



NOVEMBER / DECEMBER 2016

VOLUME 2 • ISSUE 7

HARBOUR HEADLINES

COLINGTON HARBOUR, NORTH CAROLINA



UPCOMING PROJECTS IN THE HARBOUR

During the next few months, you will notice a lot of work going on in the sound side park. There will be an email notice and notice on the marquis about the park and channel closing dates.

The Association is replacing the bulkhead along the interior of the park. This process will be starting in the next few weeks and will hopefully be completed mid-February.

The other projects include dredging of the main channel and extension of the jetties an additional 100 feet. The 100-foot extension will conclude the maximum distance the Harbour is allowed to extend the jetties and will help improve the shoaling problem.

We appreciate your patience in this effort to make the Harbour better and apologize for any inconvenience this may cause.



COLINGTON HARBOUR ASSOCIATION INC.

Phone: (252) 441-5886 - Fax: (252) 441-7806

Web: www.colingtonharbour.net

1000 Colington Drive Kill Devil Hills, NC 27948

Mailing Address: P.O. Box 342 Kill Devil Hills, NC

BLOG FROM THE BOARD...

The Board of Directors would like to remind all residents that our covenants require Vehicle Decals (Barcodes) as a way to confirm residency and entry into our community. Only residents with barcodes should use the right entry lane at the gate. All others will need to obtain a pass. If a vehicle uses the right lane without a decal, it is considered trespassing. Beginning January 1, 2017, we will enforce this rule with a \$50.00 fine for each use of the right lane without a barcode. Following the fine, you will be given an opportunity for a hearing and to comply with the policy. More information on this ordinance can be found in the Covenants (Ordinance 2).



COLINGTON HARBOUR HOLIDAY OFFICE SCHEDULE

CLOSED FRIDAY, DECEMBER 23, 2016

CLOSED MONDAY, DECEMBER 26, 2016

CLOSED, MONDAY, JANUARY 2, 2017

(We will be open for business as usual, Tuesday, December 27 through Friday, December 30, 2016.)

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

Dennis Donaldson
President

Hickman Finch
1st Vice-President

Sharon Wheless
Secretary

John Collins
Treasurer

Other Board
Directors are:

Frank Hendricks
Chairman

Bill Hentnik:
2nd Vice
President

Stephen Ornstein
Assistant
Secretary

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ALL ADS AND AD PAYMENTS MUST BE RECEIVED IN THE OFFICE NO LATER THAN JAN. 6TH, 2017 TO BE INCLUDED IN THE JANUARY / FEBRUARY 2017 ISSUE OF HARBOUR HEADLINES. IF THE CHA OFFICE DOES NOT RECEIVE PAYMENT FOR ADS BY THE DUE DATE, THEY WILL NOT BE PRINTED.

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NEW FACES AT THE COLINGTON HARBOUR OFFICE

There are several new faces in the Colington Harbour Association Office family.

Below are brief biographical sketches about each new staff member, but there's so much more to know. Please stop by the office to get acquainted!

Billie Marshall, Property Manager

Billie Marshall is the new property manager for the Colington Harbour Association.

Billie brings over 25 years of experience in office/facility management to the Harbour. She also served elected officials and senior management in municipal government, working with all departments including planning, code enforcement, economic development, public works and public safety.

Billie is a native northeastern North Carolinian and is married to her high school sweetheart. The OBX has always been her "happy place" and she is delighted to finally come "home" and call beautiful Colington Harbour her final resting place. Banx, the 100-pound Boxer, resides with Billie and her husband and you can catch a glimpse of them on early morning walks, usually climbing the Wright Memorial. Hobbies include walking, running, baking, horseback riding and listening to North Carolina beach music. Billie is a devout Duke basketball fan and is already gearing up for the ACC tournament and March Madness.

Donna Robertson, Accounting Administrator

Donna Robertson comes to us with 10+ years experience in real estate sales and management. She relocated to the Outer Banks area with her husband and two dogs in October from the Camden County area. Donna is excited about all of the food, fun and fishing available here in the Outer Banks.



Pat McGowan, Office Assistant

Pat McGowan thought she was retired after 25 years in Northern Virginia law enforcement and nine years in property code enforcement until she decided to trade in her steel-toed boots for flip flops two years ago. When you don't see her in the Colington office, you can easily catch her volunteering for Meals on Wheels and the Beach Food Pantry. Pat enjoys living the beach life with her husband of 28 years, Sean, and their mutt, Harley, while looking forward to visits from their two adult daughters, Amy and Lauren.

ATTENTION TO ALL COLINGTON HARBOUR RESIDENTS

Attention all Colington Harbour residents: for your and the community's general safety, please do not advertise yard sales on Craigslist or any other social media. All outside visitors to yard sales will not be admitted through the front gate house. Thank you for your cooperation.

Antiques Etc.

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JENNIFER SYLVIA REALTY

Jennifer has over 27 years of experience in marketing, advertising and real estate. She likes the gratification she gets when helping her clients achieve their real estate goals.

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HURRICANE MATTHEW AFTERMATH

During Hurricane Matthew, the Outer Banks received a record amount of rainfall. This left many houses seriously damaged and underwater for days. In Colington, Harbour there is a manmade lake surrounded by 41 lots, most with full-time residents. Due to the bowl shape of this area, once the water came in, there was nowhere for it to go. The water exceeded



its banks and surrounded homes in several feet of water. Thanks to the combined efforts of Dare County Chairman, District 2, Bob Woodard, Vice Chairman District 1, Wally Overman, Scott Vinson of the Dept. of Water Resources and Donna Creef, Dare County Zoning, Colington Harbour was able to use the County's pump to remove 2.8 million gallons of water over four days, and help these residents get back into their homes and start to dry out. The help was greatly appreciated.

COLINGTON HARBOUR YACHT AND RACQUET CLUB NEWS

Now that the winter seasons is upon us, we say goodbye to another beautiful fall season. We have put the pool to bed. Thanks to all the volunteers who came out to help us with the mammoth job of covering the pool. Without our faithful and hardworking volunteers we would have been forced to raise your membership dues. We will have NO INCREASE in our individual and family memberships!

Hopefully, we have had an end to our share of storms this season and now we can concentrate on the holiday festivities ahead.



KNOW YOUR ILLNESS; KNOW YOUR MEDICATION

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

Previously, we discussed that medication must be absorbed into the blood in order to be distributed to where the action of the medication will take place.

First, let us explore the mystery of what is occurring naturally in the body. Every moment of the day and night your body is performing functions. Right now, your liver is busy metabolizing and removing toxins from your body. After you eat, your pancreas releases insulin which binds to your cells. Once insulin binds to cells, glucose can be taken from the blood into cells and turned into energy. Your kidneys are constantly working to preserve precious chemicals like sodium and potassium and eliminate toxins. To do these tasks, there are biological stimuli constantly occurring, activating receptors to chemicals in the body, then the chemicals bind to cells to carry out daily functions. All of this occurs without you ever thinking of it. In a like manner, medications are designed to interact with the same receptors in your body to either enhance or decrease the actions of the naturally-occurring chemicals.

Because similar receptors are located throughout the body, actions of medications can be positive but also can cause side effects. The naturally-occurring chemical cyclooxygenase 1 and 2 controls the release of prostaglandin a hormone that causes inflammation which can lead to pain. Motrin (ibuprofen) works by binding to the cyclooxygenase receptors causing a decrease in the release of prostaglandin decreasing pain and inflammation. A side effect that can occur with Motrin is gastrointestinal bleeding because at the same time the drug blocks the production of prostaglandin, it also blocks platelets from aggregating. Platelet aggregation is needed to stop bleeding. Many people are aware of the medication diphenhydramine (Benadryl), an antihistamine. Histamine is a natural chemical which is released by cells in the body to protect the body by increasing white blood cells' destruction of foreign particles. Histamine causes blood vessels to vasodilate (get larger) so that the white blood cells can travel to the site of irritation. Histamine



accumulation causes itching, headache, and general discomfort. Diphenhydramine blocks histamine receptors so natural histamine cannot bind in response to allergens. A side effect of diphenhydramine is drowsiness; the medication can cross the blood brain barrier and bind histamine receptors centrally. Natural histamine in the brain causes wakefulness by blocking the histamine receptors centrally. Diphenhydramine can be used as a sleep aid. There are also non-drowsy antihistamines like Allegra. Allegra does NOT cross the blood brain barrier and, therefore does not cause drowsiness, That is the difference! Next time, look forward to a hypertension discussion!

COLDWELL BANKER SEASIDE REALTY



Jeff Kluger

Broker, REALTOR®
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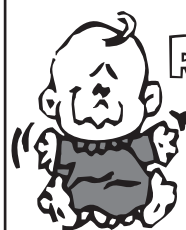
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AFTER HURRICANE MATTHEW: WHAT YOU NEED TO KNOW *by Cristina Garey of Maritime Realty*

With permission from the public information office of the North Carolina Department of Insurance, I have copied portions of their website for the benefit of our readers.

Insurance Commissioner Wayne Goodwin wants all North Carolinians to be insurance smart as we recover from the effects of Hurricane Matthew. Visit www.NCHurriClaims.com if you've suffered storm damage or call the Department of Insurance at 855-408-1212 to speak to one of our consumer services specialists.

Commissioner Goodwin has activated the Disaster Mediation Program to help homeowners resolve disputed homeowners insurance claims for residential property damage resulting from Hurricane Matthew.

Storm Contact Information

National Flood Insurance Program
888-379-9531*TTY: 800-427-5593

Federal Emergency Management Agency (FEMA)
800-621-3362*TTY: 800-462-7585

NC Joint Underwriting Association/NC Insurance Underwriting Association (Beach/Fair Plan)
800-662-7048, 919-821-1299

N.C. Attorney General Consumer Protection:
877-5-NO-SCAM, *919-716-6000

Listen to Insurance Commissioner Wayne Goodwin's helpful 2 minute video: <https://youtu.be/ijuwoCefbWw>

Remember to video or document damage prior to making repairs.

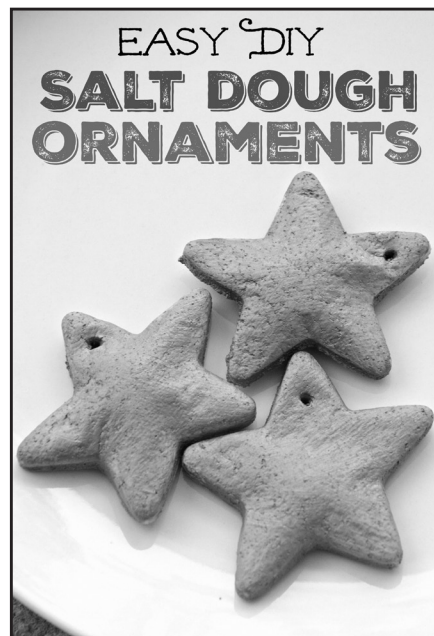
SALT DOUGH ORNAMENTS

A craft designed for any age, whether your child is 1 or you're a young 100! Anyone can create a masterpiece for Holiday fun!

You will need: 1/2 cup salt, 1 cup flour, 1/2 cup water, glue, sparkles, paint, string or ribbon, and your imagination!

Directions: Mix all ingredients together in bowl, stir (this is a fun part, you can use your HANDS!) As you knead the mix, it will become dough. Lightly cover a clean flat surface with flour, remove dough from bowl and place on floured surface. Use a rolling pin to roll dough about 1/4 inch thick. You can use cookie cutters, pie crust cutters, or any other desired way to get the shape you like. If you're going to hang your creations, make sure to poke a hole (toothpicks/straws work well) in the top before baking! When you're finished designing your dough, bake in the oven at 225 for approximately 2-3 hours. They should be hard but not burnt brown. Let cool completely.

After they are cool, decorating can begin! Use paint, color, sparkles and glue... all which can be bought at a Dollar Store! Decorate your creations and enjoy the Holidays!! (Hints - you can add cinnamon, nutmeg or other Christmas spices to your recipe! You can add food coloring too!) Let your children give the ornaments to family and friends as their own personal gifts!



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CVFD GETS NEW WEBSITE

Take a look at the all new Colington Volunteer Fire Department webpage. We've totally redesigned the website to provide more information on our firefighters, happenings and fire and life safety information. We kept our same web address, colingtonfd.com, to keep things as smooth as possible for everyone. The page is frequently updated, so check in often. We're also on Twitter @colington_vfd and on Facebook.

You can help in an emergency

Your child has just fallen out of a tree or from a second-story window. Someone in your family is suffering a heart attack or a stroke. You're driving down the road and happen upon an auto accident. These are all things that can happen to anyone at any time, anywhere. How you react in the first few critical minutes is the most important thing you may ever do.

If your child or anyone is hurt and you suspect any kind of injury, do not move the patient. By moving the injured person, you increase the possibility of causing damage to the injured person's spinal cord, so leave the victim where he/she is unless you have no choice.

If someone is having a heart attack or a stroke, try to remain calm and have the victim lie down and stay calm. If the victim is conscious, keep him warm and give him nothing to eat or drink. If the victim is unconscious and is not breathing or has no pulse, start CPR only if you are trained. Do not attempt CPR just because you've seen it done on television.

If you happen upon an auto accident and you're the first one there, try to help the people if you can, but protect yourself first. Do not remove them from the auto unless there is a fire or the possibility of fire. Remember that this is real life, not television, and seldom does a car explode into flames. If anyone is bleeding, try to stop the bleeding using articles you have with you. Don't move a victim's arms, neck, or back unless you have no choice.

You should resist the impulse to drive the injured or sick party to the hospital by car because the fastest emergency care can be provided by the fire fighters and paramedics. The most important thing to remember is to get help for these people as soon as possible by dialing 9-1-1.

Want to help even more? The Colington Volunteer Fire Department has 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 area 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 Drivers 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.

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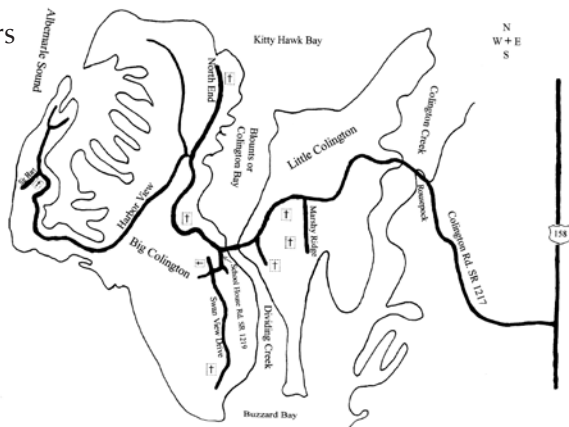
HISTORICAL CEMETERY IN COLINGTON

Location: From Hwy. 158 in Kill Devil Hills, at MP 8.5, go west on Colington Rd. (SR 1217) for about 4 or 5 miles until you come to The Colington Harbour main gate on the left. Just inside the gate and to the left, take Harbour View Drive and go 1.7 miles. Then turn left on Sir Hart Ct. and go .3 miles. The cemetery will be on the left inside a wooden fence and close to the road.

Condition: In a wooded area with some briars and underbrush. The fenced area is about 50 ft. square. Deterioration makes it impossible to read the wooden and

cement markers in 1994.

Harriet A. Midgett is the only readable marker in 1994. Survey date: Feb. 26, 1994



[Flora Midgett
3 Mar. 1883 - 6 Apr. 1883
Dau. Of Ezekiel Daniel &
Charlotte Gaimel Midgett]

[Wooden Marker]
[S. M.]
[Salina Midgett Meekins
b. 28 Aug. 1844 - bef. Oct. 1878
Wife Of Daniel S. Meekins and
Dau. Of Joseph F. & Cynthia
O'Neal Midgett]

Harriet A. [Ann] Midgett
1 Sep. 1866 - 2 July 1885
[Dau. Of Ezekiel Daniel & Anna
Weatherington Payne Midgett]

[Florence Miller
Dau. Of William Hugh &
Cynthia Jane Midgett Miller]

[Cynthia Jane Miller
19 Mar. 1864 - 12 May 1936]
[Dau. Of Joseph P. & Penelope
Meekins Midgett & Wife Of
William Hugh Miller]

[Kitty F. Meekins
Abt. 1855 - Afr. 1880
Dau. Of Joseph F. & Cynthia J.
O'Neal Midgett & Wife Of John
Hawkins Meekins]

[Anthony Littleton Meekins
Died Before 1900
Son Of William Hawkins &
Mary "Polly" Douglas? Meekins]

[Matilda Midgett Meekins
Died abt. 1909
Wife Of Anthony Littleton
Meekins and Dau. Of Joseph F.
& Cynthia O'Neal Midgett]

[Navena L. Pugh
22 Nov. 1886
Age 6 Mos 29 Days
Child Of Benjamin D. and Salina
Meekins Pugh]

[Ella C. Pugh
16 Oct. 1892
Age 5 Yrs 4 Mos 29 Days
Child Of Benjamin D. and Salina
Meekins Pugh]

[David M. Pugh
16 June 1896
Age 2 Yrs 5 Mos 17 Days
Child Of Benjamin D. and Salina
Meekins Pugh]

[John Hawkins Meekins
Abt. 1843 - Bef. 1880
Son Of William Hawkins &
Mary "Polly" Douglas? Meekins
& Husb. Of Kitty F. Midgett
Meekins]

[Cement Marker]
[P. M.]
[Penelope Meekins Midgett
Dau. Of James & Willa Farrow
Meekins & Wife Of Joseph P.
Midgett]

[Joseph P. Midgett
b. abt. 1835
Son Of Joseph F. & Cynthia J.
O'Neal Midgett & Husb. Of
Penelope Meekins]

[Below Is What Was Observed
Inside The Fenced Cemetery In
1994:]

[Wooden Post In The Right
Corner Area Of Cemetery]

[5 Wooden Posts To The Left In
A Row Leading From Front To
The Back. About 3 or 4 Of The
Posts Have Cement Posts
Attached. 2 Of The Posts May Be
Foot Markers.]

[Carved Wooden Head And Foot
Marker, Believed To Be Salina
Midgett Meekins Wife Of Daniel
S. Meekins, Dau. Of Joseph F. &
Cynthia J. O'Neal Midgett]

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Photo: Terry Milliken





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