

Mayor's Memo

By Ken Jones

Pine Knoll Shores: the blue zone

In early February, your commissioners and a couple of town boards and I will get together for our annual off-site event to discuss our strategic plan and the years ahead. This is also the unofficial kickoff of the budget season for 2017-18. We will meet with the Planning Board, as required by town ordinance, to set the stage for 2017 and our Strategic Planning Committee to review the road ahead.

I have said many times in the past, "If *National Geographic* were to come to Pine Knoll Shores to do a study on longevity, they would find that people live longer here because of the lifestyle." In the January issue of *The Shoreline*, Michelle Powers wrote about a presentation to the Women's Club by Lisa Park on the "Power Nine" habits to help people live longer and healthier lives.

In October, Town Manager Brian Kramer and I went to the annual conference with the North Carolina League of Municipalities, of which Pine Knoll Shores is a voting member. There are always several classes and presentations offered for attendees. One of my choices was to hear and see a presentation by Dan Buettner, founder of Blue Zones. Blue Zones first received international attention when it was featured in *National Geographic*. Those living in blue zones live an average of 10+ years longer, and it is widely believed the nine lessons below are the commonalities leading to this longevity. The Power Nine that Ms. Powers listed are very similar to the nine lessons which dictate the lifestyle of blue zone people:

- 1) Moderate, regular physical activity
- 2) Life purpose
- 3) Stress reduction
- 4) Moderate calorie intake
- 5) Plant-based diet
- 6) Moderate alcohol intake, especially wine
- 7) Engagement in spirituality or religion
- 8) Engagement in family life
- 9) Engagement in social life

So, conceptually, there is nothing new here. There are blue zones in Okinawa, Sardinia, Sweden, Greece, Costa Rica and California. What if Pine Knoll Shores were a blue zone? Every town/city has the ability to be a blue zone, but I think there is real interest in this in Pine Knoll Shores. (Visit bluezones.com to learn more about this concept.)

I propose that we give some thought on how this could work in Pine Knoll Shores. None of this needs to be formally organized, but as luck would have it, we have a group that is organized around the issue of an age-friendly community. What if we started two groups, challenged to work together trying new things? What if we had a community garden, and to follow this up, we had a Saturday farmer's market to offer the plant-based diet and moderate caloric value provided by vegetables?

Imagine the lifestyle of this while we have a cohousing development that would facilitate the social life, the physical activity, and several other of the blue zone lifestyle objectives. Tell me what you think about this type of organization or activities.

Most of this activity could very well take place in the center of our town: near the library, the aquarium, the town hall, the beach and the public safety building. This would not take any tax dollars, but would offer another opportunity to keep volunteers active.

I hope you can see how this type of lifestyle would obviously extend your quality of life and improve the likelihood we would keep our outstanding base of volunteers. As always, working together and communication help make Pine Knoll Shores a great place to live year round.

One team, one town, one Pine Knoll Shores.

American Music Festival

By Linda Seale

American Music Festival will present the Horszowski Piano Trio on February 18 at 8 p.m. at the History Museum of Carteret County in Morehead City. This is an opportunity to enjoy classical chamber music with big city names at small town prices in an intimate space, up close and personal.


The Trio will perform Beethoven's Trio Op. 70, #2, Rebecca Clarke's Trio and Mendelssohn's virtuosic C minor Trio. Featured will be renowned concert pianist Rieko Aizawa, Grammy-nominated violinist Jesse Mills and cellist Raman Ramakrishnan. The Horszowski Piano Trio is based at Columbia University and the Longy School of Music, Bard College. The concert is dedicated to the memory of Nan Cullman, a long-time supporter of AMF.

Tickets are available at the door, online at americanmusicfestival.eventbrite.com or by calling 728-6152.

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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
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10. System regenerates only when necessary based on water usage and not at a preset interval.....	Yes.....	No



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