

## RECREATION

### Beach Day fun on Saturday

Big Bump and the Stun Guns will be the featured entertainers at this weekend's Summer Fun Beach Day. The activity will begin at 1 p.m. Saturday, June 19, at the Long Beach cabana, located at 46th Street. Activities will include volleyball and other games. There is no charge for admission. The event is sponsored by the Long Beach and Brunswick County parks and recreation departments.

### 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. Youth groups, Girl Scouts or Boy Scouts, church groups or neighborhood groups who would like to adopt a street can call Joe Medlin, parks and recreation director, at 457-7945.

### Aerobics class takes a step up

A step aerobics class is offered at 5:15 p.m. Mondays and Wednesdays at the Brunswick County Government Center public assembly building. The fee is \$15 a month or \$3 a session. Participants must supply their own step. The class is taught by a certified step and aerobics instructor.

### Camp Seabreeze doors open

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 9-13; ten-to-13-year-olds, July 12-16 and August 2-6. Because space is limited pre-registration is required. A \$45-a-week or \$10-a-day 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.

### Summer swimming lessons

Weekly swimming lessons are held at the N. C. Baptist Assembly pool. Sponsored by the Brunswick County Parks and Recreation Department, the 45-minute lessons continue through the week of August 9. Classes are 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 also is 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 through August 13, for a \$1.50 fee. Water aerobics classes are held at noon Mondays and Wednesdays and at 6:30 p.m. Tuesdays and Thursdays. The cost is \$20 a month or \$3 a class.

### Walk, run in water to be fit

Water walking and deep-water running are new fitness programs being offered this summer by the Brunswick County Parks and Recreation Department. Water walking, done in waist-to-chest-deep water, is offered at 6:30 p.m. Tuesdays and Thursdays 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 is held at 7:05 p.m. Tuesdays and Thursdays. Participants should check with a physician before enrolling in the program. The cost for either class is \$10 a month or \$2 a session.

### 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.

### Summer Kidnastics offered

The summer session of Kidnastics is being held on Mondays at Southport Elementary School gymnasium. 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. The program is sponsored by the Brunswick County Parks and Recreation Department.

### Clogging class for beginners

Adult beginner clogging classes are held 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 at 5 p.m. Wednesdays in Southport. The cost is \$15 a month in Long Beach and \$20 in Southport, with family discount rates available.

### 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.



A mechanical crow used in closeup attacks in filming of "Birds II" gets a touchup between takes in the parking lot at American Fish Company.

## Ruth Ogle to judge 13th annual exhibit

Ruth Wall Ogle of Raleigh will judge the entries in the 13th annual Fourth of July exhibition at Franklin Square Gallery.

Sponsored by the Associated Artists of Southport, the exhibit will be open to the public on July 1. About 160 different works of art by local artists and others from across the country will be on display.

Entries are still being accepted and can be hand-delivered to the gallery between 1 and 5 p.m. Tuesday, June 22, through Thursday, June 24. Judging will be done on Friday, June 24, and the judging on Saturday, June 26.

There is a \$15 non-refundable entry fee and artists are limited to two items.

About 40 entries have already been juried by slide, exhibit chairman Tollie Davis said. They are coming from as far away as California, Wisconsin and New York.

The judge is a member of the Raleigh Artist Guild and the North Carolina Watercolor Society and is an associate with the American Watercolor Society. She taught art

in public and private schools in New Orleans, La., and has conducted workshops throughout North Carolina, South Carolina and Virginia. Her paintings have been featured in many one-person and group shows and are represented in numerous permanent collections.

The top prize is the \$1,000 best-of-show award, but more than \$5,000 in material and purchase awards will be awarded at a reception scheduled for Wednesday, June 30.

More information on the show can be obtained by calling the exhibit chairman at 457-4667.

### Father's breakfast

Women of the Moose will have a Father's Day Breakfast on Saturday, June 19, from 8 to 10 a.m. at the Moose Lodge on Long Beach Road. All fathers can eat free and others will be charged \$2 a plate. Members and guests are welcome.

# Extra Low Prices!

## Cube Steak

# \$1.99

Lb.

Save 90¢ per lb.

**USDA Family Pack**

## Spare Ribs

# \$1.59

Lb.

Fresh Extra Lean Pork

Buy One, Get One FREE!

1 Lb. Big 8 All Meat

## Gwaltney Franks

# \$1.79

## Chicken Breast

# \$2.99

Lb.

**Country Pride Filets & Tenders**

## Cantaloupes

# 69¢

Each

Jumbo Western

## Fresh Daily Ground Chuck/ Ground Round

# \$1.89

Lb.

## Kellogg's Sugar Frosted Flakes

# \$2.19

20 Oz. Reg. \$3.25

## Fresh Daily 3 Lb. Pack Or More Ground Turkey

# 69¢

Lb.

## Limes

# 10/\$1

Tender Yellow Squash/ Fresh Pickling Cucumbers

# 69¢

Lb.

## Chef BoyArDee

15 Oz. Beefaroni/ Beef Ravioli/ Spaghetti With Meat/ Mini Ravioli

# 79¢

Reg. 89¢

## Listerine

# \$4.39

32 Oz. Cool Mint/ Original Mouthwash

Reg. \$4.89

## Pepsi Cola

# 99¢

Pack/ 16 Oz. Non-Returnable Bottles - Pepsi, Caffeine Free Pepsi, Crystal Pepsi, Diet Crystal Pepsi, Mtn. Dew, Diet Mtn. Dew

2 Liter - 7-Up, Diet 7-Up.... **1.09**

## Northern

# 2/\$3

6 Roll White Bathroom Tissue

Reg. \$1.79 Each

## Mom 'n' Pops Sausage Biscuits

# \$1.99

15 Oz. Reg. \$2.49

We Reserve The Right To Limit Quantities. Prices in this ad good Wed. June 16 thru Tues. June 22, 1993.