

Winter Workout Routine

Cold winter weather can be very challenging in regard to keeping up with a healthy exercise routine. Exercise can be a cure for the winter blues and has positive effects on the immune system. To start your at home workout remember to warm up properly for 10-15 minutes. Jogging in place and adding jumping jacks in every other 30 seconds is a great way to warm up. Also remember to gently stretch before each workout.

- Body weight squats - 3 sets of 20 repetitions
- Full plank - Hold for 30 seconds
- Push Ups - 3 sets of 15 repetitions
- Standing Military Press - 2 sets of 15 repetitions
- Full Plank - Hold for 1 minute
- Dumbbell or Resistance band rows - 3 sets of 15 repetitions
- Dumbbell squats - 3 sets of 20 repetitions
- Lunges in place - 2 sets of 20 repetitions each leg
- Bicep curls - 3 sets of 15 repetitions
- Dips using a chair - 3 sets of 12 repetitions
- Abdominal Crunch/ elbows to knees - 3 sets of 15 Repetitions
- Bicycle kicks - 2 sets of 30 seconds
- Half Plank - 45 seconds

Remember to stretch after each workout, and this workout routine can be performed every other day. Feel free to add exercises if the routine becomes easy or repetitive to your body. Hopefully this will help you push through the cold winter months, and keep your mind and body in excellent condition.

Website for Local Beech Mountain Happenings

 <https://www.beechmntn.com/>

403 Beech Mountain PKWY
Beech Mountain, NC 28604
828-387-4236 • www.townofbeechmountain.com

Staff Corner

Daniel Davis is the Chief Treatment Plant Operator at the Buckeye Water Treatment Facility. He has been working with the Town utility department since the year 2000. Daniel holds an A Surface Water Treatment License as well as licensure for the operations and management of Distribution Systems and Wastewater Treatment as well. Daniel is a native of the mountains, growing up 15 minutes away on Old Beech Mountain. Daniel, his wife of 20 years Chasty, and their two children Terri and Jacob enjoy spending their time together in the outdoors hiking, camping and fishing, or working with their animals on the old family farm. He has always enjoyed working with the Town of Beech Mountain and the people of the town, while also being blessed with the ability to work in such a beautiful area, with wonderful and exciting people while having a fulfilling career in Environmental Science and the protection of nature's wonders.



Town Council

Mayor - Renee Castiglione
mayor@townofbeechmountain.com

Vice Mayor - Barry Kaufman
bkaufman@townofbeechmountain.com

Council Member - Weidner Abernethy
wabernethy@townofbeechmountain.com

Council Member - Carl Marquardt
cmarquardt@townofbeechmountain.com

Council Member - Wendel Sauer
wsauer@townofbeechmountain.com



Beech Mountain EAR

January - March 2018



Oath of Office Administered to 2017 Elected Officials - New Mayor and Vice Mayor Appointments

In a ceremony preceded by a handshake with North Carolina's 24th District Judge Hal Harrison, Carl Marquardt was administered the Oath of Office as a Councilman to the Town of Beech Mountain for a two-year term at Town Council's December 12, 2017 meeting. Next newly elected Councilman Barry Kaufman, with friends Dennis and Debbie Ferguson and Joe and Mercedes Antonell at his side, took the Oath of Office administered by Judge Harrison for his four-year term followed by Councilman Weidner Abernethy taking the Oath of Office for Town Council administered by Judge Harrison for a four-year term.

The Town Council organizational meeting marks the ering of three new Council Members and a new Mayor and Vice Mayor. Succeeding the administration of the Oath of Office, the 2017 Elected Town Council took their seats with their first action to appoint the town's Mayor and Vice Mayor. Town Manager Tim Holloman conducted the selection process. Councilman Kaufman nominated Councilwoman Castiglione to the office of Mayor, which was seconded by Councilman Sauer. Councilman Marquardt then nominated Councilman Kaufman for Mayor with the nomination failing for the lack of a second. Manager Holloman called for the vote on the appointment of Councilwoman Castiglione for Mayor; the vote passed unanimously. Mayor Castiglione will serve a two-year term as Mayor for the town.

Manager Holloman then conducted the selection process for Vice Mayor. Councilman Sauer nominated Councilman Kaufman as Vice Mayor, with Councilman Abernethy seconding the nomination. Hearing no more nominations Manager Holloman called the vote for Councilman Kaufman as Vice Mayor; the vote passed unanimously. Vice Mayor Kaufman will serve a two-year term as Vice Mayor for the town.

Outgoing Council Members Rick Miller and Paul Piquet were honored by Mayor Castiglione and the newly seated Town Council for their years of elected service to the Beech Mountain community through individual resolutions and plaques. Councilman Miller has cumulatively served fourteen years as an elected official for the town. Councilman Piquet has twelve years of elected service. Past Council Members Miller and Piquet both stated it had been an honor to serve the Beech Mountain Community.



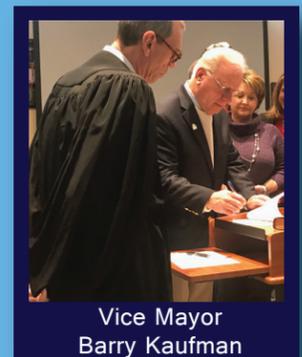
Mayor
Renee Castiglione



Councilman
Weidner Abernethy



Councilman
Carl Marquardt



Vice Mayor
Barry Kaufman

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Beech Mountain Fire Department Improves Fire Insurance Rating

This past August the Beech Mountain Volunteer Fire Department completed a comprehensive inspection of all aspects of providing emergency fire service to

the Town. The inspection was conducted by the North Carolina Department of Insurance under the Office of the State Fire Marshal.

The major areas of inspection included proper staffing, training, sufficient equipment, proper maintenance of equipment, communications capabilities and availability of water sources.

The Fire Insurance rating system ranges from one (1) (best) to ten (10) (lowest) with most rural departments falling into the 9S category, our rating effective January 1, 2018 is a FIVE (5)!

According to the North Carolina State Fire Marshal, this rating suggests that the Beech Mountain Volunteer Fire Department is overall better equipped and trained to respond to fires within the Town. "I'd like to congratulate Chief Pudney for the department's performance and for the hard work of all department members," said Insurance Commissioner Mike Causey. "The citizens in the Town should rest easy knowing they have a fine group of firefighters protecting them and their property in case of an emergency".

Citizens should contact their individual Insurance Company after the first of the year to make sure their premiums are adjusted to reflect the new rating.



Winter Driving on Beech Mountain

We are entering the winter season and that often means SLIPPERY ROADS. Please remember we focus on primary roads first (paved roadways). Primary roads are plowed followed by a sander distributing grit which is smaller than pea gravel but larger than sand. The color of the grit sometimes blends in with the roadway.

Secondary roads are cleared next. We do not use salt, sodium chloride, or any melting agent so that we remain environmentally friendly and do not leach elements into our

water supply. NC Highway 184N all the way up the mountain from Banner Elk is maintained by the NC Department of Transportation, ending at the entrance to Beech Mountain Ski Resort. They DO use a melting agent. The road condition sign at the bottom of the mountain is illuminated by the Beech Mountain Police Department when conditions become hazardous and vehicles should only travel that have four-wheel drive, chains, or both. This sign is turned OFF as soon as the Police Department determines that an automobile could travel up the mountain without this extra equipment to navigate.



Winter Essentials for your Vehicle

If you already have an emergency kit, well done! Essentials such as first-aid supplies, jumper cables, gloves, a flashlight, duct tape, a tow strap, and some simple tools should already be in your trunk for daily driving. If not for daily driving, then at least when you set out on a road trip. Here are some winter-specific items you can include for times when the roads are covered in slush or heavy snow.

...continue to next page

Spare Phone Charger: The cellphone is your primary means of rescue in today's interconnected world. But to reach help you need juice: A charging cord is a good idea, but a hand-crank charger that works away from the car or when the car battery is dead is an even better one.

Hand Warmers and a Heavy Blanket: Your car provides shelter, but you don't want to rely on running the engine incase you have a limited amount of fuel. Deadly exhaust may also find its way into the cabin. To keep warm, use a blanket, supplemented by hand warmers when it gets really cold.

LED Flashers/Flares: Battery-powered lights work for hours and are great for alerting other drivers if your car is on the side of the road. Flares may seem antiquated, but the heat they put out prevents them from being obscured and buried by driving snow. Plus, in an extreme emergency they can be used to start a warming or signaling fire. Flares are usually sold in packs; make sure you have at least three sticks.

Food and Drink: It's exceptionally rare for anyone to be stranded during a winter blizzard for more than a day. Long-term rations aren't really necessary, but keeping a few energy bars and a plastic bottle or two of sugary energy drink wouldn't hurt. Why the latter? The electrolytes and sugars significantly lower the concoction's freezing point, ensuring you'll still have liquid when you need it.

Shovel: While it might not look like much, a compact folding shovel is plenty big enough to use when digging your car out of the snow.

Windshield De-Icer: An extra bottle of this could mean the difference between seeing the road and seeing yourself parked in a snow bank. Plus, in emergencies you can use the stuff to melt ice on the road or any frozen car parts.

First Aid Kit: This list wouldn't be complete without discussing a first aid kit. Having the basics with you like bandages and common medications is always a good thing



Beech Mountain Police Department is committed to providing our community with great service through special policing programs. Here is a list of yearly programs we offer to our residents and guests:

Senior Watch: List of elderly widows or widowers that call in each day to let us know they are up and active. Must call by 11 am, if not officer responds to their residence with key to check welfare.

Care Trak: Dementia/Alzheimer's patients-tracking device that is attached to the patient's wrist or ankle that transmits a signal to which officers can utilize a receiver to attempt to locate the patient.

Night Eyes: Random check of homes to ensure that homes are secure. This is performed both day and late evenings. Security Checks/Vacation Checks—home-owners or property owners may request extra checks of their property while out of town or if incidents of concern have occurred to which extra patrols are warranted.

Coffee with a Cop: Open meetings held that promote better working relations between the community and the police department. Allows the citizens to get to know the officers on a more personal level and interaction as well.

Community Policing: town is split up into two sections to which a community officer is assigned and he/she is assigned with knowing their sections needs and concerns. All officers are community officers to which we are building a greater report with our citizens that show we are part of the community we serve.

Child Restraint Checking Station: ensure that child car seats are properly secured inside vehicles.

Project Lazars: Drug dropbox for the citizens to bring old unused or out of date medications to have disposed properly.

High Country Crime Stoppers: Call the crime stoppers hotline to report crimes anonymously.

Code Red