



Psychotherapist Dr. Terrie Sweeny



Founding Members
Connie Browne and Jo Swann

Women's Club Member Shares Widow's Concerns

By Veronica Stanley

The meeting of the Pine Knoll Shores Women's Club on May 23 featured member, Dr. Terrie Sweeny, speaking about "Moving on After the Death of a Spouse." Living alone is different. It takes getting used to after 60 years of being responsible for others. The freedom gives one the ability to do exactly what one wants, when one wants, without consulting anyone, but it must be done missing one's life partner. She stressed the importance of forgiving yourself for any mistakes or misunderstandings of the past because those things cannot be changed. It is extremely important to have all financial affairs in order so that the transition to the new life stage will go as smoothly as possible.

It is difficult enough to do what must be done when one is grieving without the complications of poor or missing records, etc. Living alone in the present, one must recognize and adjust to living a different way. A new stage of life needs to be dealt with constructively. Terrie explained how psychologist Abraham Maslow's hierarchy of needs helps us understand ways that can help one deal with a loss. Maslow has described these needs which can provide a model for someone in this stage of life. After basic physiological and safety needs are met, a person can now move on to fulfill higher needs such as those in the cognitive and aesthetic areas. After those needs have been addressed, it is possible to go up to the higher points on the pyramid including self-actualization and finally transcendence. Dr. Sweeny ended her talk with a smile that she claimed was the result of her work in moving on with her life as a widow.

During the business meeting, P K S W C founding mothers, Connie Browne and Jo Swann, were honored and members voted for 2008-09 officers. The club does not meet during summer months. Meetings will resume in September. All women living in Pine Knoll Shores are welcome to join.

What's Happening in Beacon's Reach

By Charlie McBriarty

Summer arrived early with record setting high temperatures through out most of this part of the country. Though Pine Knoll Shores did not reach triple digits, it was still hot during the two weeks prior to the official start of summer. The recent addition of summer flowers and tropical plants along Coral Drive has benefited from this early start of summer. Those traveling on Murex Drive get a full sampling of the beauty of the flower beds at both ends of the parkway and cannot help but notice three new palm trees on the approach to Coral Drive. It is one of the prettiest times of the year and the landscape will remain that way throughout the summer thanks to the irrigation system which is a positive by-product of Beacon's Reach wastewater treatment facility.

The Beacon's Reach 30-plus year old wastewater treatment plant will soon be replaced by a state-of-the-art plant in order to comply with current water treatment standards of the North Carolina Division of Water Quality - the agency that oversees the facility. The overall cost of the project is estimated at \$2.7 million and will be financed over 20 years from a loan made by a local bank.

The process of replacement is slated to begin later this summer. The first stage in this process will be the removal of the concrete tank that was the first of the three tanks that currently make-up the facility. This concrete tank was built for the original Clam Digger Inn. Later, as Beacon's Reach was being developed two additional steel tanks were added to the facility. At the conclusion of the summer tourist season, the concrete tank will be taken off-line and demolished. This will be the site of the new plant. Elements of the new plant have been ordered directly from the manufacturer with expected delivery in late October or November. Construction and installation is expected to be completed in April or May 2009.

The costs associated with the wastewater treatment facility are borne by the owners of living units connected to the system. For the past eight or nine years the owner cost for the service has been approximately \$30 per month. To pay off the bank loan a

rate increase proposal will be forwarded to Public Utilities Commission. Once the new facility is completed and the rate increase is approved the new rate is expected to total about \$70 per month.

In other news, Lake Egret was the scene of a recent "fish kill." In late May, hundreds of fish of various species and sizes were washed ashore. Such a "fish kill" is attributed to one of three causes; low oxygen levels in the lake, introduction of chemicals on or adjacent to the water or high ammonia levels of the lake itself. All three of these are currently being explored. In the meantime all aerators will be activated 24/7. Preliminary reports from landscaper and lake maintenance personnel have found no unusual uses of chemicals in or around the lakes. Water samples have been sent to determine the ammonia level in each of the three lakes. A high ammonia level is often the cause of fish kill in overstocked lakes or ponds, since the waste of fish, turtles and other inhabitants of lakes has a high concentration of ammonia. Hopefully the investigation currently underway will identify the specific culprit.

Other bodies of water scattered throughout Beacon's Reach may have caught your attention. A series of colorful streamers have recently been installed above many of the swimming pools. These streamers seem to be in constant motion and that not only adds a bit of color but also seems to significantly reduce the number of ducks flying into the pools. Human patrons of the pools hope this technique effectively steers the ducks away from the pools.

Members of two condo associations have taxed themselves so that important renovation of their facilities can be undertaken. Westport IV is in the early stages of a \$1 million project involving residing, trim replacement and replacement of external lighting and plumbing. Westport IV units K and L are the first to receive this up-grade. Work on units M thru T will get underway this fall. Ocean Grove West is the scene of the other renovation project. Here the ocean-side decking, walkways and steps are being replaced.



Around Town... with Linda Stauch

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Mondays at 4:30pm
Wednesdays at 8:00pm
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Sundays at 9:00am

FOX - TV 8
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The Topic for July:
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