

Service expertise you can take comfort in.

Turn to your expert Carrier dealer today for all your HVAC repair, maintenance & installation needs.



Turn to the Experts.



A DIVISION OF CARTERET HEATING & COOLING, INC.

252-247-5900

*Pine Knoll Shores*

## VISION AND MISSION STATEMENT

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, and to develop and implement plans for the continuous improvement of the town, its services and its beach, and to encourage the participation of residents in service to the town and community.

## Safe Listening Tips When Using Headphones

By Jackie M. Jaloszynski, AuD

If you suspect hearing loss only happens to the elderly, you will probably be surprised to learn that one out of every five teenagers in the US today has some degree of hearing loss. Furthermore, the rate of hearing loss in today's teenagers is 30 percent higher than it was in the 1980s and 1990s.

It should come as no great surprise that this has captured the attention of the World Health Organization, which recently released a report that dangerous listening habits, including going to noisy sporting events and concerts without the use of hearing protection, along with the unsafe use of headphones and earbuds, now place *1.1 billion teens and young adults worldwide at risk for hearing loss*. But, it is the use of headphones and earbuds that may be the greatest threat.

Reflect on how often we all listen to music—in the car, at work, at the gym and at home. We listen while out for a walk and even while falling asleep. We can integrate music into nearly every part of our lives.

If you are not cautious, that quantity of exposure can gradually and quietly steal your hearing at an early age, leading to hearing aids down the road. Given that no one is prepared to give up music, fortunately there are simple preventative measures we can all adopt. Here are three vital safety tips to help preserve your hearing without compromising your music:

**Limit volume.** Any sound louder than 85 decibels can trigger permanent hearing loss, but you don't need to invest in a sound level meter to measure the decibel level of your music. A useful rule of thumb is to keep your music player volume at no more than 60 percent of the maximum volume. Any higher and you'll probably be over the 85-decibel threshold. Normal conversation occurs at about 60 decibels. So, if while you are listening to music you have to raise your voice when talking to someone, that's a good sign you should turn down the volume.

**Limit the time.** Hearing damage is not only a function of volume; it is also a function of time. The longer you expose your ears to loud sounds, the greater the damage can be. The useful rule of thumb for this tip is the 60/60 rule. I previously recommended keeping the volume at 60% of its maximum volume. The other component is making sure you limit your listening time to less than 60 minutes a day at this volume. Taking regular rest breaks from sound is also important. Sixty decibels without interruption for two hours can be much more damaging than four one-half hour intervals distributed throughout the day.

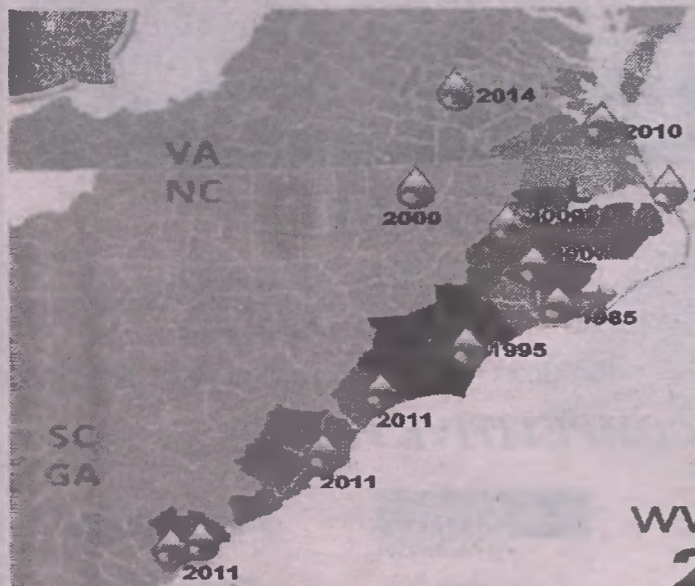
**Pick the right headphones.** The reason most of us have a hard time keeping our music volume under 60% of maximum volume is background noise. As background noise increases, like in a crowded gym, we compensate by increasing the volume of our music. The solution to this is the use of noise-cancelling headphones. If background noise is reduced, the music volume can be lowered, and believe it or not, high-quality music *can* be enjoyed at lower volumes. It is well worth the money to purchase a pair of high-quality headphones, ideally ones that have noise-cancelling capabilities. This way you can adhere to the 60/60 rule without compromising the quality of your music and, more significantly, your hearing.

*Dr. Jackie Jaloszynski, a private practice audiologist with over 35 years of experience, relocated to the Crystal Coast in 2015, and opened Crystal Coast Hearing Solutions, Inc. in Morehead City. She is licensed with the American Speech Language and Hearing Association and the North Carolina Board of Examiners in Audiology, and believes that education is the key to people successfully using hearing aids. The material here is provided for informational purposes only and does not constitute medical advice. Dr. Jaloszynski can be reached at 222-5256 or ears@crystalcoasthearing.com.*

## Kinetico® Advanced Water Systems

If you must compare, here are 10 good reasons to check with your authorized Kinetico Dealer.

	Kinetico Water Softener	Single Tank Electric Timer Water Softeners
1. Non - Electric.....	Yes.....	No
2. System design eliminates timer, solenoid and microprocessor problems.....	Yes.....	No
3. System has two softening tanks.....	Yes.....	No
4. Conditioned water is used to regenerate the conditioner during all phases of the regeneration process.....	Yes.....	No
5. Conditioned water is available for use during regeneration.....	Yes.....	No
6. Control valve parts operate in clean, conditioned water.....	Yes.....	No
7. System provides an uninterrupted supply of conditioned water.....	Yes.....	No
8. No unnecessary reserve capacities are required to handle additional demand for conditioned water.....	Yes.....	No
9. No special cycles or by-pass adjustments are required when you have guests or before you leave for vacation.....	Yes.....	No
10. System regenerates only when necessary based on water usage and not at a preset interval.....	Yes.....	No



Since 1985

**"Family owned and operated, Kinetico Advanced Water Systems has grown by popular demand from one office in 1985 to 11 additional locations in 4 states.**

**The facts speak for themselves: Kinetico-it's the wise choice-just one and you're done!"**

[www.kineticoNC.com](http://www.kineticoNC.com)  
252-223-4444