



## PKS Squad #65

### Helping Your EMS Squad Help You

Over the past several months we have published a number of articles intended to help the members of our community. This article is different - it suggests ways which you, our neighbors, can help your EMS system.

Squad 65, Pine Knoll Shores EMS, is an all volunteer unit made up of your neighbors. Most are retired, some work full time jobs, some have part time jobs or volunteer time with other organizations. All have received formal training approved by the state, participate in monthly continuing education and are willing to roll out of a comfortable bed at 3:32 in the morning to help someone with a medical emergency.

Here is a list of things you can do to help us:

- See your doctor on a regular basis
- If you ride a bicycle wear a helmet
- Take your medications as prescribed
- If you smoke **stop.**
- Exercise regularly, watch your diet, get plenty of rest.
- Wear your seat belt
- Walk facing traffic and wear light color clothing at night. Reflective sashes are available from the Women's Club.
- Make sure your house numbers are clearly visible from the road.
- If you or someone in your home has a medical problem which may require EMS support request a home health survey.
- Please consider joining the squad. We need more members. You will find it very rewarding. Classes are scheduled to start this fall. For more information on how you can become a member of

this critical organization call Maureen Danehy at 240-2945.

### WE'RE THERE BECAUSE WE CARE

**Bogue  
Public  
PKS,  
of**



**Banks  
Library,  
Branch  
Carteret**

### County Public Library

#### Calendar for July

The friends of Bogue Banks Library will host a Grand Reopening Reception on Sunday, July 11, 1999, from 2:00 p.m. to 5:00 p.m. to celebrate the Library's full recovery from Hurricane Bonnie, the public is invited to attend this event. Refreshments will be served.

"Rounds and rounds of Stories at the Library" will be presented for the 1999 Summer Reading Program. For children in grades K-6<sup>th</sup>, this event will be presented each Monday at 10:30 a.m. beginning with the Kickoff on June 28<sup>th</sup> and closing with the Program Party on August 2<sup>nd</sup>. Preschool Storytime is combined with the Summer Reading Program during its duration. There will be no program on July 5 due to Holiday Closing. Summer Film Classics for ages 4-12 begin Thursday, July 1<sup>st</sup>, and will be shown each Thursday at 10:30 a.m. through August 12<sup>th</sup>.

Bogue Banks Branch Library is now operating under its regular hours of 8:30 a.m. to 5 p.m. Monday through Saturday.

The Bogue Banks Public Library is a branch of the Carteret County Public Library in Beaufort and is affiliated with the Craven-Pamlico-Carteret Regional Library.