

## November Commissioners Meeting

By Charlie McBriarty

The official observance of Veteran's Day on November 11 caused the regularly scheduled meeting of the board of commissioners to be delayed one day, and because of the previously scheduled meeting of the town's garden club, the venue was also altered.

In any event, the November meeting of the board was convened at 10 a.m. Wednesday, November 12 in the Public Safety Building conference room by Mayor Joan Lamson. In spite of these changes the conference room was crowded with interested citizens, several of whom made comments during the two public forum-citizens' comment sessions held during the nearly five hour public meeting. Many of those who commented focused on one of two concerns - public beach access and the recently enacted ordinance on house numbers.

The six-page agenda of the session was daunting. It listed 15 topic headings with more than 42 items identified. The initial three topics were handled with typical dispatch. The sixth one, "50 Year Plan and Storm Surge," took a little more time. This 50-plus minute power-point presentation was identified by Rudi Rudolph, county shoreline protection officer, as "Tropical Cyclones 101." While quite interesting it involved only passing reference to the "50 Year Plan" and devoted only a few minutes to "Storm Surge." This was followed by the town manager's report that involved an update from the heads of the town's administrative departments, most of which are reported elsewhere in this edition.

The bulk of the commissioners' time was devoted to three of the agenda topics: unfinished business that listed six items; new business, listing five items, and a closed session to consult with the

town attorney. The topic identified as unfinished pending business listing 22 items was not directly addressed during the public session.

Under the heading of unfinished business the commissioners passed a resolution requesting the North Carolina General Assembly to extend the town's boundaries, added by annexation in 1983, by 2,500 feet into the ocean and into the sound. Once approved by the state, this will mean these westerly portions of the town's borders will be consistent with those of the rest of the town. After lengthy discussion a motion to apply for a grant to dredge the channel between Brock Basin and McNeil Inlet was passed. Though there was discussion, no action was taken on the remaining four unfinished business topics - interlocal agreement, canal sign locations, water ordinance and point-of-sale septic tank inspection. These topics will likely appear at future meetings.

Under the new business portion of the meeting five topics were listed on the agenda. Action was taken on amending Chapter 6 of the town's ordinance prohibiting livestock within corporate limits. A resolution allowing the town manager to issue temporary use and presence of livestock in connection with special events was approved. This will allow an equestrian 4-H club to participate in the annual Christmas parade. A second topic dealing with future development was referred to the planning board and a proposed water audit contract was removed from consideration by the town manager for further staff review. Though there was considerable reaction to a proposal to have a closed session prior to the granting of recognition awards, no action was taken.

## Beaufort to Mark 300<sup>th</sup> Anniversary

Founded in 1709, Beaufort-by-the-Sea will kick off a year-long 300<sup>th</sup> Anniversary Celebration with a party that will begin this New Year's Eve and stretch into New Year's Day, 2009. The center of the celebration will be at the North River Club's party deck where tents will be setup for an evening of dancing and dining on finger-food beginning at 9 p.m. After ringing in the New Year, celebrants will have the opportunity to enjoy anniversary breakfast spreads offered by the town's restaurants. More information regarding the celebration can be found at [www.beaufortbythesea300.org](http://www.beaufortbythesea300.org) or by calling event director Janet Grainge at 241-1259.

## Pam's Pick

By Pam Marten

Ahhh, fall and winter reading, nothing like curling up on my sofa with my softest blankie reading my *Fat Belly Diet* book. Oops!! Did I say that diet word **before** Christmas? I sure did because this is the long awaited book (and believe me people were clamoring for it over the summer) that the editors from *Prevention* magazine put together. *Prevention* is the magazine dedicated to healthy lifestyles. I've been reading them for a couple years now. They are chock full of good advice and tips.

Cynthia Sass, registered dietician, and Liz Vaccariello, editor-in-chief, decided there was way too much mis-information on dieting out there. So they researched all the latest information and studies and came up with this book, **GUARANTEED** to help you lose weight, and not only weight, but belly fat, with **NO** crunches required!!! That's right folks, and they'll throw in a set of knives, too! Seriously, I was that skeptical also when I read the claim. Then I read the book. I do believe they may actually have something here. Research is footnoted with an impressive body of current information.

Apparently there are two types of fat we carry around, subcutaneous (around our hips, thighs) and visceral (around our organs). According to the book, the visceral fat is the worst, and even thin, in-shape people can carry the visceral fat around. I've personally known two

people who were very athletic who had heart attacks, and visceral fat is probably the explanation for those attacks.

The savvy folks at *Prevention* know that there is a diet for every disease, age, ache and pain we have. However, this book could address all those needs. Bottom line, obesity and fat, subcutaneous or visceral, is responsible for most of the inflammation in our arteries, joints etc. Reduce or eliminate the reason for our inflammation and you get healthier. The *Fat Belly Diet* shares lists of foods and menus that are high in MUFAs. That's monounsaturated fatty acids for all you who aren't in the know yet. The menus are set up to accommodate different degrees of insanity in the kitchen. For example, do you have 15 minutes to prepare dinner, or did you get lucky and have an hour to play with tonight? Did I mention that you are supposed to eat at least every four hours?

Food also triggers an emotional response in most of us. I know it does me. I mean, just ask any southerner what their best meal ever was and they'll probably tell you about the last one they had! Based on what I've read in this book it doesn't appear that it will be too difficult to restyle my favorite holiday recipes in an effort to help my family be healthier in the New Year. And I'm really looking forward to **NO** crunches!

## New Gallery in Indian Beach

By Phyllis Makuck

St. Francis by the Sea Episcopal Church in Indian Beach has converted its first floor hall into an art gallery. A gala opening, featuring the vibrant colors of Janie Prete, a former resident of Pine Knoll Shores, was held on November 15. The exhibit will continue through December 15.

Janie Prete's work has won many awards, including the Richard Zuch Watercolor Award in Carteret County for a best-in-show piece depicting sea life. Janie uses mixed watercolor media and ink with freedom and flare. The current exhibit of 26 pieces shows the range of her talent. Dazzling abstract creations such as "Butterfly" and "Blowing in the Wind" delight us with color. Impressionistic natural scenes give new focus to a familiar world. One such

work renders a grove of trees capped with light, leafy, rainbow colors. Still-life vases of flowers are anything but still. In another series of pieces, stylized women gather, lounge, and move in eye-popping garb. My personal favorite, "Keeping Up Appearances," is a more realistic portrait of a woman depicted with impressionistic strokes that create the sensuous skin tones of a face textured with age.

According to gallery director Tim Bradford the plan is to have a new show in the church hall every month. The exhibit is open to the public free of charge Monday through Thursday from 9:30 a.m. to 1:30 p.m. and on Sunday mornings. The works are also priced for sale and may be purchased on site.