



On February 8-9, the Board of Commissioners (BOC) held its annual retreat. We discussed some things large and some things small. I thought that this month's article would be a good opportunity to let you know some of the main things discussed, as some might give you an indication of what direction the town will be taking in 2018. Below is a list of the discussion topics from the retreat.

There were no votes taken on any of these, just direction to the staff to look into them. They are not listed by priority.

**Talking points to justify state beach funding.** Following last year's action by the North Carolina General Assembly (NCGA) to establish a State beach renourishment fund, the BOC asked the staff to put together a list of talking points to send to all of you via email/Facebook/Shoreline. The idea is to ask property owners (particularly homeowners represented by legislators away from the coast) to write their representatives and senators and ask for support. We will look at this in May when the NCGA goes into session.

**Letter to the Department of Insurance (DOI) regarding the requirement for a ladder truck.** Pine Knoll Shores faces a \$1.3M capital expense in about three years for a new ladder truck in the Fire Department. The question we are asking ourselves is whether it is necessary for us to have this equipment when Indian Beach and Atlantic Beach both have ladder trucks in their departments, and they are literally minutes from our borders. With that said, life safety remains the first priority. We are going to ask DOI specifically what the requirement is for a ladder truck.

**Veterans Park enhancements.** We are exploring the possibility of doing two things at the park behind town hall: 1) stabilizing the shoreline on the western finger of land that has a natural trail to the water and 2) consideration of a kayak launch in an area immediately behind town hall. We are looking into an available grant from the Division of Coastal Management for these projects.

**Emergency management for unique events.** When we mention the concept of emergency management, our minds immediately go to hurricanes. The Board of Commissioners asked us to explore the "what ifs" of other disasters such as tornadoes, tsunamis and other natural events that do not routinely happen in Pine Knoll Shores.

**Ambulance option.** In Fiscal Year 2019 we are going to purchase an ambulance. We will investigate the advantages of choosing a higher model (more costly and with a longer shelf life) than what we have used in the past versus the same type of ambulance we have used to before. In addition, we will investigate the advantages/disadvantages of purchasing new versus used. The decision on which way to go will be made this spring.

**Ordinance enforcement.** Police Chief Ryan Thompson is going to look at ordinance enforcement in town, including such issues as cars on the right of way, dogs off leash and other similar town problems.

**Burn pits.** Fire Chief Jason Baker will explore an ordinance change on fire pits, specifically whether we should require screens.

**Community garden.** We are in the exploratory stages of finding an area that may be suitable for a community garden.

**Early interaction with property owners for home construction.** We are going to try to communicate with property owners before they start their design work to ensure they are familiar with our zoning regulations, with the goal of identifying problems before a project is well into the construction phase.

**Public input for strategic plan goals and objectives.** Members of the Strategic Planning Committee were present at the retreat. The committee is planning to improve techniques to get public input for our strategic plans, goals and objectives. Look for outreach from the committee on this in 2018.

**Certification in AARP's network of age-friendly communities.** We are exploring the workload required to achieve this certification for Pine Knoll Shores and whether or not it is the right fit for the town.

**Improving education for recycling/exploration of a recycling ordinance.** The staff is looking to improve our methods to educate the public on recycling in town, with the objective of increasing our tonnage of recycling material and decreasing our tonnage of household garbage. We will review other towns' recycling ordinances to see what we can learn.

**Clearance of vegetation around stop signs and fire hydrants.** Look for clearing of vegetation around town fire hydrants and stop signs this spring. This should be an easy one, but a few folks have put decorative landscaping around these.

PINE KNOLL SHORES

*Women's Club*

**"There is nothing that can replace the human touch."**

—Hippocrates, 460 B.C.

Women's Club member Libby Gallagher has been demonstrating the power of human touch for many years as a certified massage therapist. At the January meeting of the club, Libby shared information on the benefits of therapeutic massage that can act as a complement to traditional healing methods. While it should not be used to replace conventional medical care, or to postpone seeing a health care provider, research points to its beneficial effects on pain and symptoms. The National Institute of Health's National Center for Complementary and Integrative Health is the lead agency for scientific research on the benefits of massage therapy. Over 18 million adults and 700,000 children have sought out massage therapy for a variety of physical, mental and emotional difficulties.

Libby pointed out that there are many modalities, including deep tissue massage and gentle massage—and each has specific benefits. Therapists develop a personal style and apply different methods depending on their client's needs. When living in Wilson, Libby operated a massage institute where she served a variety of clients, including victims of domestic violence and sexual abuse. Over the years her clients have ranged in age from teenagers to a 98-year-old. She has helped those suffering from the effects of cancer, depression, and those who just want to relax and feel good. Libby no longer practices full time, but she has been providing massage therapy sessions at The Country Club of the Crystal Coast on Mondays and Tuesdays.

Massage therapy can help to relieve stress, address anxiety and depression, reduce pain, increase relaxation, and aid in general wellness. When seeking a massage therapist, Libby recommends selecting a therapist that is licensed by the state, has national certification and belongs to the American Massage Therapy Association.

Neuroscientist David Linden states that of the five senses, touch is the most overlooked and perhaps the most important for promoting psychological health. Think about having a massage the next time life starts to get you down.

During the business meeting, committee chairs reported on upcoming events. Members are reminded that the date for the March meeting has been changed from March 23 to March 16 so that Women's Club members can join the Garden Club on their trip to the North Carolina Museum of Art for the "Art in Bloom" exhibit. On March 16, the Women's Club will welcome a speaker from the Mile of Hope organization that provides a fun weekend on the coast on Mother's Day weekend for children undergoing cancer treatment. Elaine Tempel, chair of Cook's Night Out, reported that on the evening of March 16 interested members and their guests will convene at the recently relocated No Name Pizza in Morehead City to sample some Italian specialties. The Wine and Tapas group has been enjoying the new approach to Supper Club and finds the more informal approach very conducive to a relaxing evening. If you would like to join the Wine and Tapas group, contact Susan Johnson at [sjohnsonpks@gmail.com](mailto:sjohnsonpks@gmail.com).

Please join us on Friday, March 16, at 9:30 a.m. at the Pine Knoll Shores town hall for fellowship and updates on upcoming club activities.