



From left, Suzanne Kennedy, Kathy Tilyard and Carroll Beckham put the finishing touches on the deliveries.



MaryAnn Tormey, decked out in Santa hat, headed out to make an elf delivery.



Clare Winslow was a happy recipient of holiday goodies.



Helping save the planet. Six-year-old Caroline Farmer, daughter of Pine Knoll Shores homeowners TJ and Julia Farmer, with trash she spotted under the sittum at Ocean Park. She went to work to “collect it all” and deposited everything in trash/recycling. Well done, Caroline!—Photo by TJ Farmer



Beach Yoga With a Purpose

Susan Toms leads a “slow flow” yoga class at noon on Wednesdays at Hammer Park. Providing a way to get together safely and connect in a beautiful setting, sessions average about a dozen participants, but as many as 25 have attended. Experience isn’t needed to enjoy these classes, and several options are given for every pose—students are encouraged to listen to their bodies. Susan stresses that yoga is no longer thought of as just for those who can do splits and put their legs behind their necks but that it is more about connecting with your body, breath and mind. She sees herself as a guide and is pleased when she looks at the group and sees everyone doing something different because she knows they are moving in a way that suits their bodies. Now that it is winter, classes are dependent on the weather, and Susan puts a note on the PKS Community Facebook page when the weather looks good. There is no charge for the sessions, but donations are welcome. Attendees have helped raise hundreds of dollars for Martha’s Mission, Family Promise and the Salvation Army.—Photo by Ike Pipkin

Donations to Benefit the Humane Society

Elaine Holt (left, holding Bitsy) and Lisa Smith with donations from Pine Knoll Shores residents for the Carteret County Humane Society. Once the word was out, folks came through to help meet the need. Thanks to Elaine and Lisa for organizing the drive and to all who helped to take care of the animals at a time when donations were down.—Photo by Tom Smith

