



PKS Police Dept...

October Marks Crime Prevention Month

October marks the start of "Crime Prevention Month 1999" and challenges the entire community of Pine Knoll Shores to get involved in maintaining our safe community for the 21st century. The Pine Knoll Shores Police Department would like to pay tribute to the individuals who have taken personal responsibility for their neighborhoods and community organizations that work for the common good.

Crime Prevention Month 1999 reflects the strong belief that time, money, and other resources spent on prevention yield tremendous benefits in reducing crime and making communities stronger, safer, and better places to live, work, and play. This marks the seventh consecutive year that crime has fallen in the United States. In fact, according to one measure, both violent and property crime are at their lowest levels since 1973. Although this is cause to celebrate; we must not rest on our laurels. We must build on our successes and continue to forge new partnerships to reduce crime even more as we move into the new millennium.

The worst reaction we can have to crime, violence, or drugs is to recoil in fear and retreat into isolation. Our experience in Pine Knoll Shores, like that of other communities across the country, has proved that grassroots, collaborative proactive action works to keep crime down. We've been able to locate fugitives, cleanup drug houses and keep the "undesirables" out of our community by proactive police work and input from our citizens. You are our extra eyes in the community! It is important for you to always report suspicious vehicles, people or activities to your police department.

The National Crime Prevention Council, the nation's focal point for stopping crime, in 1984 designated October as Crime Prevention Month. The month-long celebration recognizes successful crime prevention efforts on the local, state, and national levels, to generate interest and enthusiasm for prevention efforts to continue to grow even stronger and become more widespread.

Submitted by: Police Chief Mary Muhlig



Squad #65

Food for Thought

Your body has 30 to 40 billion fat cells. Each is like a collapsible thin-walled tank. If you eat calories that you don't need for immediate energy, most of the extras go into these cells and are stored as fat.

You have an almost unlimited capacity to store fat, and that can have a profound effect on your body and your health. That's particularly true if the fat is stored around your abdomen.

Shortness of breath may be the first sign of strain placed on your body by excess fat. That's because as fat accumulates, it can crowd the spaces occupied by your organs. Fat accumulation in your abdomen may eventually make it difficult for you to even breathe comfortably while sitting because it limits space for your lungs to expand. In addition, if you're even moderately overweight you're carrying a constant burden on your back and legs.

Obesity also has direct links to serious diseases. It increases your resistance to insulin and is the leading cause of Type II diabetes (non-insulin-dependent diabetes mellitus). Your liver also makes more triglycerides and cholesterol if you're overweight, making you more vulnerable to cardiovascular disease, high blood pressure, stroke and the list goes on.

For further information check out these resources listed below on weight management.

- American Dietetic Association, 216 West Jackson Blvd., Chicago, IL, 60606-6995. 800-366-1655. E-mail: webmaster@eatright.org.
- Mayo Health Oasis Web site: <http://www.mayo.iv.com>.
- National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, 31 Center Drive, MSC 2560, Building 31, Room 9A-04, Bethesda, MD 20892. Call (301)496-3583. Weight-control Information Network (WIN): <http://niddk.nih.gov> (continued on page 4)