

Calendar Of Events

Thursday, December 27

SUNNY POINT MILITARY OCEAN TERMINAL sells long pieces of used lumber every Thursday at the terminal, Southport, 8:30 a.m.-1 p.m. Cost is \$60 per cord.

THE CLOTHES CLOSET in Shallotte, which offers free clothing to needy families, accepts donations of good, used clothing every Thursday at the old Sunnyside School, 9 a.m.-noon. For information, call Ginny Waples, 754-6275.

HOLDEN BEACH SENIOR CITIZENS meet each Thursday for Mature Movement, exercise for older adults, Lockwood Folly Community Building, Stanbury Road, Supply, 9 a.m.-10 a.m. A crafts class is held each Thursday at 1 p.m.

SUNSET BEACH PLANNING BOARD meets at the town hall, 10 a.m.

THE SOUTH BRUNSWICK ISLES CIVITAN CLUB meets for lunch at Sizzling Sirlon Family Steakhouse, Shallotte, 1 p.m.-2 p.m. Visitors are welcome. For information, call Bob Johnston, 754-5759.

AN EMPOWERMENT GROUP for women who are or have been in an abusive relationship meets at For Kids Only day care center, Shallotte, 6 p.m.-8 p.m., with free child care provided. For more information call the sponsor, Hope Harbor Home, 754-5726.

BINGO will be played at the American Legion Post on U.S. 17 one mile south of Shallotte, 7:30 p.m.

ALCOHOLICS ANONYMOUS holds a closed discussion meeting for those who have a problem with alcohol, every Thursday at St. James Episcopal Church, U.S. 17, Shallotte, 8 p.m.

Friday, December 28

ROTARY CLUB of the South Brunswick Islands meets at Sandpiper Bay Golf & Country Club, Old Georgetown Road, Calabash, 7:30 a.m. Visiting Rotarians welcome.

THE CAROLINA SHORES RECYCLING CENTER is open 9 a.m.-12:30 p.m. at the dump site, Persimmon Road, Calabash. The center accepts aluminum beverage cans, glass, paper products, plastics and used automotive batteries.

A TURKEY SHOOT sponsored by Calabash VFW Post 7288 will be held at the turkey shoot site, N.C. 179, Calabash, 7 p.m. Prizes include hams, turkeys and slabs of bacon. VFW Ladies Auxiliary will sell coffee, hot dogs, candy and soft drinks.

SHALLOTTE WHEEL AND DEALERS Square Dance Club will not meet this week.

CUB SCOUT PACK 227 meets at Camp United Methodist Church, Shallotte, 7:30 p.m. All parents and scouts are welcome to attend.

BINGO will be played at Calabash VFW Post No. 7288, 7:30 p.m. For information, call 579-3577 after 3 p.m.

SHALLOTTE AL-ANON FAMILY GROUP, a support group for families of alcoholics, meets at Camp United Methodist Church, Shallotte, 8 p.m.

A CLOSED DISCUSSION MEETING of Alcoholics Anonymous is held weekly for individuals who have a problem with alcohol, AA Building, Grissetown, 8 p.m.

NARCOTICS ANONYMOUS meets at St. Peter's Lutheran Church, N.C. 211, Southport, offering a 12-point program to help addicts overcome their desire to use drugs, fellowship among recovering addicts, 8 p.m. Call 762-6638.

Saturday, December 29

CALABASH VOLUNTEER EMS THRIFT SHOP, located beside the squad building on N.C. 179, will be open, 9 a.m.-4 p.m.

THE CLOTHES CLOSET, sponsored by the South Brunswick Inter-church Council, opens every Saturday at Sunnyside School, corner of N.C. 130 West and U.S. 17, Shallotte, 9 a.m.-noon. The Clothes Closet offers good, clean, used clothing to families in need.

SUNSET BEACH RECYCLING CENTER, located behind the fire station, is open seven days a week during daylight hours. The center accepts newspapers, rinsed aluminum or steel cans (beer and soda only), rinsed, lidless glass jars and bottles and most plastic bottles and jugs.

A TURKEY SHOOT sponsored by Calabash VFW Post 7288 will be held at the turkey shoot site, N.C. 179, Calabash, 7 p.m. Prizes include hams, turkeys and slabs of bacon. VFW Ladies Auxiliary will sell coffee, hot dogs, candy and soft drinks.

OPEN MEETING of the Supply Group, Alcoholics Anonymous, every Saturday, for alcoholics and other persons interested in the disease, in the dining room, The Brunswick Hospital, Supply, 8 p.m.

Sunday, December 30

OPEN MEETING of Alcoholics Anonymous at the Grissetown AA Building, 8 p.m.

Monday, December 31

SUNNY POINT MILITARY OCEAN TERMINAL sells used lumber and cross ties every Monday at the terminal, Southport, 8:30 a.m.-1 p.m. Cost is \$10 per cord for lumber and \$3 each for cross ties.

THE CAROLINA SHORES RECYCLING CENTER is open 9 a.m.-12:30 p.m. at the dump site, Persimmon Road, Calabash. The center accepts aluminum beverage cans, glass, paper products, plastics and used automotive batteries.

BRUNSWICK BASS MASTERS meets at Shallotte Ceramics, Shallotte Avenue, Shallotte, 7:30 p.m.

CLOSED MEETING of Alcoholics Anonymous every Monday for those who have a problem with alcohol, AA Building, Grissetown, 8 p.m.

Tuesday, January 1

SUNNY POINT MILITARY OCEAN TERMINAL sells short pieces of scrap lumber every Tuesday at the terminal, Southport, 8:30 a.m.-1 p.m. Cost is \$2 per pickup truck load.

HOLDEN BEACH SENIOR CITIZENS meet each Tuesday for Mature Movement, exercise for older adults, Lockwood Folly Community Building, Stanbury Road, Supply, 9 a.m.-10 a.m.

GRAND STRAND GENERAL HOSPITAL holds a free drug and alcohol intervention training session at the hospital, 5:30 p.m.-6:30 p.m. For information, contact Susan Barnhill, (803)497-2116.

AN EMPOWERMENT GROUP for women who are or have been in an abusive relationship meets at Robin's Nest Day Care Center, Southport, 6 p.m.-8 p.m., with free child care provided. For more information, contact the sponsor, Hope Harbor Home, 754-5726.

BRUNSWICK COUNTY BAND rehearses at Trinity United Methodist Church, Southport, 7 p.m. For more information, those who play band instruments should contact Donna Massingale at 842-3233 after 6:30 p.m.

BRUNSWICK COUNTY DEMOCRATIC WOMEN hold a dinner meeting at The Brunswick Hospital cafeteria, 7 p.m. Call in reservations/cancellations by 9 a.m. to Grace Peoples, 842-9351.

BINGO will be played at the Calabash Elks Lodge, Traders Village, Calabash. Doors open at 7 p.m., games begin at 7:30 p.m.

HOLDEN BEACH VFW POST NO. 8866 meets at the Lockwood Folly Community Building, Stanbury Road, Supply, 7:30 p.m.

Wednesday, January 2

BRUNSWICK TOASTMASTERS CLUB meets at the Sea Captain Restaurant, 608 W. West St., Southport, 7 a.m.-8 a.m. For information, call Susan Eggett, 754-5082, or Gene Eagle, 457-6513, evenings. Guests welcome.

THE CAROLINA SHORES RECYCLING CENTER is open 9 a.m.-12:30 p.m. at the dump site, Persimmon Road, Calabash. The center accepts aluminum beverage cans, glass, paper products, plastics and used automotive batteries.

SHALLOTTE ALDERMEN meet at the town hall, 7 p.m.

PARENTS WITHOUT PARTNERS meet at the Lockwood Folly Community Building, Stanbury Road, Supply, 8 p.m.-9:30 p.m.

CLOSED MEETING by Alcoholics Anonymous for individuals who have a problem with alcohol, AA Building, Grissetown, 8 p.m.

NARCOTICS ANONYMOUS meets each Wednesday, St. Peter's Lutheran Church, N.C. 211, Southport, 8 p.m., offering a support group for individuals who have a problem with drugs. For more information, call 1-762-6638.

Happy New Year from Market Express!

We've got what you need to ring the New Year in!

If you forget film, batteries, napkins, cups, munchies, drinks, sandwiches, coffee, fried chicken, or even auto supplies... come see us!!

Open All Day Jan. 1 for your convenience

Market Express

Open 24 Hrs. 7 Days • Intersection of Hwy. 17 and Hwy. 130 (Holden Beach Road)

Holiday Greetings!

Warm thanks to all of you who've shown your trust by choosing us.

Security

SAVINGS & LOAN ASSOCIATION

•Southport •Leland •Shallotte •Calabash •Long Beach
457-5246 371-6546 754-4371 579-3595 278-6022

Equal Housing Lender

Next Medifast Classes Start January 3

Call today to sign up.

Marilyn J. Boehm, M.D., Ph.D.
Village Pines, Shallotte 919-754-5581
919-754-9949

L. Bookworm

CAUSEWAY PLAZA • HOLDEN BEACH
842-7380

Jim & Barbara at Lowell's Bookworm wish you a Merry Christmas!

We'll be closed Dec. 25 & 26.

After Christmas hours:
Monday-Saturday 10-6
Closed Sunday

To View Or Not To View

Picture yourself sitting at home in your favorite chair watching television. You are holding a remote control in your hand that enables you to choose from a variety of TV channels, including cable. You also have a video cassette recorder (VCR) sitting on top of your TV set, which is programmed to record your favorite TV show.

For many of you, this scenario may represent a realistic picture of what you do during your leisure time. Today you can choose from a wide selection of television, VCRs, home computers and video games which are all geared to giving you many hours of entertainment.

But how you use this equipment can have an effect on your vision. That is why proper viewing habits, lighting conditions and professional optometric care are so important. They all contribute to your viewing comfort and enjoyment.

Your eyes and TV. When properly installed and adjusted televisions and VCRs are not harmful to your eyes or vision. In fact, close activities like reading or sewing may produce more eyestrain than viewing television. But, watching too much TV may result in general eye fatigue.

To help keep your eyes from getting tired, take periodic rest breaks. Do this by briefly moving your eyes away from the screen, around the room, or out the window.

Viewing habits. Watching television from a distance is easier on your eyes. The ideal viewing distance should be at least five times the width of your TV screen. This means that if you have a 19" TV, you should be sitting 8 feet away from the screen. At this distance, the picture details appear sharper and better defined, and TV lines and defects are less apparent.

Viewing your TV set at eye level can also minimize eyestrain. Avoid lying down on the floor and looking at the picture.

If you have difficulty seeing your TV picture clearly, you may have a vision problem; thus, an optometric examination is recommended. A doctor of optometry can diagnose and correct most vision problems by prescribing glasses, contact lenses or vision therapy.

Room lighting. Most lighting engineers and optometrists recommend soft lighting for your television viewing. The lighting level should be 15-35 footcandles, which requires using 60-100 watt bulbs, but no brighter than the TV picture itself. Excessive lighting tends to reduce contrast on the screen and "wash out" the picture.

On the other hand, watching TV in a dark room should be avoided, since the contrast between the screen and surrounding areas is too great for comfortable, efficient vision.

When using lamps, be careful not to position them where glare and reflections will be seen in or near the television screen. Also keep your set away from unshaded windows and reflective furniture.

Video games. There is no evidence that video or computer games cause vision problems, but they can cause eyestrain symptoms such as blurred or double vision and eye fatigue. To help avoid this, take a five minute rest break every 30 minutes.

In some instances, these games may help sharpen vision skills needed for school, sports and other daily tasks. This is because most vision skills are learned and can be improved upon with practice. If you have trouble scoring well on video or computer games, you may have a vision perception problem in need of professional attention.

Home computers. Home computers are helpful in budgeting your finances, educating your children and providing many hours of entertainment. But how they are used can affect your visual and postural comfort.

That is why it's important to keep the following tips in mind when operating your computer: use a system that has an adjustable VDT screen and detachable keyboard; position the screen 14-20 inches from your eyes and just below eye level; use dim lighting; put reference material on a copyholder close to the screen and within the same viewing distance; and take periodic rest breaks. They all contribute to making your computer experience more visually enjoyable.

If you enjoy watching your favorite TV shows, seeing movies with your VCR, playing video games, or using your home computer, remember how important your vision is in doing these leisure time activities. By following proper viewing habits, using good lighting and seeking regular optometric care, you can help preserve your good vision for a lifetime.

In the interest of better vision from the office of:

Brunswick Vision Care
Chris Moshoures, O.D.
Pine St., Shallotte, 754-4020
Salt Marsh Sq., Calabash, 579-4020