

RECREATION

Summer camp opens today

Camp Seabreeze will be offered this summer for children ages five to 13 at the N. C. Baptist Assembly at Fort Caswell. One-week sessions of Camp Seabreeze run through August 20. Camp hours are 7:30 a.m. to 5:30 p.m. There is a \$60-a-week fee for each child and a one-time \$15 registration fee which includes two day camp T-shirts. Pre-registration is required and can be done by calling the Brunswick County Parks and Recreation Department, the N. C. Baptist Assembly at 278-9501 or Robin's Nest at 457-6087.

Kids camp held at Bolivia

Brunswick County Parks and Recreation Department will host a summer camp for children at the county government center near Bolivia. Six sessions will be offered for different age groups as follows: six-to-nine-year-olds, June 21-25, June 28-July 2, July 19-23, August 2-6, August 16-20; ten-to-13-year-olds, July 12-16 and August 9-13. Because space is limited pre-registration is required. A \$45 fee will be charged for each child. Family discounts will be available to families with two or more children participating. Day camp activities include swimming, arts and crafts, nature study, bowling and movies. Field trips will require an additional fee. More information can be obtained by calling Emma T. McGraw at the county recreation department.

Summer swimming lessons

Swimming lessons will be offered throughout the summer at the N. C. Baptist Assembly pool, Caswell Beach. Sponsored by the Brunswick County Parks and Recreation Department, the weekly 45-minute swimming lessons will begin June 14 and continue through the week of August 9. Classes will be held for advanced swimmers at 9 a.m., for beginning swimmers at 10 a.m. and for non-swimmers and small children at 11 a.m. The cost is \$25 a week. The pool will be available for open swimming between 9 and 11:45 a.m. Monday through Saturday, and for lap swimming at 6:30 p.m. Tuesdays and Thursdays, June 14 through August 13, for a \$1.50 fee. Water aerobics classes will be held at noon Mondays and Wednesdays beginning June 14 and at 6:30 p.m. Tuesdays and Thursdays beginning June 15. The cost is \$20 a month or \$3 a class. More information can be obtained by calling Emma T. McGraw at the Brunswick County Parks and Recreation Department.

Walk, run in water to be fit

Water walking and deep-water running are two new fitness programs being offered this summer by the Brunswick County Parks and Recreation Department. Water walking is done in waist-to-chest-deep water. It provides a safe environment to exercise while the continuous resistance of the water aids in the fitness of the participant. It will be offered at 6:30 p.m. Tuesdays and Thursdays, beginning June 15, at the N. C. Baptist Assembly pool at Fort Caswell. Participants are asked to wear water-walking shoes. Deep-water running with a light flotation device will be offered at 7:05 p.m. Tuesdays and Thursdays. Participants should check with their physician before enrolling in the program. The cost for either class is \$10 a month or \$2 a session. More information can be obtained by calling Emma T. McGraw at the county recreation department.

St. James has aquacise class

An aquacise class is offered at the St. James Plantation pool from 10 to 11 a.m. Tuesdays and Thursdays. Sponsored by the Brunswick County Parks and Recreation Department, the class costs \$20 a month, or a \$3 drop-in fee. Participants are required to wear a hat, sunglasses and waterproof sunscreen. More information can be obtained by calling the county recreation department.

Summer 'Kidnastics' offered

The summer session of Kidnastics is being held on Mondays at Southport Elementary School gym. The beginner I class is at 2:45 p.m. with the beginner II and intermediate class starting at 3:45 p.m. The cost is \$22 a month. Lori Lucas is the instructor. More information can be obtained by calling Emma T. McGraw at the Brunswick County Parks and Recreation Department.

Kids can adopt a city street

Children who adopt a street in Southport can participate in the city's annual clean-up on Saturday, June 19. The "Adopt-a-Street" program is sponsored by the Southport Parks and Recreation Department. The program is patterned after the state's "Adopt-a-Highway" program but will only cover streets within the city limits. Signs will be posted along the adopted street. The fourth grade classes at Southport Elementary School have already adopted Bay Street. If other youth groups, Girl Scouts or Boy Scouts, church groups or a neighborhood group would like to adopt a street, they can call Joe Medlin, parks and recreation director, at 457-7945.

Clogging class for beginners

Adult beginner clogging classes are offered at 7:30 p.m. Mondays at the Long Beach Recreation Center and at 8 p.m. Tuesdays at the Southport Community Building. A beginner class for children is held at 5 p.m. Wednesdays in Southport. The cost is \$15 a month in Long Beach and \$20 in Southport with family discounts rates available. More information can be obtained by calling the Long Beach Recreation Center at 278-5518, or the Southport City Hall at 457-7900.

Preschoolers exercise class

An exercise class for children up to age four is being offered by the Long Beach Parks and Recreation Department. The 45-minute class, at 11 a.m. Tuesdays, emphasizes motor skills, balance, movement and basic tumbling skills. The cost is \$20 a month. More information can be obtained by calling Lori Lucas at 253-7605.

Aerobics alternative offered

The Southport Parks and Recreation Department is offering circuit training at 7 p.m. Wednesdays at the Southport city gym on Atlantic Avenue. Circuit training is an alternative for individuals not interested in the typical aerobics class, but who would like a total body workout using weights and bands. The class is taught by ACE certified instructor Becky Sledge.

More information on programs sponsored through the Brunswick County Parks and Recreation Department can be obtained by calling 1-800-222-4790 or 253-4357; the Southport Parks and Recreation Department, 457-7945; or the Long Beach Parks and Recreation Department, 278-5518.

Free food commodities are distributed in area

U. S. Department of Agriculture commodities will be distributed next week at the Brunswick County Democratic headquarters building near Supply.

The distribution site will be open 9 a.m. to 3:30 p.m. Friday, June 18, reopening at 8:30 p.m. Saturday, June 19, and remaining open until the supply of food is exhausted.

Commodities allocated to the Brunswick County Volunteer and Information Center include butter, flour, corn meal, applesauce, peanut butter, green beans, canned meat, orange juice, raisins and rice.

The program is intended only as a quarterly supplement to other available services in the county. VIC is unable to order specific amounts of food because the U. S. Department of Agriculture divides available food supplies among all counties. VIC cannot guarantee there will be enough of the foods to supply everyone eligible for the program. The food is distributed on a first-come, first-served basis.

To qualify for the food distribution, all food stamp households must bring their white commodity authorization card and their green identification card. The white cards should be delivered through the mail by June 5. A household is considered a food stamp household if it received food stamps in May.

Food stamp recipients who are homebound or cannot come to the distribution site may designate someone else to pick up their commodities. To do this the person whose name is printed on the face of the card must sign the back of the card above the gray box. They must then put the name of the person they wish to pick up their food on one of the two lines to the left of the signature.

For non-food stamp households, the person representing that household must appear in person at the distribution site. The following

information is required: applicant's name, current Brunswick County address, social security number, number of people in the household and income of all those in the household. The form containing this information must be signed by the applicant attesting to its truthfulness, and that no one else from the household is applying for commodities during this distribution.

Individuals picking up food must bring a box to carry the items. More information can be obtained by calling Angela Fisher at VIC, 754-4766.



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Home school seminar topic

A home school seminar will be held Saturday, June 19, from 10 a.m. to 2 p.m. at the Joy Assembly church on Highway 211 near Southport.

Topics include "Getting Started -- State Requirements and Recommendations", "Reasons to Home School", "Curriculum", "Socialization", "Teaching without a Degree or Teacher's Certificate", and a panel discussion with a group of veteran home schoolers.

This is a free seminar. Persons should bring a bag lunch, and drinks will be provided.

Persons should call 457-5864 for further information.

'Casual' dress

On Friday, June 18, businesses across North Carolina will be participating in Casual Day sponsored by United Cerebral Palsy.

For a minimum \$5 donation, employees will be permitted to come to work dressed in casual clothes. Money raised will be used by United Cerebral Palsy of Wilmington to help people with cerebral palsy and other severe disabilities. It will also provide programs and services at the new developmental center in Wilmington.

More information about Casual Day can be obtained by calling 799-8737 or 1-800-849-JUNE.

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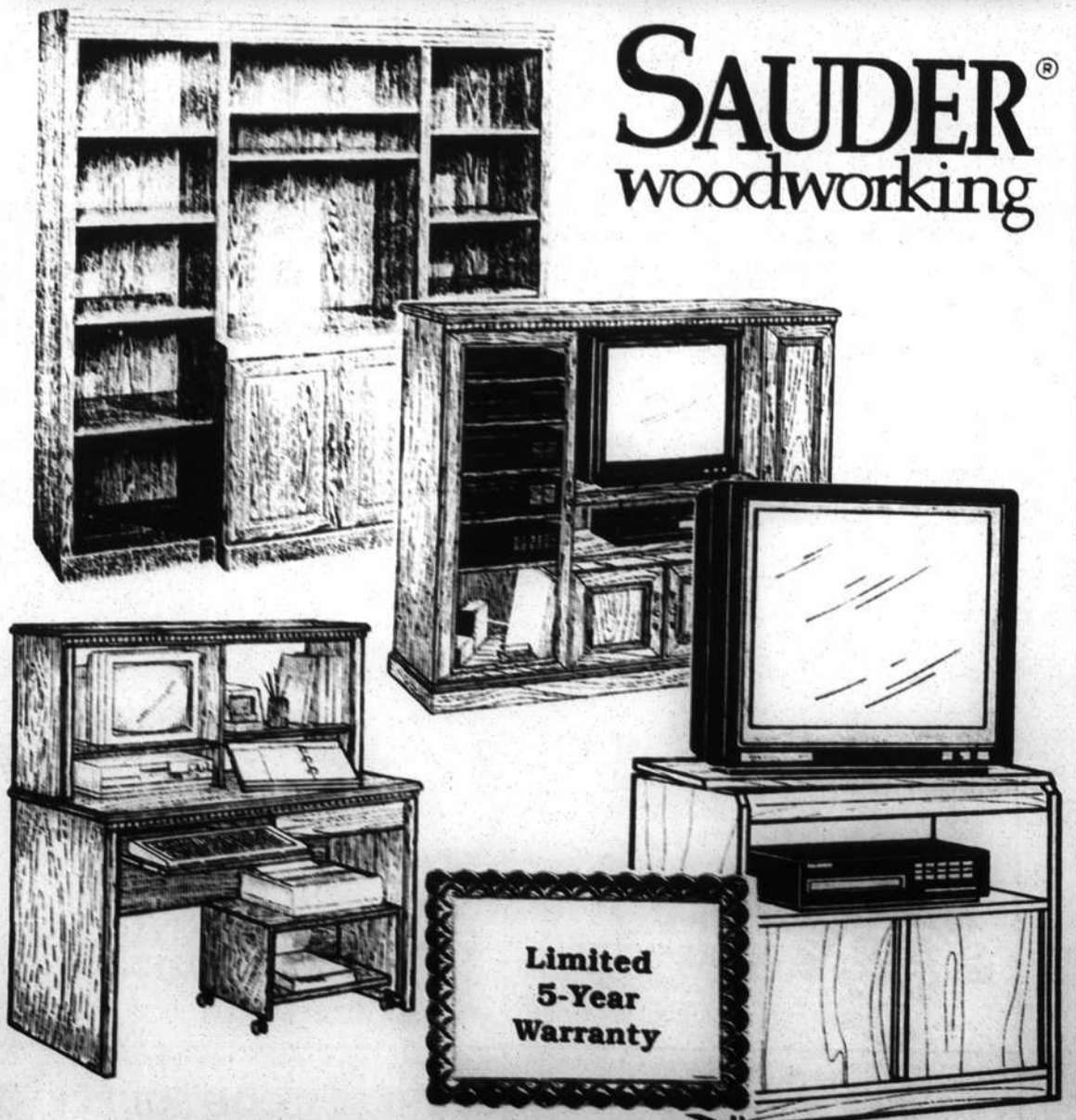
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