



SEPTEMBER / OCTOBER 2016

VOLUME 2 • ISSUE 6

HARBOUR HEADLINES

COLINGTON HARBOUR, NORTH CAROLINA

BACK TO SCHOOL

It's that time again as parents rejoice, It's **BACK TO SCHOOL TIME!**

As the new school year begins, it is important to remember that safety comes first!

Local police advise we should always remember that kids are "unpredictable". They make "unpredictable decisions".

Specifically in their teenage years, many wear dark clothing, stare at their cell phones, or may have their ear buds in, and can't hear.

Data shows that over the last 10 years, nearly one third of child pedestrian fatalities happened between 3 pm and 7 pm.

With our children's safety in mind, please remember the following tips:

- Walk with your kids to the bus stop and wait with them until it arrives. Tell kids to stand at least three giant steps back from the curb as the bus approaches and board the bus one at a time.
- Teach kids to wait for the bus to come to a complete stop before getting off and never to walk behind the bus.
- If your child needs to cross the street after exiting the bus, he or she should take five giant steps in front of the bus, make eye contact with the bus driver and cross when the driver indicates it's safe. Teach kids to look left, right and left again before crossing the street.
- Instruct younger kids to use handrails when boarding or exiting the bus. Be careful of straps or drawstrings that could get caught in the door. If your children drop something, they should tell the bus driver and make sure the bus driver is able to see them before they pick it up.



Please give our kids a break... slow down around bus stops!

- Drivers should always follow the speed limit and slow down in school zones and near bus stops. Remember to stay alert, and look for kids who may be trying to get to or from the school bus.
- Slow down and stop if you're driving near a school bus that is flashing yellow or red lights. This means the bus is either preparing to stop (yellow) or already stopped (red) and children are getting on or off.

Good luck to all our returning students and let's make this the happiest, healthiest and safest school year yet!

CHY & R CLUB NEWS

Our annual meeting will be held on October 8 at 1 pm- registration at 12:30. If you cannot attend the meeting, please send your proxy. We need your input.

If you would like to volunteer to cook a dinner or have a "chef" who would like to prepare a dinner, you can contact Sandi Cizek, our social director 715-0952.

We would like to thank Fran and her crew for a very successful summer season.

Thank you, Jane Wirth - CHYRC President

2016-2017 Board of Directors held an organizational meeting and will be structured with an Executive Board as follows:

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KNOW YOUR ILLNESS; KNOW YOUR MEDICATION.

By: Dolores Kutzer, PharmD., RPh (Pa., N.C., Oh., N.Y.)

Hello, to start just a little information about myself. I live in Colington and have practiced pharmacy for over 25 years. I have taught pharmacology at the Lake Erie College of Osteopathic Medicine (LECOM) in the pharmacy and medical school for 12 years. The purpose of my essays is to help you better understand exactly what your medication is doing. Medication structures are amazing chemicals that work very specifically in your body to maintain normality of functions. Over time I would like to cover all of the topics but to start it is important to understand what occurs after your medication is administered. Most important is how your medication will be absorbed into your blood. In order to work the medication has to get into the blood.

Administration of medication other than orally is delivered directly into the blood system (IV, intra muscle, across the skin). Although all of the above routes of administration are used frequently the most often route of administration is the oral route.

Oral absorption; Liquid medication is absorbed faster than solid (tablets) medication. Tablets must be dissolved in the gastrointestinal tract (GI tract) to be absorbed. Once dissolved the magic starts to happen. The pH of the stomach is acidic if the drug is manufactured to be acidic it readily passes through the membranes of the stomach and into the blood. Now that the drug is in the blood it must stay there. How does that happen? Well it just happens that our blood has a higher pH making the blood basic. When the acidic drug mixes with the basic blood it develops a charge (either positive or negative) the important part is that charged chemicals cannot cross membranes this causes the drug to stay in the blood and not cross back into your stomach. Drugs that become charged in the GI tract must be transported across membranes by proteins called transport proteins. Once, in the blood the drug goes to your liver where liver enzymes inactivate a fraction of the ingested drug (this is called first pass effect). Drugs are then distributed through the blood to reach target organs. Again back to the liver where the drug can be inactivated by enzymes. A drug is then eliminated from the body primarily by the kidneys and liver.

3-INGREDIENT HALLOWEEN APPLE BITES

First you slice 'em up. Feel free to rub a bit of lemon juice on them if they will be sitting out. This is why I like spreading nut butter on the middle to cover up the apple flesh – it hides a bit of browning.



Now, spread on some jam or nut butter for the tongue and then push some slivered almonds in for the teeth. For a nut-free option, sunflower or pumpkin seeds can work in a pinch. Likewise, you could also use sunflower seed butter instead of peanut butter. Source: www.ohsheglows.com

COLINGTON YACHT CLUB NEWS



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FAIRY GARDENER SHARES SECRETS

By Beth Knight Brown

Where can you go to escape the heat of the summer to garden? To the cool dark shade of the woods, of course! On one of the 100 degree August days, we ventured to see a fairy garden tucked back in Colington Harbour.

When we pulled in to 308 Sir Chandler, there was a gorgeous sloping lot with towering low country oaks standing guard like bastions on the hillside. The lot then sloped gently down to a gorgeous canalfront home that sparkled in the sun. Southern Jasmine encompassed the porch staircase that led to a restful porch, adorned with rockers and potted ferns. This was the home of the fairy gardeners, Barbara Hanft and Roland Mc Devitt, formerly of Silver Spring Md.

Barbara greeted us at the door, and we began a delightful tour, despite the muggy weather. They bought the home in 2002 and continued to transform it- grading the lot, shaping the trees, removing brush and vines, which completely covered the side yard. Even today, they constantly transplant treasured plants.

The weekend before, Roland had hauled rock, fill dirt, and pavers to construct a raised bed for a vegetable garden. When I remarked about the hourglass design, he explained "that the design was to have no part of the bed be more than 4 foot across to make sure you could access everything." It was hard to imagine that just months before, this area was totally covered with Virginia Creeper and underbrush, when all we saw were beautiful lace cap hydrangeas, mixed in with brightly colored lilies.

There was also a beautiful, yellow-leaved deciduous variety of coleus called a "Sun Coleus" with a woody stem. "It comes back every year but never blooms," said Barbara. Half the joy of gardening is finding just the right spot to grow something. See that Montauk daisy? I'm still working on finding her a spot." Looking over all the plantings and transplanting as we walked the yard, I realized that this was the secret to gardening- move that plant until you get it in just the right place to thrive.



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GARDENER CONTINUED...

We entered the fairy garden as we climbed into the shade of that hillside. Barbara had created paths with stations of interest, marked with repurposed household items" tucked amongst the flora and fauna. Pointing to a tin cup of water underneath an old water pump from a well, Barbara stated: "This is where the fairies bathe. Whatever the fairies want they get!" she said. Then I noticed an old wicker chair now covered in English Ivy. "This is where they read. They love this spot you know," she continued.

We passed towering fascia plants, growing to heights of 13 feet in places, as we walked around looking for more stations. She had fashioned light green pathways winding down the slope almost "river like" with their low slung leaves. "This is the Creeping Jenny River," she said, "and over there is where they sleep. Can you find the wise old Owl?"

And sure enough, I saw it upon the tree - a face of an owl. "How about the bench of solitude?" I spotted an old rusty low slung bench that was an offering from the fairies for their friends to sit upon and reflect on nature's gifts. There was even a fairy dressing station, with a pair of old running shoes and red sequined slippers. "Look quick!" she said. "Over there they have taken off their shoes before they sleep under that azalea."

"Christmas ferns" or Holly ferns and Variegated Ajuga dotted the ground around a very pious station she called "the remembrance area" It contained a vine-covered log holder with a Mexican Sun God statue above it, perched onto a tree trunk. This was a "special place the fairies had fashioned to remember Jessie, the family cat," she added.

All along the way, I began to spot pink Aluminum Plants and Maidenhead Ferns, Toad Lilies and Mini Hostas, and my favorite plant of all, the Obedience Plant, a lovely 4 ft high cluster of green stalks topped with spires of pinkish purple blooms. She manipulated the blooms one at a time, turning them 45 degrees on their stem, and they obeyed her direction and remained in place.

"What an amazing coexistence of creatures and greens... Roland said, Obedience plant is a great flower to put in arrangements, because it literally stays where you need it." The Obedience Plant was a plant I had seen growing, but never knew its name or secret. But the tour wasn't quite over, the best was yet to come and a complete surprise.

As we left, I was blessed to be able to see another side of Barbra Hanft. She is a certified botanical artist, who has captured the beauty of a plant, the peony that I have tried to grow for years. "Peonies aren't hard to grow", she said, "but they don't make it without a hard frost." Nevertheless, she has them permanently displayed in the most awe inspiring way-perfect peonies on paper, ink with watercolor combined, and even an illuminated manuscript natural light, which filled her entry hall spotlighting her magnificent works of art.

As we drove home through Colington Harbor, a final thought crossed my mind, "The fairies must be extremely pleased by all of this. Thank you, Barbara for sharing your secrets with us."



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HOME FIRE SAFETY INSPECTION CHECKLIST

For this article of Harbour Headlines, the Colington Fire Department has some homework for you.

Take this simple home inspection list and see where you may need some improvement in your life safety plan!

A fire can occur in any part of your home. According to the United States Fire Administration, in 2014 (the most recent data available) 379,500 residential fires were reported across the country, resulting in 2,765 deaths, and 12,075 injuries, costing over 6.9 trillion dollars. To help reduce your chances of having a fire in your home print this checklist and take some time to make a safety check of your home. If you answer yes to the question, then mark the box.

Smoking Habits:

- ☐ Are all matches and lighters kept out of children's reach?
- ☐ Is "NO SMOKING IN BED" a rule of the house?
- ☐ Is your family aware that ashtrays should NEVER be emptied into wastebaskets?
- ☐ Are there plenty of large, safe ashtrays throughout the house?
- ☐ Do you check for smoldering cigarette butts in the furniture?

Electrical Hazards:

- ☐ Are appliances checked periodically for good operating conditions?
- ☐ Are you careful not to run extension cords under rugs or over hooks and nails?
- ☐ When using extension cords for appliances, does the gauge of both cords match in size?
- ☐ Are electrical outlets overloaded? Are you using multi-plug adapters?

Housekeeping:

- ☐ Do you keep rubbish cleaned out of attics, garages and yards?
- ☐ Is paint kept in tightly closed metal containers?
- ☐ Are flammable liquids stored in safety cans and kept away from heat and children?
- ☐ Have you made it a rule to NEVER use flammable liquids for cleaning clothes or starting fires?
- ☐ Are oily rags kept in a tightly sealed container?
- ☐ Is your clothes dryer vent clean and properly installed?
- ☐ Are dryer vents clean and unobstructed?


Heating:

- ☐ If you have a fireplace, is a screen always placed in front of it?
- ☐ Is the filter for your forced air heater changed regularly and the venting cleaned?
- ☐ Are furnaces and wood burning stoves in good repair and located away from combustible walls and ceilings?
- ☐ Do you have your heating/air system checked on a regular basis?
- ☐ Do you have the fireplace chimney cleaned and checked periodically?
- ☐ Do you make sure combustibles are not stored near the stove, heater or fireplace?
- ☐ Do your children keep a safe distance from flame and heat sources?
- ☐ Do you have Carbon Monoxide detectors installed if you have gas, oil, or wood burning appliances and/or attached garages?



Cooking: (50% of all residential fires are cooking related)

- ☐ Small appliances are in good working order and cords not damaged?
- ☐ Cooking areas and vents clean and free of grease build up?
- ☐ Do you have a fire extinguisher readily available in the kitchen area?
- ☐ Do you have a 3-foot Rule (no children or pets) around cooking appliances when in use?
- ☐ Are combustible materials clear of cooking appliances?
- ☐ Do you clean your oven on a regular basis?

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CONTINUED PG. 6



FIRE CONTINUED...

Smoke Alarms and Escape Planning:

- ☐ Have you installed a smoke alarm outside every sleeping area, in every bedroom, and on each floor?
- ☐ Do you test your smoke alarm(s) every month?
- ☐ Does your family have a fire escape plan prepared?
- ☐ Is your escape plan posted and regularly practiced?
- ☐ Does each bedroom have TWO exits?
- ☐ Do you have a meeting place so you will know everyone is outside and safe?
- ☐ Are emergency response numbers posted on all telephones?
- ☐ Is your address on or near your telephone?
- ☐ Do all family members know how to dial 9-1-1 for fire, police or medical emergencies?
- ☐ Do you show your babysitter/guests your home escape routes and review 9-1-1 with her/him?
- ☐ Does your family (and babysitter) know the first rule in fire emergencies: GET EVERYONE OUT FAST AND DON'T GO BACK INSIDE?

Fire Extinguishers:

- ☐ Do you have an UL or FM approved fire extinguisher in your home?
- ☐ Do you take it out two times a year and shake it to keep the powder from packing.
- ☐ Outside:
- ☐ Can you see your house number from the street?
- ☐ Have all dried grass cuttings, tree trimmings and weeds been removed from your property?
- ☐ Clear back highly combustible vegetation from up against your home.
- ☐ Use non-combustible landscape feature against your home.
- ☐ Do you keep your grill (gas & charcoal) at least 3-feet away from your house when in use?

(See *Firewise Landscaping principals* www.firewise.org for ideas to protect your home.)

Protect Your Dreams. Volunteer.

The Colington Volunteer Fire Department has immediate openings for Volunteer Firefighters. As the name implies, the department relies heavily on people volunteering their time and effort to help keep our community safe, and Volunteers play an essential role in response to emergencies and daily operation of the station. Firefighting is not all "guts and glory". Being a firefighter requires hard work and determination. It requires the physical and mental ability to respond to all types of emergencies, under all types of conditions. From the hottest, most humid days of summer to the coldest, most bleak days of winter, you will be called upon to serve this community to the highest standards. Do you have what it takes?

If you are at least 18 years old and willing to serve your fellow citizens as a firefighter, the Colington Volunteer Fire Department is looking for you. From folks new to the community, to life-long Colington residents, if you've got the time to dedicate to your community we'd love to have you. Previous experience is not necessary. Training and equipment are provided free of charge, and all firefighters are covered by Workers Comp insurance. All firefighters must have a valid NC Driver's License, High School Diploma or G.E.D. or be currently enrolled in school.

If you believe you have what it takes to be a firefighter, please call or stop by the Colington Volunteer Fire Department and pick up an application. We'll show you around, and discuss how you can help your community. Department training is held on the first three Tuesdays of the month, and other specialized training is available. We also have a need for Support Group members. These dedicated individuals help the department "behind the scenes" with fundraisers and other fun, safe activities. So if you want to help, but don't like the idea of running into a burning building, the Support Group may be for you. Just call or stop by the station for more information.

UNUSUAL HARBOUR VISITOR

Colington Harbour received an unusual visitor in late August, surprising and amazing residents. A large Manatee was enjoying Colington Harbour, swimming gleefully in the Tartan Inlet. Residents described him/her as very friendly, swimming up to residents and boats in what residents described a "playful manner", even letting residents pet it. It is very unusual sight here in the Outer Banks, as the coast of Georgia is usually the northernmost range of the Manatee. Their low metabolic rate does not protect them from cold water, and cannot survive in temperatures below 60 F. Perhaps our very warm summer, which created water temperatures in the high 70's, have enticed this unique visitor to our area. Manatees can measure up to 13.1 ft and can weigh up to 3,500 lbs! Manatees are herbivores and seem to be enjoying our local sea grass and algae.

NC Department of Marine Fisheries (NCDEQ) advises the biggest threat to Manatees is human related- such as habitat destruction and human objects, such as boat propellers and refuse. Our Manatee appeared to have 5 deep scars, most likely caused by a boat propeller. They also advise that even though he or she may appear very friendly and may want to play, it is very important to admire the manatee from a safe distance, reminding us that this is a very large wild animal, and, as such are unpredictable in behavior. They are currently tracking our visitor and if you happen to get lucky enough to see our newest resident, please give them a call at 252-726-7021.



SMALLER IS BETTER

by Cristina Garey of Maritime Realty

Recent residential construction data indicates that the size and costs of new homes has moved downward over the past year. According to Lawrence Yun, chief economist for the National Association of Realtors, this is an early indication that homebuilders are beginning to shift away from building larger, more expensive homes. Instead, builders are focusing more on properties geared for buyers in the middle and lower price tiers.

"Realtors® in several high-cost areas have been saying for quite a while that there is robust demand for single-family starter homes and townhomes at an affordable price point for young buyers," adds Yun. "The homeownership rate won't move up from its over 50-year low without a meaningful boost from first-time buyers, whose participation has yet to noticeably increase so far this year, despite mortgage rates near all-time lows."

Colington Harbour appears to be following the national trend of modest home demand.

According to my research on the Outer Banks Association of Realtors MLS data, there have been 55 houses close in 2016 to date. Although these closings reflect mostly existing homes, not new construction, the majority of closings are in the modest home category. Of the 55 homes sold in 2016, the breakdown is as follows:



Under \$200,000 = 19 houses

Between \$200,000 and \$299,000 = 29 houses

Above \$299,000 = 7 houses

*1 According to the U.S. Census Bureau, the homeownership rate is currently at 62.9 percent, which is the lowest since 1965.

*2 According to the Realtors® Confidence Index, sales to first-time buyers in 2016 have averaged 31 percent through July; they were 30 percent in 2015. NAR's 2015 Profile of Home Buyers and Sellers, representing transactions purchased between July 2014 and June of 2015, found that first-time buyers were 32 percent, the lowest since 1987 (30 percent). The average share in the survey's 34-year history is 39 percent.

Sources:

Outer Banks Association of Realtors Multiple Listing Service
National Association of Realtors News Releases (online publication)

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