

# Keeping Up With the Clerk

By Charles Rocci  
Pine Knoll Shores Town Clerk

Football is back, which means fall is here. Hopefully by the time this article comes out, my favorite North Carolina team will be 3-0. Obviously, this is a different football season than we have been accustomed to watching in years past. It is nice to have some return to normalcy, but the empty stadiums and face masks remind us that we are still fighting the COVID-19 pandemic.

A study came out of the Centers for Disease Control (CDC) in early September that suggested that 94% of COVID deaths have involved individuals with underlying medical conditions. These underlying conditions include heart disease, respiratory disease and obesity, among others. This information does not downplay the severity of the disease, but we should consider ways to stay healthy, especially as the weather begins to turn cooler. The American Heart Association recommends 30 minutes of moderate intensity physical activity at least five days a week for long-lasting cardiovascular health. This could be a walk on the beach, on the trails behind town hall, or a stroll (at a good clip) to check out the new sidewalk on Pine Knoll Boulevard. Along with physical activity, it is important that we take care in how we treat our bodies. A healthy diet and eight hours of sleep can do wonders for your mental and physical health, especially during times of heightened stress, according to the CDC.

With Governor Cooper's Phase 2.5 reopening guidelines now here, we are able to pull back on some restrictions in order to conduct business. See Mayor Brodman's article on page 11 to learn how town hall is adapting to Phase 2.5 changes. Though restrictions are easing, we still need to use extreme caution. We were up to 646 total cases of COVID-19 in Carteret County as of September 14. If we are able to continue to use proper precautions (face masks, social distancing and frequent handwashing) and keep good spirits, Pine Knoll Shores and Carteret County will come out of this stronger than ever.

## Reflective Address Signs Available



Minutes matter in an emergency. To help medical, fire and police responders find your home as quickly as possible, the Pine Knoll Shores Fire Auxiliary is making reflective address signs available. For a donation of \$20, signs that meet the specifications set

out by town ordinance will be made up by a fireman on duty. A post is available for an additional \$10, and a fireman will install it in the proper location for an additional \$10. Visit the public safety building at 314 Salter Path Road to order your sign.

PARC-SPONSORED EVENT

## PKS Fifth Annual Fishing Tournament

By Suzanne Carmel

The annual Pine Knoll Shores Family Fishing Tournament, which is sponsored by the Parks and Recreation Committee (PARC), will be held on October 17. Registration closed on October 1, but all are welcome to come out to McNeill Park from 4 to 5 p.m. on tournament day to see the weigh-in. Please remember to bring a mask and be aware of the 50-person limit for outdoor activities.

Participants will be allowed to fish from the surf, a pier, a kayak or a boat, and those 16 and over will be required to have a current North Carolina saltwater fishing license. To be considered for competition, fish must be in the legal range for each category. Weigh-ins and trophies will be as follows:

- **Adult catch (ages 18 and over)**—red drum, speckled trout, gray trout, bluefish, sea mullet and sheepshead. Winners will be determined by weight in each category.
- **Young adult (ages 13-17)**—red drum, speckled trout, gray trout, bluefish, sea mullet and sheepshead. Winners will be determined by weight in each category.
- **Kids (ages 12 and under)**—There is a separate tournament for children ages 12 and under. An adult must accompany children during this event and at weigh-in. Winners will be determined by weight of any fish caught.

If you have questions, please email [psadmin@townofpks.com](mailto:psadmin@townofpks.com) or call 252.247.2474, ext. 10.

*Pine Knoll Shores*

## VISION AND MISSION STATEMENTS

Our *vision* is to provide a quality environment in which all residents and visitors are safe and secure, where individual talents flourish and everyone enjoys the natural resources of our area.

It is the *mission* of the town of Pine Knoll Shores to provide for the safety and well-being of all residents and visitors in an efficient and well-organized manner; develop and implement plans for the continuous improvement of the town, its services and its beach; and encourage the participation of residents in service to the town and community.