

Coastal Living

JAMES MINOR, EDITOR



Participants in the cancer support group at Yoga for You fight the dreadful disease with exercise in the weekly class. (Dylan Ray photo)

poses for POISE

BY LINDSAY STREET
NEWS-TIMES

Nell Thompson's household buzzed with family. It was Thanksgiving 2006, and the exhausted 59-year-old Morehead City resident was lying flat on her back, looking up at the ceiling from her bed.

As if by a strange magnetic force, her fingers were drawn to her breast. The fingertips discovered a lump.

Mrs. Thompson got up and stood in front of the mirror. She raised her arm, and a bulge emerged.

"To me, it was huge," Mrs. Thompson said. That was the night Mrs. Thompson's life was plunged into darkness. Panic, doubt and worry consumed her.

"I didn't know anyone at the time who had breast cancer," Mrs. Thompson said.

Though she acted quickly, tests results take time, and waiting became the hardest part.

In the ensuing months, a battle with an unseen enemy was fought solely in her mind. Though her daughter and husband provided support, Mrs. Thompson felt alone.

"It was so much waiting," she said. "I didn't know where to turn. Had I had a support group, I would have known

In the dark days of cancer, one group sheds light onto life with the illness

what to do." During Christmas, Mrs. Thompson withheld her fears from her newly engaged son and future wife.

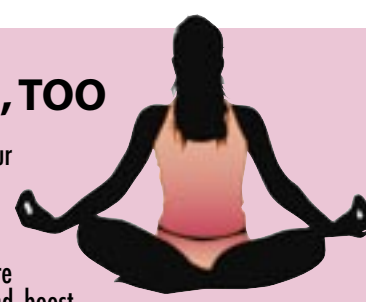
"Normally, I'm the type to tell my children exactly what's going on," she said. "This is one time I'm not going to ... I had everything on my mind, and you know what it's like during the holidays anyway."

She said she never regretted her decision, and she told her

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YOGA FOR YOU, TOO

Yoga can be beneficial to your health, according to registered nurse Annette Tersigni. Ms. Tersigni has earned the nickname "the Yoga Nurse." Here are two exercises to unwind and boost your immune system:



1. Just breathe. Deep breathing is essential to yoga. Take five minutes a day and focus on your breathing. You can be sitting, standing or lying down. Close your eyes, inhale and let the breath expand your stomach and chest, and then exhale.
2. You wanna Shavasana. Shavasana translates literally to "corpse pose." For 10 minutes, lie flat on your back. Begin at your toes and mentally relax every inch of your body. Listening to meditation CDs or having an instructor guide your relaxation can help this exercise. As you relax each portion of body, from muscles to organs, remember to breathe deep like in exercise No. 1.

For more information on yoga exercises, contact Yoga for You, 247-9642.



Beaufort artists Keith Lambert and Willie Baucom-Lambert stand in front of the Capt. James "Woo Woo" Harker Memorial on 6th and Evans streets, which will be unveiled at 5 p.m. Friday, Oct. 31 (Dylan Ray photo)

O Captain! Our Captain!

A new memorial remembers James "Woo Woo" Harker

BY JENNIFER ALLEN
NEWS-TIMES

There's a section of sidewalk in downtown Morehead City, just in front of where the *Carolina Princess* docks, where the late Capt. James "Woo Woo" Benjamin Harker IV probably stood, watching boats come in and out of the sound.

In the time since his 2006 death at age 55, Beaufort artists Keith Lambert and Willie Baucom-Lambert, with suggestions from family and friends, have developed a memorial sculpture for that downtown public space on Evans Street in honor of Capt. Harker.

While the Woo Woo Harker Memorial is covered now, it will be unveiled at 5 p.m. Friday, Oct.

31, at its location near 6th Street in downtown Morehead City.

According to Mrs. Baucom-Lambert, the design of the memorial sculpture, which is a large bust of Capt. Harker gazing out over the water with other elements that symbolize his life, had much input from Capt. Harker's wife, Dr. Margaret Harker, and friends and family, especially his sister, Gale Harker.

"We love that input," said Mrs. Baucom-Lambert. "Especially when it's a community project ... we love the idea of them having a voice in the project."

Initiated by Capt. Harker's wife, the memorial is to honor him, his heritage and the life of

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Coming...

SUN



The Eve

Coming...

WED



Have a ball

DID YOU KNOW?

The earth travels through space at 660,000 miles per hour.