

Ed is a former Marine, having left the Corps in 1973. He is now a cable TV technician and often pursues his profession in PKS. So, if you have cable trouble, you are likely to meet him. But be careful about trying to beat him in a race!

Just before the Boston, Ed ran some 15 miles in preparation. He regularly averages 50 miles per week. Frequently, he runs home from the Cable TV offices in Morehead City, a distance of about 7 miles. He says that if he has had a bad day at work, the run puts him in a cheerful frame of mind before he reaches home. His wife, Kim, also runs daily for short distances, but likes it as exercise and is not competitive; at least she has entered only one marathon.

The night before the Boston (and other marathons) the contestants engage in "carbohydrate loading", eating lots of pasta and drinking beer to replenish the carbohydrates lost in training for the run.

There is another type of race, however, in which Ed has engaged and in which he expects to compete in the future. That is the "TRIATHLON". He has been in the Wilmington, N. C. triathlon twice, finishing 9th on one occasion and 6th on another. In this event the contestant swims $1\frac{1}{4}$ miles, then bicycles 42 miles, then runs 10 miles! Can you believe it? He has also been in the Savannah triathlon, in which he finished 5th.

But Ed's primary goal is the "Hawaiian Iron Man", a triathlon to be held in 1984. There each contestant will swim 2.4 miles in the ocean, then bike 112 miles, then run 26.2 miles! (That is, if he's still alive!)

You may see Ed, marked with reddish mustache, running or biking in PKS. If you do, he wants you to say "hello". He enjoys running here, but would like to find others with whom to run. Any takers?

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The Pine Knoll Shores Garden Club met May 11 at the town hall. Club President Lou Jolitz opened the meeting by welcoming guest Carol Franzo and new members Marge Kalning, Ruth Kane and Dorothy Panagakos.

Mrs. Jolitz gave a report on her attendance at the Presidents' Luncheon for District 11 held at Wilmington, N. C. at which she was presented with a certificate of honor for Pine GARDEN Knoll Shores Garden Club in appreciation of outstanding service to the Garden Club of North Carolina 1982-83. Also, PKS Garden Club won the District 11 \$20 award CLUB for subscription to the National Gardener.

The club was awarded the 1982-83 Mitchener Pearse Award for dogwood-crape myrtle plantings. The engraved silver bowl is a revolving trophy held for one year.

Mrs. Jolitz brought back a gardening tip from Becky Farmer, Director of District 11. To winter over gerbera daisies, Mrs. Farmer mulches the plants with a good cover of pine straw. In the spring, after the last frost, they are uncovered. Three heavy feedings of 8-8-8 are applied, one week apart.

Mike Alford, curator of the Hampton Mariners' Museum, narrated a slide presentation entitled "Reptiles and Amphibians of Eastern North Carolina". This includes salamanders, toads, frogs, turtles, snakes and alligators. Alford apologized for not having any live specimens to display.

As reptiles and amphibians are cold blooded, they do not generate their own body heat and need an external heat source. Alford cautioned against feeding alligators as this may cause them to become aggressive.

There are many harmless snakes in the eastern part of North Carolina including the colorful corn snake which is a rat eating snake, hence beneficial to farmers. Cottonmouth or water moccasins, copperheads and rattlesnakes are the poisonous snakes found in this region. Alford noted that there are no snakes in New Zealand.