

By Veronica Stanley

President Bonnie Ferneau welcomed members of the Pine Knoll Shores Women's Club to its March 23 meeting at town hall. Refreshments, provided by Barbara Bagby, Pauly Brown and Kay Howe, were on a spring table with a Dipladenia plant donated by Barbara Bagby and later used as a scholarship raffle award. In addition to the plant, Barbara Zaik and Loretta Poremba presented scholarship raffle awards donated by Lana Hathaway (silk lace shawl), Anita Adler (wine cooler) and Mary Ann Shapiro (Mikasa crystal dish).

Mary Greene reported that the Beach Book Club is reading *A Fierce Radiance* by Lauren Belfer, a medical thriller about saving lives after Pearl Harbor, using the miraculous new drug penicillin. Between the Bookends' latest reading is *Still Alive* by Lisa Genova, about a Harvard professor's struggle to maintain her life style despite early onset Alzheimer's. LIT WITS is reading *The Dressmaker of Khair Khana* by Gayle Tzemach Lemmon, the true story of a young Afghan woman who took sewing lessons and started her own business right under the noses of the Taliban police. Mary Kanyha read a portion of President Obama's proclamation of March as Women's History Month and told of some of the women in her life who paved the way.

Vice-President Barbara Milhaven introduced guest speaker Jennifer Becker, who works for Tryon Distributors in Charlotte. She spoke on "Wine Tasting 101," stressing important things to consider in choosing and serving wine. Wine should be

stored horizontally to keep the cork wet, thus preventing spoilage from oxidation. Glassware designed for a specific wine type helps better to experience of a wine's nuances. Temperature depends on its color. Ideally, white wines should be between 40 (refrigerator temperature) and 55 (above refrigerator temperature) degrees. Red wines should be between 55 and 70 (room temperature) degrees. Dessert, sparkling and rosé wines should be at refrigerator temperature. Wines should be preserved using a vacuum pump. Jennifer presented two wines at varying temperatures for members to taste and evaluate. She discussed their balance, harmony and complexity to help judge their completeness based on individual preferences. Pauly Brown's report on famous women featured Carolyn Hopkins, unknown by name, but known by voice. She is the woman behind the voice heard at airports, subway and train stations worldwide. She e-mails greetings from her modest office in rural Maine. She originally sold paging and public address systems at Innovative Electronic Designs. Her voice was the secret ingredient they needed, and things took off from there. "There are times," she says, "when I walk into an airport, and I say, 'Oh, I did that announcement.'"

Arlene Graczewski reported on a "Caring for Neighbors" luncheon planned for May 10 at St. Francis by the Sea for all shut-ins on the island. A volunteer sheet was passed around for club members to provide food and help identify people to invite. The contact person for this event is Mary Kurek.

The Supper Club will have a picnic at the Beacon's Reach Marina on May 20. Contact Pat Ruggerio or Edy Rene Magel for more information. The next meeting of the Pine Knoll Shores Women's Club is May 18, with a social at 9:30 a.m. and the meeting at 10:00 a.m., featuring Ranger Randy Newman, Superintendent of Fort Macon State Park, speaking on "Butterflies and Moths of Bogue Banks." All women living in Pine Knoll Shores are welcome to join the Women's Club and enjoy activities with neighbors.

What Type of Yoga Class is Right for You?

By Linda McGregor, Yoga for You

You've read studies on the benefits of yoga, and your doctor has suggested you take a yoga class, but sometimes yoga terminology can be confusing, and you may wonder what class may be best for you. Here are some class descriptions that may help.

Gentle/De-stress. You'd like to do some stretching, but want to proceed slowly. Maybe just tying your shoes or being able to look over your shoulder as you back out of the parking lot has gotten difficult. Perhaps your job is very stressful. Gentle/De-stress is the class for-you! Yoga for You offers gentle yoga class every day at noon and Wednesdays at 6 p.m. These classes are designed for those who are under stress at their jobs or seniors who realize they are becoming less flexible. No pretzel poses or other intimidating exercises, just stretching in a flowing class that is easy to follow!

Healthy-Back Class. Your back is hurting, and your doctor has suggested that you do some simple stretches. Over time, yoga can help rebuild strength and loosen tight muscles that frequently are the cause of back pain. Many back pain sufferers find relief by taking our Healthy Back Class on Saturdays at 10:30 a.m.

Level II. You would like movement, not just stretching. If you enjoy getting a workout and like to move, a flow class is probably right for you. Our Level II classes on Mondays and Wednesdays at 9 a.m. and Tuesdays at 6 p.m. will build your strength and flexibility.

Level II Hot Yoga. You like to get your sweat on in a heated room. Try our Level II Hot Yoga classes on Thursdays at 6 p.m. and on first and fourth Sundays at 6 p.m. This challenging and flowing form of yoga will lead you to a state of transformation. It will sculpt, tone and hone the muscles of your body and your mind.

Integral Level II. You would like to experience the tools to live a peaceful,

healthy, joyful and useful life. The Integral Level II method, offered every Friday at 9 a.m., seeks to integrate the mind, body and spirit and is intended to inspire students to find fulfillment in themselves and promote a peaceful existence with others.

Restorative Yoga / iRest®. You are stressed and would like a gentle class to restore your mind and body back to optimal health. Our Restorative Yoga / iRest® class, offered on the third Sunday of the month at 6 p.m., blends gentle warm-ups with slow, deep restorative poses to stretch the spine, open the hips and expand the heart center. The class ends with a guided meditation that is used by the military for returning veterans to reduce stress.

Yin Yoga. Similar to iRest, Yin Yoga, offered on the first Sunday of the month at 6 p.m., provides an effortless approach to yoga. Postures are held for three to five minutes to allow muscles to soften and connective tissue to lengthen. These deeper pauses help the mind to settle and encourage one's sense of self to relax.

If you decide to try yoga, make sure your instructors are knowledgeable about poses that are safe for your body. At Yoga for You, all teachers have been certified by the Yoga Alliance and have a minimum of 200 hours of training. Mention this article, and receive a free class!

