


## Planning Board

Topics of discussion included:


1. Recommendation sent to the Board of Commissioners suggesting ordinance changes regarding Commercial Property Aesthetics.
2. Recommendation sent to the Board of Commissioners on amendments to Town Ordinances regarding Planning Board.
3. Docks and Piers discussed.

## Community Appearance Commission

There was no meeting. The business of the November and December meetings were combined.

 Congruent with our approval as a "Tree City USA" the Town of Pine Knoll Shores now is an official member of the National Arbor Day Foundation.

 The Davey Tree Company has now completed the tree inventory along town rights of ways.

 The CAC wishes you a blessed New Year filled with good gardening habits!

## Notice:

**Loose dirt, sand and marl are washing from driveways onto streets and rights of way. The loose debris poses a threat of accident and/or injury to our residents who walk or ride bicycles. Please check around your property for problems and remove any debris that may have washed onto streets or rights of way.**

## Quick Wit:

Children were called upon to make sentences with words chosen by their teacher. The teacher smiled when Jack, a slow learner, raised his hand to participate during the challenge of making a sentence using the words "defeat, defense, deduct, and detail"


Jack stood after thinking a while. All eyes focused on him while classmates awaited his reply.


Smiling, he proudly shouted out, "Defeat of deduct went over defense before detail."


## Squad #65


Congratulations to Andy Smetana who was elected Chief of Pine Knoll Shores Rescue Squad, Trish Wallace, Assistant Chief, Lois Heffelfinger, Treasurer and Patty Swetz, Secretary.

For people with a computer, I have listed some health/medical web sights that might be of help to you.

 [www.aaaai.org](http://www.aaaai.org) American Academy of Allergy, Asthma, and Immunology

 [www.nhlbi.nih.gov/health/public/heart/index.htm](http://www.nhlbi.nih.gov/health/public/heart/index.htm) High Blood Pressure – National Heart, Lung and Blood Institute

 [www.cmhc.com](http://www.cmhc.com) Mental Health Net – for information on specific conditions, mental health news, and other resources.

 [www.sleepnet.com](http://www.sleepnet.com) Sleep – links to sleep information on the web.

## Alternative Medicine

Americans spend as much money on alternative medicine each year as they do for all U.S. physician services.

For an authoritative book that contains more than 650 science-based, peer-reviewed pages on alternative medicine, call (800)621-8335 or visit: [www.ama-assn.org/catalog](http://www.ama-assn.org/catalog). Topics include: prevalence and use of alternative medicine, acupuncture, herbal therapies, diet and nutrition, manual therapy, homeopathy, mind-body medicine and more. Cost: \$75 if you aren't a member of the American Medical Association; \$65 if you are. Source: The American Medical Association.

## Share your best

Do you have a favorite health tip? Share your favorite tips and enjoy reading others' tips. Visit: [www.hithope.com/linkit](http://www.hithope.com/linkit) or write: "My Favorite Tips," c/o The Hope Heart Institute, 528-18<sup>th</sup> Ave, Seattle, WA 98122.

The Pine Knoll Shores Rescue Squad wishes everyone a Happy and Healthy New Year! Remember, "Anxiety does not live in the present. It lives in the past and in the future" –Zen saying

Squad 65 responded to 7 medical emergencies, and 1 fire call.

Submitted by: Maureen Danehy