

Women's Club Hears Chiropractor

The April 25 meeting of the Pine Knoll Shores Women's Club featured Dr. Patrick McLaughlin of the McLaughlin Chiropractic Center in Morehead City. His talk focused on spinal mechanics and common pain management experienced in chiropractic medicine. He described common conditions of spinal osteoporosis and osteoarthritis and emphasized the need to become educated about these conditions and how important exercise is as a preventive measure as well as a method of relieving pain for those experiencing either of these conditions. He noted that back pain and headaches are the primary problems facing those who seek chiropractic care. He spoke of wellness techniques that focused on maintaining a healthy spine, and he

emphasized that a healthy spine reduces pressure on the nerves. It is that pressure on the nerves that causes pain.

The next club meeting is the luncheon on June 6, 11:30 a.m. at the Coral Bay Club. At that meeting, 2008-09 officers will be inducted. All women living in Pine Knoll Shores are welcome to join the club.

Book Clubs

The Beach Book Club will meet June 12 at Edy Rene Magel's house. The club will be reading "Finding Manana: A Memoir of a Cuban Exodus." This will be the last meeting until September.

Between the Bookends will meet at Helen Anderson's house on June 9. They will be discussing "Three Cups of Tea" by Greg Mortenson.

Pine Knoll Shores Democratic Party Update

Submitted by John Clarke, Precinct Chair

The Democratic Party had a very strong turnout of voters for the recent primary election Barack Obama clearly won the state-wide vote but in Carteret County Hillary Clinton garnered 60% of the votes cast. A total of 481 of the 1300+ registered voters turned out to vote in the PKS precinct or about 36%.

There will be an additional runoff election for the State Commissioner of Labor since no candidate received more than 40% of the vote. October 10 is the last day to register to be able to vote in the general election in November.

The party is seeking volunteers to help in a variety of ways and if you are interested, please contact John or Anne Clarke at 240-3201 or party headquarters at 726-1607.

It is rare to live in a precinct that has a candidate running for a prominent national office. Craig Weber of Pine Knoll Shores won handily in his race against Marshall Adame for a House of Representatives challenge in November against Republican incumbent Walter Jones. In Carteret County and throughout the Third Congressional District, Weber received more votes than Jones and McLaughlin combined (54,366 vs. 40,190).

Over the coming months there will be various opportunities to hear all of the candidates speak so voters can learn about their ideas and their vision for the future of the county and the country. Please visit the county party website at www.carteretdemocrats.org. Check out the calendar to see important upcoming events or call the party headquarters.

Carteret County Democratic Party meets at Beaufort Court House on the first Tuesday of each month. All Democrats and unaffiliated voters are welcome to attend the meeting from 6:30 p.m. until 8 p.m. Democratic women meet on the fourth Tuesday of each month at Mrs. Willis Restaurant on Bridges Street in Morehead City at 5:30 p.m. All Democratic women are encouraged to attend. AARP meets on the third Monday of each month at Clamdigger (call hotel for details). Senior Democrats meet on the third Thursday of each month at the Leon Mann Center in Morehead City for lunch at 11:30 a.m. Young Democrats meet on the second Tuesday of each month. Location changes so call the party headquarters or check the website.

St. Francis Golf Tournament

By Jim Turner

Friday the 13th always fails to live up to its dark reputation. In fact, Friday, June 13, 2008 is certain to be a glorious day since this is the date selected for the second annual St. Francis by the Sea Golf Tournament spring fund raiser. The event will be held at the Country Club of the Crystal Coast with the evening banquet hosted in the beautiful clubhouse. As a special attraction, the mistress of ceremony will be Jami Turner of WCTI - TV 12 News.

The tee time is set for 1 p.m. with four-person teams, which may be comprised of all ladies, all men or mixed gender. The format is Super Ball and will be

handicapped to give all participants an equal chance of winning. Each member of the first three winning teams will be awarded prizes. Other participants will vie for several door prizes.

Finally, raffle tickets are being sold offering the opportunity to win week-long stays at three different beach properties, a lovely painting done by one of our own local artists, as well as other items of envy.

To participate in the golfing event and dinner contact Jean or Jim Turner at 240-2474, St. Francis by the Sea Episcopal Church at 240-2388 or by visiting The Country Club of The Crystal Coast.

Book Review

By Pamela Hanson ~ Beachmart Bookstore

King Henry II of England has a problem. Children in Cambridge are being abducted and killed, and the manner of their death is a very horrific one. Local Jews are accused and the town's chief money lender and his wife are killed by a vengeful mob on the evening of their only daughter's wedding. The sheriff rounds up the rest of the Jewish community and secures them in his own castle to prevent the mob from killing anyone else. The Jews of King Henry's time are very prosperous and pay him very high taxes. He cannot allow the people of Cambridge to kill what he views as his money source. So what's a king to do? Henry makes a plea to the King of Salerno (his cousin) for a Master of the Art of Death (read old fashioned term for medical examiner). Salerno is accurately portrayed as a center for science and medicine which compares starkly with the rest of Europe at that time due to religious influences and superstitions.

The King of Salerno sends his cousin, the best examiner he knows, who happens to be a woman. Enter our heroine Adelia, her ax-throwing, Arab eunuch protector, and the Jewish investigator Simon of Naples, a Jewish "fixer" (read investigator). These three are tasked with finding a solution to this awful crime spree. This unlikely trio must also travel undercover due to the

fact that if Adelia is discovered she could be burned for witchcraft. Adelia soon discovers how uncomfortable conducting an investigation undercover and "in-the-field" can be.

"Mistress of the Art of Death," by Ariana Franklin is one of the best "whodunits" I have read in a long time. Being a fan of Brother Cadfael, I believed in the characters from the start because this historical mystery set in historical mystery set in medieval England is woven with just the right amounts of horror and humanism. The contrast of science versus superstition quite frankly intrigues and pulls one along to see which discipline will win the day. The author's skill at developing relationships is well done and encouraged me to cheer on the "good guys" and long to finish and discover the villain. Medieval England was a barbaric place where justice was only starting to prevail over the stranglehold of the church. The twist and turns this story takes will keep you going to the gruesome end. Being a criminal justice major, I was also pleasantly surprised with the footnote to history and, while I personally wouldn't want to end up the way the "bad guy" did, I thought it just. This read is a great historical mystery/crime fiction thriller.