Repairs/Handyman/Fix-it - Mike and Gwen Poffenberger, JMG Home Repair Co. 910-393-9924 (all kinds of inside and outside work, i.e. power washing, painting, floor tiles, etc.), (Oakbark Ct. CS Dean Shemanski 910-579-9779); Jade Leuc, Above and Beyond, 910-209-6311 (Home remodel, flooring, tile, carpentry, stonework, roof repairs and replacement, decks)(CS); Jim Roberts, 910-620-4943; Mr. Lee (landscaping, tree cutting, pressure washing, painting, home improvements, horticulture repairs), 910-363-7512

Housekeeper/cleaner - Maureen Cook, 910-612-5737; Jackie Oepen, 910-471-3140

Insurance agents-Sam Carr, Blue Cross, (Southport, NC); Cindy Leonard Farm Bureau Insurance, 910-754-8175 (Shallotte)

Kitchens & Cabinets Refacing and new -Kitchen Tune-Up (MB) (843) 839-0517 or (910) 399-7292

Landscapers, Tim Farmer, Tim Farmer Landscaping, Inc. OIB (910) 754-9631; Mr. Scott Kaufmann, Greenwise Lawn Care, Loris, SC (843-716-1900); Ken Mills 910-279-3439

Lawn care- Impeccable Lawns, OIB, 910-209-1063; Ken Mills, 279-3439; Loving Lawn Care, (Long, NC); Danny Leath, Lawns by Leath, 843-458-0156 (Surfside); Steve and Amy Glison, 910-233-5702

Libraries- Hickmans Crossroads, Calabash, Little River Library & North Myrtle Beach Library (much easier to get new releases and no fees for interlibrary loans, but an out-of-state fee \$20. @ year for a library card)

Malls: Coastal North Town Center, (NMB); Barefoot Landing (NMB); Myrtle Beach Mall (MB); Broadway at the Beach (MB); Coastal Grand Mall, (MB); Market Commons (MB)

Outlet malls: Tanger on 17 NMB; Tanger on 501 MB

Massage Therapist: Michelle Dyer, CS, 910-575-0682

Movie Theaters- Coastal Cinemas 10 (Shallotte); Carmike Colonial 12, NMB (Myrtle Beach Mall, near Bass Pro)

Nail Care: Serenity Nail Care and Day Spa, (910-579-7878, Thomasboro Rd., Calabash; Friendly Nails, Calabash, 910-575-5466

Newspapers : Brunswick Beacon, To submit articles: <http://www.brunswickbeacon.com> (submit news); Sun News (Myrtle Beach area), <http://www.myrtlebeachonline.com>

Painting: Ben's Painting, Ben Bruno, Phone is 910-287-3372; JMG Home Repair Co. 910-393-9924; Roger, 516-768-7209.

Pest Control- Jim Roach, Professional Pest Elimination, Inc. 1-800-813-4790, 238-9995; -Strand Termite and Pest Control Company, 843-249-2619, (NMB); Allied Pest Control 579-9655

Pet supplies- PetSmart, (MB); Petco, (NMB), Ace Hardware, Pet Shop, Calabash

Places of Worship-Little River United Methodist (LR); St. Brendan's Catholic, Rt. 17, (Shallotte); First Baptist Church, 843-249-2442 (NMB); Reform Jewish Temple-Temple Shalom 162. 4023 Belle Terre Blvd Myrtle Beach, SC 29579. Phone 843-903-6634.

Plumbing- -American Plumbing, 843-280-9770 (LR); Budget Plumbing, Andrew Banjak-910-579-8393 (SB)

Post Office -Ace Hardware back of store (lowest postal package rate if mailing north) Calabash; Full service: Sunset Beach, NC; Little River Post Office (lowest postal package rate if mailing south

Power Washing: JMG, Gwen & Mike Poffenberger, 910-393-9924; Mr. Lee, 910 363 7512. Ocean Spray, Shallotte (910-200-6662);

Realtor/real estate agent- Marlene Cleary, Century 21, 910-575-1962 (CS); Frank Saubers, Coldwell Banker Seacoast Realty, 910-443-3566

Roofing (and cleaning roofs), Roof Doctor, (910) 575-0350

Seamstress: Halla Cramer, 910-579-9449

Theater- Stage Left Theater, Market Commons, MB; Theatre of the Republic (Conway, SC); Grand Strand Senior Center (MB); Coastal Carolina University

Tree Services, Tree Removal: Carlisle Tree Service, 910-754-6513, or 910-842-9817; Billy's Stump Grinding, 910 232 7818.

Yardwork (handyman): Henry, 843-333-5362; LeRoy, 910-274-6638

Activities

Adult Education –Brunswick Community College (Supply); BCC satellite campus (South Brunswick Islands Center, CS; For Continuing Ed course listings (Choices): <http://www.brunswickcc.edu/about-continuing-education/>

Art group/painting lessons Sunset River Marketplace, LR, Adult Education (Choices)

Beaches/beach parking-Sunset Beach; Cherry Grove

Bingo-Elks (Calabash); American Legion Post 186 (Wed. at 12:00, Sun at 6:00 p.m.) Little River

Casino gambling 2 Gambling Boats (Sun Cruz, Big M Casino) in LR

Bowling-CS Bowling League plays at Little River Alleys (LR); Planet Fun, Shallotte, NC; 710 Bowling and Recreation Center (Bocce, skiddle ball, Basketball, Bowling, ping pong, etc) NMB

Exercise gym/fitness center-NMB Aquatic & Fitness Center, (NMB); LifeQuest, (LR)

Favorite golf courses- Carolina Shores, Sea Trail, Sandpiper Bay, Meadowlands, Thistle

Fishing- Sunset Pier (SB); free fishing Vereen Gardens (NC/SC border)

Free things to do- At our POA: swim, tennis, bocce, picnic area; walk on Sunset Beach (go to Kindred Spirit mailbox), Myrtle Beach boardwalk, Vereen Gardens (walking trails), LR.

Golf lessons- Martin Sludds, 910-368-5669, CS; Lori's Golf Shoppe, 910-575-0871 (Calabash)

Grandkid activities Local Library; Fort Fisher Aquarium & Fort, Southport, NC; Children's Museum in MB, SC & OIB, NC; Miniature golf; Planet Fun (Shallotte); 710 Bowling (NMB); Ingram Planetarium 910-575-0032 (SB); Ripley's Aquarium (Broadway at the Beach, MB); Alligator Adventure, (Barefoot Landing, NMB); Broadway on the Beach; Museum of Coastal Carolina, (Ocean Isle Beach); Sea Screamer 843-249-0870, mbdolphincruises.com, (Mineola Ave, LR);

Major attractions: Ripley's, MB Boardwalk, Water parks & Amusement parks in MB; Broadway at the Beach (fun shops and rides)

Organizations & clubs- VFW, Elks, American Legion Ladies Aux,(Calabash)

Quilting-Carolina Shores POA group; Brunswick Quilt Guild; Little River Quilters, Berry Center in LR, 1st Friday of month

Rentals of kayaks, boats- Water skis- Summertide Kayak, 910-520-9503 (Sunset Beach); Conway Kayak Tours, Conway (closed Sundays), 843-488-0999

Sports teams/Baseball games - BBT field; Pelicans, NMB, Coastal Carolina University baseball, basketball, soccer (Conway)

Things to do with guests: Visit Conway (River Walk, shopping, kayaks, river boat tours); SC Tobacco Museum, Mullins, SC; Wine tasting and winery tours (La Belle Amie, LR (check for festivals) and Silver Coast Winery, OIB; Museum of Coastal Carolina, OIB; Ingram Planetarium, SB

Day trips-Georgetown; Charleston, SC (historic sites, carriage rides and tours, plantation tours, aquarium, Patriot's Point, Fort Sumter); Wilmington, NC (USS North Carolina, Cape Fear Museum, walking tours); Southport, NC; Brookgreen Gardens (Pawley's Island)

Restaurants & Food Services

American-Provision Company (Southport); Grapevine (Calabash)

Best Happy Hour Greg Norman's Australian Grill (NMB); Captain Poo's (NMB, Cherry Grove); Filet's (LR); Flying Fish Market & Grill, 4-7 (NMB)

Breakfast Sunrise Pancake House; Purple Onion, 755-6071 (Shallotte); Elks (Calabash), Bagel Dock, (Calabash), VFW(Calabash), American Legion, (Calabash); George's (Calabash); Little River Deli (Rte 9 LR); Castaways, OIB; Inlet View, (Shallotte)

Bars-Elks (Calabash); Martini's (NMB);Sea Captains House (MB)

Catering- Art Catering/Purple Onion,910-755-6071, Shallotte; The Butcher of Brunswick, 910-287-6999, OIB; Little River Deli (Rte 9 LR , SC)

Chinese - New China 910-579-0889, or 910-579-0900 (Near Food Lion, CS); Ocean Garden Buffet, (MB); China Buffet, Shallotte; Osaka Buffet (Chinese/Japanese) MB 843-839-5959

Favorites: Chianti South (LR), Bonefish (NMB), Grapevine (Calabash); Parson's Table (NMB), Gravy's, Duffer's (Shallotte); Oscar's (NMB), Boundary House (Calabash); The View, (Brick Landing), OIB

Fine dining Martini's (NMB), Filet's (LR); The Library (MB); SeaBlue (NMB); Sea Captain's House (MB); Thoroughbred's (MB); Chestnut Hill (MB); Greg Norman's (NMB), Ruth's Cris Steakhouse, (MB), The Brentwood (LR), Clark's (LR)

Fondue: The Melting Pot, 843-692-9003, MB

French: The Brentwood, LR

Greek: The Fat Greeks Restaurant, NMB

Italian: casual: Papa's Pizza (LR), Cozy O's, LR, Pizzeli's, LR; Tony's (Calabash) Capriccio's (MB); **Italian: formal:** La Cucina, SB; Chianti South, LR: Pomodoro's (MB); Villa Tuscanna (NMB); Ciao (MB); Benny Rappa's Trattoria, 843-361-1056 (NMB);

Japanese/Sushi- Tomo Hibachi Japanese Steak House (OIB); Miyabi Kyoto Japanese Steakhouse, 843-651-4616 (Murrells Inlet)

Jamaican-Sugar Shack, OIB

Lunch- Calabash Deli, Calabash, 910-579-9801; Patios, Mineola Drive, LR waterfront, Midtown Bistro (NMB), La Cucina (SB), Purple Onion (Shallotte); Little River Deli (LR); Bagel Dock, Calabash, NC.

Pizza -Papa's Pizza, next to Lowe's, LR; Christopher's Pizza (next to Food Lion), Tony's Pizza, Calabash; Bella's (Calabash); Joey O's (OIB); Gino's (NMB)

Polish: International Kitchen, LR

Seafood- Benjamin's (MB); Captain George's (MB); Sea Captains House (MB); Bonfish Grill (NMB), Oceanic, Wrightsville Beach (near Wilmington). Calabash style: Calabash Seafood Hut (great for takeout); Captain Nance's, Calabash waterfront; Ella's of Calabash (Calabash); Captain John's, Calabash, (good senior menu); Dockside, Calabash

Tea- Calabash Garden Tea Room & Gift Shop (Calabash, NC)

Other things to know

DMV (motor vehicle) 5296 Main St. 910-754-5358 (Shallotte, NC); To get your license: make sure you bring your Social Security card and review the booklet of NC Motor Vehicle laws

Good ideas to share with newcomers: Try different clubs; join a church; volunteer in local schools, hospitals, and communities

Job openings-SC-Go to Costal Workforce Center (Conway); NC-Employment Security, <http://www.ncesc1.com>; 1-800-768-5627; Jobs Now, <http://www.jobsnow.nc.gov/>

Tips about turning 65/retiring: Senior discounts at Kroger's (Main Street in North Myrtle); Go to SS office in Whiteville, not Wilmington. (Closer and less crowded); join AARP