

Couples Club Plans River Trip

At their April meeting, members of the Guys and Dolls Extension Homemakers Couples Club made plans to meet May 12 at the Wilmington Hilton dock for a boat trip on the Cape Fear River.

In other business, reported William Dunn, secretary pro-tem, President Alice Perks announced plans for a countywide quilt show in 1989, to be sponsored by the Brunswick County Extension Homemakers. Also, the organization will use a quilt made by members of the various clubs in a fundraising project in October.

Club members approved donations to the Brunswick County 4-H Development Fund and to the Agricultural Extension Van Fund.

In addition to a program on "Snakes Alive" by Club Counselor Mary Russ, brief program-of-work reports were given by Alda Lewis on safety with medications and Thelma Dunn on Hope Harbor Home.

Topics for future programs include "Alzheimer's Disease" at the May area meeting, and Lower Cape Fear Hospice at the club's May meeting.

Eleven persons attended the meeting at the county extension office, with members reporting 92 hours of volunteer service during the previous month.

Toastmasters Address Litter

Coast Toasters Toastmasters of Shallotte addressed the problem of litter during a round robin discussion held April 26.

The discussion group suggested many strategies for attacking the local problem, deciding that action to be taken should be 1) to lobby government decision-makers concerning the issue; 2) launch anti-litter campaigns in the schools and community; and 3) to form a speaker's bureau of individuals prepared to talk about litter and the actions to be taken to stop it.

The brainstorming or round robin discussion group consisted of club members Jack Scarborough, Judy McKee, David Batten, Allan Dameron, Marcia Waring and Gil Bass, with Susan Eggert as moderator.

For more information about the program or about Toastmasters, contact Pam Plyler, administrative vice president, 579-2936.

Dogs Offered For Adoption

A Labrador retriever and two mixed cocker spaniels are recommended as pets of the week by the Brunswick County Animal Shelter.

According to Animal Control Supervisor Zelma Babson, the retriever is a black male, more than a year old and friendly. The mixed spaniels are females, one a tan pup six to eight months old, the other about one year old, black, with a docked tail. Both are described as playful.

These animals and others can be seen from 8 a.m. to 4:30 p.m. Monday through Friday at the shelter, which is located off N.C. 211 south of Supply.



NEW MEMBERS Martha Jo Hall and Pat Hassler (center) are initiated into the Pilot Club by President Gail Seagle (left) and Outreach Coordinator Pam Pahl (right).

Pilot Club Initiates Two New Members

Initiation of two new members highlighted the April 26 meeting of the Pilot Club of South Brunswick Islands.

Pat Hassler and Martha Jo Hall were pinned by President Gail Seagle following a candle lighting ceremony and presentation of Pilot manuals by Outreach Coordinator Pam Pahl.

The meeting was held at the Brunswick Electric Membership Corp. office in Shallotte.

Seven club members attended the North Carolina District Convention in Winston-Salem April 23-24, President Seagle reported, with "Set Sail For Service" announced as the organization's theme for the year.

At the convention, the Pilot Club of South Brunswick Islands received \$100 for first place in district safety awards and a certificate for contribution to the Pilot International Foundation.

Pat Fenton, projects coordinator, reported on safety projects being carried out at Union Primary School in Shallotte. These include bicycle safety, seat belt safety, poison control and the 911 emergency number.

Rita Canfield provided members information on the Long Term Care

Act to be voted upon by Congress in May. It concerns Medicare coverage for catastrophic illness.

Cathy Lawing gave a personal message on the need for volunteers to help at Hope Harbor Home, the new shelter for battered women and

children.

Plans were made for a special meeting on May 9, to coincide with the visit of District Governor Jean Proctor, as well as for the regular meeting on May 24, which will feature an international dinner.

Reservation Deadline Nears For Bus To Symphony Concert

Bus reservations and tickets are still available for the May 11 concert by the North Carolina Symphony at Hatch Auditorium on the grounds of the N.C. Baptist Assembly, Fort Caswell.

Those planning to take a bus to the concert have until Monday afternoon, May 9, to make reservations so that the correct number of school activity buses can be reserved, according to Jean Stanaland of Ash, vice president of the Brunswick County Chapter of the Symphony Society.

Cost of the bus trip is \$1, while concert tickets are \$8 for adults and \$6 for students and senior citizens. To make bus reservations or to pur-

chase tickets, contact Jean Stanaland, 287-3574; Channing Coppage, 579-2987; or for bus reservations only, Gelene Russ, 754-6287. Tickets are also available from the South Brunswick Islands Chamber of Commerce office, located on U.S. 17 in Shallotte near the N.C. 130 West intersection, or at the door on the evening of the concert.

Bus stops will be as follows: Security Savings and Loan, Calabash, 6 p.m.; United Carolina Bank, Ocean Isle Beach, 6:30 p.m.; South Brunswick Islands Chamber of Commerce parking lot, 6:45 p.m.; and Supply Baptist Church Supply, 7 p.m.

District DAR Workshop Set

Representatives of two local chapters of the North Carolina Society Daughters of the American Revolution will participate in a Tuesday, May 17, workshop in Kinston.

Vice Regent Mrs. George Earl Thompson of Emerald Isle and formerly of Brunswick County, will help conduct the meeting, while Helen Taylor of Winnabow will preside.

District 9 is composed of 16 chapters, including the William Gause Chapter of Shallotte and the Brunswick Town Chapter of Southport.

The workshop begins at 9:30 a.m. at the Serhaton Inn, with chapter

regents, officers and members expected to attend to formulate plans for the coming year.

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Health News . . .

Facial Pain Can Mean Nervousness, Irritability

...WITH DR. VICTORIA E. WEBSTER
Doctor of Chiropractic

Recently a case was being discussed that involved a young woman who complained of a slight pain over one eye that persisted for three weeks.

After thoroughly examining the patient, her Chiropractor commensured treatment and asked her to return the following day. When she came in for her second appointment, she announced, "I don't know what you did but I find I am completely relaxed now . . . not jittery and nervous . . . and the pain is gone."

I would like to explain such a dramatic change in temperament and attitude. And for that matter, what this person's problem was.

The trouble was a low grade irritation of what—because it has three branches—is known as the trigeminal nerve. It's the nerve that is involved in what is generally known as facial neuritis.

The doctor, on examination, may find abnormally tender points on all three branches of the trigeminal nerve, two of which the patient can be unaware of until they are located. On the third—on the branch which is connected to the nerve above the eye—the irritation can be great enough to make the patient aware of the pain.

As for the rapid change from pain and anguish, I might say that whenever someone takes action on trouble as soon as it's noticed, there's always a good

chance for dramatic results from the treatment.

If one waits until they have acute facial neuritis the treatment, of course, would not produce such startling results.

It is not unusual for a person to wait for "little hurts" to go away.

But, quite frankly, these little irritations are going to return and return until a serious problem develops.

The point is that nerve irritations are caused.

That's the key word. They don't just happen. And the only avenue to corrections is to find that cause. And until it's found, there will be nervous irritability.

DR. VICTORIA E. WEBSTER, D.C.

For further information call or contact:

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