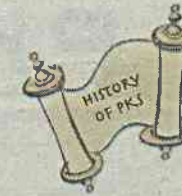


The Shoreline



Pine Knoll
Shores
History

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

November 2013

PKS Hope for the Warriors Rides Again

By Mike and Buffa Hargett

A team consisting of three Pine Knoll Shores residents completed the Cycle North Carolina (CNC) bicycle ride, appropriately named Mountains to the Coast. The annual event, now in its 15th year, is organized and directed by the North Carolina Amateur Sports Association in Durham, and is one of the most scenic and popular cross-state rides in the United States. Approximately 1,100 bicycle riders ages 7 to 85 traversed the state, starting in Spruce Pine on September 28 and ending in Atlantic Beach on October 5.

In his book *Crossroads of the Natural World*, Tom Earnhardt describes North Carolina in this way: "In a relatively small space, 180 miles north to south and 500 miles east to west, North Carolina is temperate, subtropical and subarctic. We're located in temperate latitudes, but our proximity to the warm Gulf Stream makes us the northern boundary for species commonly found in Florida. Species associated with subarctic habitats in Maine and Canada—from the red spruce to the saw-whet owl—live on our peaks in excess of 5,000 feet, including 43 higher than 6,000 feet. At 6,684 feet, Mount Mitchell is the highest mountain east of the Mississippi. One formula holds that every 1,000 feet in altitude is like



John Brodman (left) and Mike Hargett arrive at the Atlantic Beach finish line on October 5, after completing a 450-mile "Mountains to the Coast" bike ride. The team, which included team leader Buffa Hargett, raised \$3,000 to benefit Hope for the Warriors.

traveling 200 miles north. Thus the fauna, flora and climate on Grandfather Mountain (5,946 feet) are roughly equivalent to those 1,200 miles north." In this week, we felt we experienced the essence of what he has described.

When you think about cycling across this state, it is important to consider North Carolina's three distinct terrains: the mountains, the piedmont and the coastal plain. Each presents different challenges to cyclists. The state has 17 major river basins, and on our trip we passed over the French Broad, Catawba, Yadkin-Peedee, Cape Fear, Neuse and White Oak rivers. North Carolina also has 1,800 miles of scenic byways, giving

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Photo by Darlene Smith

Lifeline Canines

By Jacquie Pipkin

Last spring when seniors around the country were planning for graduation and preparing for next steps, Zach Smith and GiGi Pipkin of Pine Knoll Shores, along with their handlers, Darlene Smith and yours truly, also graduated.

Each became a certified Social/Therapy Dog Team. Therapy dogs are not service dogs. Service dogs are highly trained over a period of time to *service* one master or mistress with special needs. Therapy dogs are trained *visitors* who bring smiles and sometimes nostalgic tears to groups of people in assisted living facilities, rest homes, schools and other centers where individuals need and greatly appreciate some diversion and a lot of love.

After 15 hours of training over three days, Zach and GiGi were ready for their final exam—a visit to a nearby nursing home. We arrived at the facility on Bingo day. When the ebony Zach and the ivory GiGi entered the group room, play stopped—something we were told had never happened before. Some of the residents reached out

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