

## Hickman, Hunter Wed On Cruise

Ruby Galloway Hickman and Fred Hunter, both of Trenton, N.J., were married Nov. 13 aboard the Queen Elizabeth II. Following a two-week honeymoon cruise, they entertained friends at a dinner-dance reception Nov. 27 at the Slackwood Fire House in Lawrenceville, N.J.

The bride is the daughter of Melvina Galloway of Bolivia and the late Kermit Galloway. The groom is the son of the late Juanita Johnson of Trenton, N.J.

A number of family members attended the marriage festivities. They included three of the bride's sisters and their families, Debra and Cliff Bryant and Cliff Bryant Jr., and Parthina and John Johnson, Candy Johnson and John Johnson Jr., all of Bolivia; and Vernetta and Leon Garvette of San Pedro, Calif.; two brothers, Seabrook Galloway of Bolivia and Kermit Galloway Jr. and his wife, Retha, of Philadelphia; and a cousin, Hurlie Miller, and his wife, Cecelia, of Brooklyn, N.Y.

The bride was graduated from Trenton Central High School and is employed by the Trenton Board of Education. The groom was graduated from Trenton Central High School, Mercer County Community College and Trenton State College. He is employed by the State of New Jersey Department of Corrections.



MR. AND MRS. FRED HUNTER  
... Ruby Galloway Hickman

## Denning To Address Retirement Conferees

John T. Denning, president of the 23-million member American Association of Retired Persons (AARP) and a former superintendent of the Brunswick County Schools, will speak at a Jan. 15-17 retirement conference in Myrtle Beach, S.C.

The two-day Changing Lifestyles Retirement Conference will be held at the Myrtle Beach Convention Center. Its focus is to "inform and prepare participants for the practical and emotional aspects of retirement."

Before his retirement in 1975, Denning, a Wayne County native, was employed 39 years in the North

Carolina public school system, 24 of them as superintendent in Brunswick and Sampson counties.

He will share the conference program with nutritionist Jane Brody, TV gardener Jim Bennett, representatives from Social Security and others.

Registration is \$45, tax-deductible. Admission to a related 100-booth business exposition will be \$3, with one-third of the fees going to Lifelong Program, an adult day care program serving the Myrtle Beach area.

For more information, call 1-800-622-6338 toll-free from outside South Carolina.

## Calabash Elks Auxiliary To Welcome Members

New members will be initiated at the Jan. 20 meeting of Calabash Elks Auxiliary No. 2679 at the Elks Lodge in Calabash.

The program, "Workshop," will show members how to make many outfits from a few and how to be creative with scarfs.

Auxiliary members are also planning a visit to the Brunswick Village Residential Care Facility in Shallotte on Jan. 25 at 9:30 a.m. to play bingo with the residents.

On Tuesday, Feb. 2, exercise classes begin at the Elks Lodge to help auxiliary members get in shape

for summer, said spokesman Mary Noorigian. The classes will meet from 9 a.m. to 10 a.m. on Tuesdays and Thursdays and will cost \$8. Participants should dress comfortably and bring a mat or large towel.

On Sunday, Feb. 7, game day will be held at the lodge for members and their guests only. Admission will be free, with chips, pretzels and other snacks provided. Coffee and cake will be available for 25 cents each. Participants are to bring their own cards, checkers and other games. Only chips, beans and buttons will be used to play the games.

## Neal To Discuss Advantages Of Spaying, Neutering Pets

The benefits of spaying and neutering pets will be discussed at the Jan. 27 meeting of the Brunswick County Animal Welfare League.

Dr. Kenneth Neal, an area veterinarian, will be the guest speaker at the meeting, which begins at 12:30 p.m. in the private dining room at Sizzling Sirloin Steakhouse in Shallotte.

Neal will also discuss the possibility and benefits of an animal shelter for Brunswick County.

Annual memberships in the league are \$5 per person. The funds contribute to the neutering and spaying of animals. Pet owners do not have to be members to obtain league certificates, which provide substantial

discounts for the spaying or neutering of animals: spaying—\$25 cats, \$30, dogs; neutering—\$25 dogs, \$15 cats. The owner must pay the difference in cost. All Brunswick County veterinarians, as well as some in other counties, honor the certificates.

The league also sponsors a people-pet get-together service, which matches people who have healthy dogs or cats to give away with those who want a free dog or cat. Either party contacts Sandra Reynolds at 754-8446 for more information.

The next shot clinics—at which rabies shots are offered by area veterinarians at reduced cost—will be held the first Saturday in March.

## Birthdays And Anniversaries

Thursday, Jan. 14

Bill Leigh, Jimmy Caton, James Osborne, Bonnie Leonard, Hiram T. (Buck) Seilers, Sueanne Holden, Bill Leigh, Eric Gibble, Kelly Leigh Carlyle; Mr. and Mrs. Bailey Russ.

Friday, Jan. 15

Martha Wilkerson, Mary Simmons, Regina Norton, Jeremy Dale Hewett, Kathy Lawing, Linda Robinson, William A. Stanley Jr.; Mr. and Mrs. Joey Stanley, Mr. and Mrs. A.O. King Jr., Mr. and Mrs. Willie Clifton.

Saturday, Jan. 16

Tina Ladson, James D. Bellamy, Jennifer Megan Hargis, Martha Brown, Amanda Redwine, Dean Davis, Robbin Holden, Sheree Bellamy, Sam Causey, Jennifer H. Russ, Jim Greenwood, Pam Gurganus, Ginny Gurganus, Eunice Phelps; Mr. and Mrs. Palmer Suggs.

Sunday, Jan. 17

Jackson Canady, Fitzgerald Hall, Elva Moffitt, Mallary Hewett, Paula Smith, Aileene Hankins, Trisha Poulos, Janet Carlyle, Derek Green, Wendy Sheffield, Reita Cockrell; John and Wendy Sheffield.

Monday, Jan. 18

Jamie Rich, Penny Redwine, Alberta Tatum, Steve White.

Tuesday, Jan. 19

Terry Randall, Nicole Stumbling Bear, Candie Lynne Wilson, Natalie Russ, Donald Lewis, Konnie Duncan, Billy Settlemeyer.

Wednesday, Jan. 20

Wilma Evans, Jeffrey Milligan, Eva Mae Watts, Jimmy Milliken, Keith Smith, Trudy Hewett, John Truesdale, Bill Dillard, Sandra Brown.

## Party-Goers Give To Needy

Seventy-five people attended a Christmas party held by the Calabash Volunteer Rescue Squad, at which 200 items of food and staples and \$25 was collected for the "Feed The Hungry Children" drive, reports Kathy Morfit, secretary.

During December, the squad answered 27 calls, with 147 service hours and 1,537 miles logged.

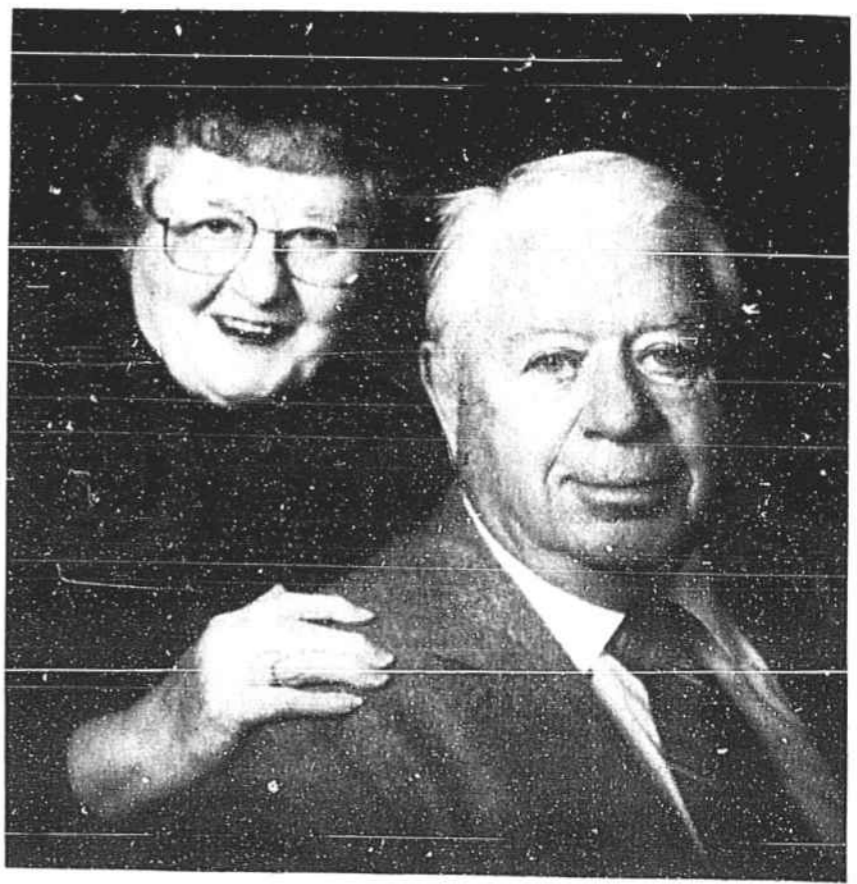
"The members wish to thank all the individuals and businesses in the area that contributed to the squad during 1987," said Morfit. "The squad depends on donations to exist and without them the purchase of our new ambulance would not have been possible."

## Landscaping Is Brierwood Topic

William Barrow Jr., assistant agricultural extension agent, will present a program on landscape plants and the Urban Integrated Pest Management (IPM) Program at the Jan. 21 meeting of the Brierwood Ladies Club.

The meeting, which begins at 7 p.m. at the Brierwood Club House, is open to non-Brierwood residents.

Also open to residents and non-residents is a covered dish supper at 6 p.m. prior to the meeting.



## Celebrating 50 Years Together

A.G. and Claudia Bell King of Sunset Beach will celebrate their golden wedding anniversary this Friday. They were married Jan. 15, 1938, in Whiteville, and have one son, Wray King, of Sunset Beach, and three grandchildren.

## Coast Toasters Club To Receive Charter

Coast Toasters Toastmasters Club will receive its charter during ceremonies scheduled Sunday, Jan. 17, at Tavern On The Tee Restaurant at Sunset Beach.

Toastmasters District 37 President Sheila Miller of Cary will present the charter and install officers.

Civic dignitaries and state officers will be special guests.

Don Eggert of Shallotte will be installed as president and will preside during the chartering ceremony. Lee Langston of Shallotte will serve as toastmaster.

Other officers to be installed in-

clude Judy McKee of Sunset Beach, educational vice-president; Connie Powell of Shallotte, administrative vice-president; Michelle Cox of Shallotte, secretary; Gil Bass of Holden Beach, treasurer; and Cecelia Gore of Ash, sergeant-at-arms.

Toastmasters International is the world's largest educational organization devoted to communication and leadership development. Coast Toasters is one of more than 6,000 Toastmaster clubs around the world. The club meets at 7 a.m. each Tuesday at Joe's Bar-B-Que Restaurant, Shallotte. Prospective members are welcome to attend.

## Hospice Meeting Slated

Lower Cape Fear Hospice's 10th annual meeting is scheduled for Jan. 19 at 8 p.m. at the University Union on the UNC-Wilmington campus.

Guest speaker for the event will be Don Gaetz, executive vice president of Hospice Care Inc. of Miami, Fla. Gaetz also is former president of the national Hospice organization.

The meeting is open to the public. Prior to the meeting, a dinner will be held at 7 p.m. at the University Union. Cost for the meal is \$7.

To register to attend the event, Shallotte area residents can call the local Hospice office at 754-5356.

Lower Cape Fear Hospice, an organization which provides services and support to terminally-ill patients and their families, serves Brunswick, New Hanover and Pender counties.



Happy 18th Ginny  
Love, Mama  
Happy Birthday Daddy  
Love, Daughter  
Happy Birthday to me, too!  
Love, Pam



## To Wed March 19

Mr. and Mrs. Thomas K. Poole of Forest City have announced the engagement of their daughter, Dale Allison Poole of Route 6, Shallotte, to Sam Abushakra, the son of Mr. and Mrs. Khalil Abushakra of Jerusalem. The wedding will take place March 19 at Ocean View Baptist Church, Ocean Isle Beach.



## Miss Pigott To Wed

Mr. and Mrs. Harry L. Pigott of Shallotte have announced the forthcoming marriage of their daughter, Tracie Rashed Pigott, to Keith Lee Horne. He is the son of Kenneth Horne and Mary Sue Snow of Calabash. The wedding will take place Saturday, Jan. 23, at 3 p.m. at First Baptist Church of North Myrtle Beach, S.C., with a reception in the church fellowship hall following the ceremony. Friends and family of the couple are invited.



## LOOK AT THOSE SMILES!

The smile on the left is Catherine Simmons who lost 174 pounds on the Diet Center program.

The smile on the right is Pattie Hanson, Catherine's Diet Center counselor.

Pattie saw Catherine everyday and guided her every step of the way. When you succeed at Diet Center, we are as happy as you are.

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## Health News . . .

# Nerves, Nerves, Nerves... Maybe That's Your Problem

BY DR. VICTORIA E. WEBSTER  
Doctor of Chiropractic

"Your trouble is nerves, just nerves, that's all," many have been told.

But your nerves are too important to your body to be dismissed so easily. Every function taking place in your body is under control of the nerve system.

A healthy nervous system gives you strength and energy for the day's work. It brushes aside sickness, it shrugs off ordinary aches and pains. It fights off the usual deterioration of "middle age." All in all, it gives you that "isn't-it-great-to-be-alive" feeling, day after glorious day.

And an unhealthy nervous system? That's a different story, one that can be titled NERVOUSNESS.

While patients may complain that they are easily upset, often they cannot put into words what they mean by feeling nervous.

To the patient, feeling nervous can be an unpleasant, sometimes frightening experience making it difficult to work or concentrate and causing anxiety and apprehension. Often they will be restless, fidgety and easily startled. They may display mannerisms such as nailbiting, and may be irritable, show worry or act bewildered.

Additionally, there can be palpitation of the heart, gastric distress, headaches, blurred vision and irregularity.

You must remember, however, nervousness is not a disease in itself. It is a symptomatic or a series of symptoms of some physical problems of the body.

Left uncorrected, nervousness can cause a multitude of serious chronic conditions. And virtually all major psychotic disorders begin with the symptoms of nervousness.



DR. VICTORIA E. WEBSTER, D.C.

I sincerely hope that those people who find a relationship between the problems I've described and their own condition will look to the Doctor of Chiropractic for help.

For further information call or contact:

**WEBSTER FAMILY CHIROPRACTIC CENTER**

Hwy. 179, next to Brunswick Building Supplies

Telephone (919) 579-3592