

The Shoreline

Vol. 10, No. 9

A Shoreline Community, Pine Knoll Shores, N.C.

March 2014



PKS Town Website

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CCCC Trivia Team Prevails

By Kathy Falandys Tilyard, Volunteer for Boys and Girls Club of Coastal Carolina



Members of CCCC—Plan Bee trivia team with the championship trophy: (from left) John Clarke, Janie Price and Jerry Price

It may have been 22 degrees outside, but the fifth annual Trivia Bee teams were sizzling with energy inside the Crystal Coast Civic Center on Friday night, January 24. Thirty teams competed for the coveted Bee Trophy, and it definitely was an exciting night.

From the Trivia Bee inception in 2009, Pine Knoll Shores has been significant to this event. Resident Kathy Falandys Tilyard founded the Trivia Bee and former mayor Joan Lamson has always been a judge. Two other residents are key players: Ann Simpkins is a major organizer and Polly Conrad is a Boys and Girls Club board member and put in hours of work to help with set-up.

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Crystal Coast Autism Center

By Jacquie Pipkin



How many of us have been touched by, or have family and friends who have been touched by, a child's diagnosis of autism? The Centers for Disease Control and Prevention (CDC) report that more people than ever before are being diagnosed with ASD (Autism Spectrum Disorder). This increase may be due in part to better efforts at diagnosis as well as the inclusion of ASD as a category in

the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5). Whatever the reasons, the steady increase in ASD diagnoses cannot be denied and needs to be addressed. The future of our children depends on it.

According to the CDC, Autism Spectrum Disorder affects 1 in 88 children. ASD occurs in all racial, ethnic and economic groups, but boys are nearly five times more likely than girls to be diagnosed with ASD. The average age of diagnosis is between 3 and 5 years. The CDC defines autism as a spectrum disorder with "mild to significant language delays, social and communication challenges and unusual behaviors and interests." Children with ASD usually have a high degree of anxiety, are fearful of the unknown and require strict routines in order to cope with their environment. Diagnosing ASD can be difficult. There are no medical or blood tests. Doctors, psychiatrists, psychologists and behavior specialists observe and record a child's behavior and developmental milestones to make the diagnosis. Doctors agree that the earlier a child receives intervention services, the better the prognosis for the child's future. All children with ASD can benefit from early intervention.

Typically, parents are overwhelmed and don't know where to turn when they are told their child has ASD. In addition to the challenges and exhaustion that come with raising a child with ASD, parents too often have the added burden of three, four or more hours in a car, with a child who may not travel well, to receive needed therapeutic intervention services. The Crystal Coast Autism Center in Morehead City has changed that for many parents by offering therapeutic services in their community. In addition, the convenience of having services provided in one location brings a sense of familiarity for the children and allows providers to effectively coordinate services for the greater benefit of children and families.

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