



Tips for Home Safety

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## Bogue Banks Master Beach Nourishment Plan

By John Brodman

*This is the second part of a series of articles about the state of the beach in Pine Knoll Shores. The final part of the series, scheduled to appear next month, will discuss ownership of the beach, setback requirements and paying for beach nourishment.*

The first installment of this series, "State of the Beach, 2014," published in last November's *Shoreline*, drew heavily on the detailed annual survey of the state of our beach conducted by the Carteret County Shore Protection Office (SPO). That survey, known as the "Bogue Banks Beach and Near-shore Mapping Program," outlined the recent and longer-term combined effects of erosion and beach nourishment on the quantities of sand found on the beaches of Bogue Banks, the landward and seaward movements of the shoreline itself and the average annual background erosion rates experienced by the different "reaches," or sections, of beach along the island. The 2014 survey concluded that the beaches on Bogue Banks were in pretty good shape, primarily as a result of the 13.7 million cubic yards (Mcy) of sand placed on the beaches during nourishment projects since 2001. The report also estimated that Bogue Banks was experiencing an average annual background erosion rate of 3.0 cubic yards of sand per linear foot of beach per year (cy/ft./yr.).

In July 2014, the Board of Commissioners (BOC) in Pine Knoll Shores and in the other towns on Bogue Banks approved a resolution supporting their participation in the Bogue Banks Master Beach Nourishment Plan (master plan, or plan), which is a comprehensive, Carteret County-sponsored, engineering program designed to maintain the health of our beach and stabilize our shoreline for the next 50 years. Formal adoption of the plan was the culmination of more than 15 years of hard work and experience gained from the county's and the towns' many previous "one-time" beach nourishment projects and different permitting and funding mechanisms. This experience led to: (i) the establishment of a Beach Commission/Shore Protection Office to serve as a framework for designing, constructing and managing a Bogue Banks "engineered beach" for decades into the future; (ii) a painstakingly detailed annual data collection and analysis effort to understand the natural and man-made forces at work on our beaches; and (iii) the gradual development of institutional knowledge and experience gained by working with the U.S. Army Corps of Engineers (Corps), the Federal Emergency Management Agency (FEMA), the Environmental Protection Agency (EPA), the Department of the Interior (DOI), the National Oceanic and Atmospheric Administration (NOAA), the state's Coastal Resources Commission (CRC), Coastal

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## File of Life

By Jason Baker, Pine Knoll Shores Fire Chief

No one likes to think about the worst-case scenario, but emergency responders must do so every time they answer a call for help. When EMS crews respond to an individual who cannot supply his or her medical history, including current medical conditions, medications being taken, allergies, etc., they are working at a disadvantage. Having a patient's medical history is key to the EMS responders as they make decisions on treatment and medications they should (or should not) administer. Knowledge of a person's medical history can determine treatment protocols, and it is important that no treatment be given that will conflict with medications already in use or that may trigger an allergic reaction. This information may also provide a clue as to the cause of the current emergency.

So how can a citizen be sure the information gets to the responders should the worst-case scenario happen? The best and most proven way is use of the "File of Life." This File of Life is a handy little magnetic envelope that contains a form that can be filled out with an individual's doctor's name, medical data (including current medications and allergies), emergency contact phone numbers, existence of medical directives and other

**FILE OF LIFE**

KEEP INFORMATION UP TO DATE !!  
Review At Least Every Six Months !  
MEDICAL DATA REVIEWED AS OF MO. YR.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Doctor \_\_\_\_\_ Phone # \_\_\_\_\_  
Doctor \_\_\_\_\_ Phone # \_\_\_\_\_

**EMERGENCY CONTACTS**

Name \_\_\_\_\_ Phone # \_\_\_\_\_  
Address \_\_\_\_\_  
Name \_\_\_\_\_ Phone # \_\_\_\_\_  
Address \_\_\_\_\_

pertinent information. There's even room in the folder to keep a separate list of current medications, which may need updating more frequently than the rest of the information. Once completed, the form folds neatly inside the folder, which can be placed on the refrigerator for emergency responders' use.

The information in the File of Life enables EMS personnel to make decisions quickly rather than having to spend time on the scene trying to gather specific details—which may not be possible if the patient is unable to provide assistance. Even if you live with a spouse or loved one who is aware of your situation, in an emergency he or she may not be your best advocate or may forget an important fact.

In Pine Knoll Shores we encourage folks to stop by the Public Safety Building and pick up a File of Life. Complete and display it *before* an emergency occurs—and keep it up to date. An EMS crew member will go over the form with you and advise you the best way to display it in your home. This tool can save lives—and has done so in Pine Knoll Shores.

**1610 AM PINE KNOLL SHORES RADIO**  
The Pine Knoll Shores Radio Station broadcasts 24 hours a day with weather and emergency info.  
**EMERGENCY - CALL 911**  
**ECC 726-1911 • PUBLIC SAFETY 247-2474**

Standard Pre-Sort Permit #35  
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**THE Shoreline**