

Calendar Of Events

Thursday, January 31

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.

AN EXHIBITION OF WORKS by black artists Carlisle Grissett, Frederick Cooper and Harry Davis, all of Wilmington, continues through Feb. 28 in the lobby of the ALS Building, Brunswick Community College, in observance of Black History Month. The exhibit is open to the public at no charge.

SHALLOTTE RECYCLING CENTER, located near the intersection of U.S. 17 and N.C. 130 West, is open 10 a.m.-4 p.m. The center accepts aluminum cans, newspapers, plastics and glass.

SUNSET BEACH TOWN COUNCIL AND PLANNING BOARD hold a joint meeting regarding the community facilities plan and proposed annexation, town hall, 10 a.m.

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

WEST BRUNSWICK HIGH SCHOOL dismisses classes early to accommodate a regional FBLA competition, 1 p.m.

BRUNSWICK COMMUNITY COLLEGE students sponsor a public "Support Our Troops" rally in the student center, ALS building, main campus, Supply, 6 p.m.-9 p.m.

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

BINGO will be played at the Shallotte 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, February 1

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 CALABASH RECYCLING CENTER is open 9 a.m.-noon at the Persimmon Road dump site. The center accepts aluminum beverage cans, glass, paper products, plastics and used automotive batteries.

SHALLOTTE RECYCLING CENTER, located near intersection of U.S. 17 and N.C. 130 West, is open 10 a.m.-4 p.m. The center accepts aluminum cans, newspapers, plastics and glass.

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.

A TURKEY SHOOT will be held at Shallotte Moose Lodge No. 710, Holden Beach Road, 7 p.m.

SHALLOTTE WHEEL AND DEALERS square dance group dances every Friday night. For more information, call Charles Holden, 754-6014.

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, February 2

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.

GRAND STRAND GENERAL HOSPITAL sponsors a health fair at Briarcliffe Mall, North Myrtle Beach, S.C., 9 a.m.-2 p.m.

BRUNSWICK COUNTY LITERACY COUNCIL holds a free program orientation for the public, BCLC office, Supply, 10 a.m.-noon. Speakers will describe the work of the council and the volunteer opportunities it offers. For information, call 754-7323.

SHALLOTTE RECYCLING CENTER, located near intersection of U.S. 17 and N.C. 130 West, is open 10 a.m.-4 p.m. The center accepts aluminum cans, newspapers, plastics and glass.

HOLDEN BEACH VFW POST NO. 8866 will hold a flag-raising ceremony to honor Brunswick County residents stationed in the Middle East, Holden Beach Town Hall, 11 a.m.

SUNSET BEACH RECYCLING CENTER, located behind the fire station, is open seven days a week during daylight hours. The center ac-

cepts 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, February 3

A FREE BLOOD PRESSURE CHECK and diabetes clinic is offered at Coastline Volunteer Rescue Station, Holden Beach Road, 2 p.m.-4 p.m.

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

Monday, February 4

SOUTH BRUNSWICK INTERCHURCH COUNCIL meets at Joe's Barbecue, Shallotte, 8:30 a.m.

THE CALABASH RECYCLING CENTER is open 9 a.m.-noon at the Persimmon Road dump site. The center accepts aluminum beverage cans, glass, paper products, plastics and used automotive batteries.

OCEAN ISLE BEACH PLANNING BOARD meets at the town hall, 9:30 a.m.

SUPPLY EXTENSION HOMEMAKERS CLUB holds a crafts workshop, Lockwood Folly Community Building, Stanbury Road, Supply, 9:30 a.m. Members should bring lunch.

PRESCHOOL STORY HOUR for children ages 3-5 is held at the West Brunswick Branch Library, Shallotte, at 10 a.m. and again at 11 a.m. The purpose is to enhance the love of books and reading in children. The topic for February is dinosaurs.

SHALLOTTE RECYCLING CENTER, located near intersection of U.S. 17 and N.C. 130 West, is open 10 a.m.-4 p.m. The center accepts aluminum cans, newspapers, plastics and glass.

THE JET SET, for community residents age 50 and older, meets at Jennies Branch Baptist Church, N.C. 179, Brick Landing, 3:30 p.m.

BRUNSWICK COUNTY BOARD OF COMMISSIONERS meets in its chambers, Administration Building, Government Center, Bolivia, 6:30 p.m.

BRUNSWICK COUNTY BOARD OF EDUCATION will hold a grievance hearing at the central office, Southport, 6:30 p.m.

HOLDEN BEACH COMMISSIONERS meet at the town hall, 7 p.m.

CALABASH PLANNING BOARD holds a workshop meeting at the town hall, 7 p.m.

SUNSET BEACH TOWN COUNCIL meets at the town hall, 7:30 p.m. A public hearing will be held on a request to close the last 30 feet of Stokes Drive.

CALABASH VFW POST NO. 7288 meets at the VFW Building, Trader's Village, Calabash, 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, February 5

COAST TOASTERS Toastmasters Club 1626 meets at the Calvary Baptist Church fellowship hall, N.C. 179, Shallotte, 7 a.m.-8 a.m. For more information on how membership can help improve your skills as a communicator, contact Jimmy Marshall, 754-8400, or D.G. Parke, 579-6876.

NORTH CAROLINA DEPARTMENT OF REVENUE offers assistance filing state tax returns every Tuesday at the local revenue office, 143 Holden Beach Road, Shallotte, 8 a.m.-5 p.m. People should bring their completed federal income tax return with them. No appointment is necessary.

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.

FREE INCOME TAX ASSISTANCE through the American Association of Retired Persons (AARP) is available at the Southport Library, 9 a.m.-1 p.m., and the West Brunswick Branch Library, Shallotte, noon-5 p.m.

SHALLOTTE RECYCLING CENTER, located near intersection of U.S.

17 and N.C. 130 West, is open 10 a.m.-4 p.m. The center accepts aluminum cans, newspapers, plastics and glass.

BRUNSWICK COUNTY STROKE CLUB, a support group for people who have suffered strokes, meets at Dasher Memorial Hospital, Southport, 1:30 p.m. For information, call Beth Conrad, 457-5271, ext. 375.

GRAND STRAND GENERAL HOSPITAL holds free drug and alcohol intervention training session at the hospital, Myrtle Beach, S.C., 5:30 p.m.-6:30 p.m. For information, call (803)497-2116.

BRUNSWICK COUNTY COMMISSIONERS and municipal leaders will meet to discuss the 911 emergency telephone system, Public Assembly Building, Government Center, Bolivia, 7 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.

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.

A BRIDAL FASHION EXPO will be held at Sandpiper Bay Golf and Country Club, Calabash, 7 p.m.-10 p.m. Admission is free.

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

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.

Wednesday, February 6

BRUNSWICK TOASTMASTERS CLUB meets at the Sea Captain Restaurant, 608 W. West St., Southport, 7 a.m.-8 a.m. For more information, call Jan Fairley, 457-4917, days, or David Dorsett, 457-5493, evenings. Guests welcome.

THE CALABASH RECYCLING CENTER is open 9 a.m.-noon at the Persimmon Road dump site. The center accepts aluminum beverage cans, glass, paper products, plastics and used automotive batteries.

FREE INCOME TAX ASSISTANCE through the American Association of Retired Persons (AARP) is available at the Brunswick Community College Interagency Building, Supply, 9 a.m.-1 p.m. Call Debbie Bryant for appointment, 754-6900 ext. 400. Help also is available at the West Brunswick Branch Library, Shallotte, noon-5 p.m. No appointment necessary.

SHALLOTTE RECYCLING CENTER, located near intersection of U.S. 17 and N.C. 130 West, is open 10 a.m.-4 p.m. The center accepts aluminum cans, newspapers, plastics and glass.

BRUNSWICK COUNTY LITERACY COUNCIL Executive Committee meets at the BCLC office, Supply, 5 p.m.

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

AN EMPOWERMENT GROUP for women who are or have been in an abusive relationship meets at the Hope Harbor Home office, Promenade Plaza, N.C. 130 East, Shallotte, 7 p.m.-9 p.m. For more information, call 754-5726.

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.

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Answers to your Questions about Diabetes & Your Eyes

- Q. What is diabetes?**
A. Diabetes is a disease that prevents your body from making or using insulin to break down sugar in your bloodstream.
- Q. How does diabetes affect the eye?**
A. Diabetes and its complications can affect many parts of the eye. Diabetes can cause changes in nearsightedness, farsightedness and premature presbyopia (the inability to focus on close objects). It can result in cataracts, glaucoma, a lack of eye muscle coordination (strabismus) and in decreased corneal sensitivity. Visual symptoms of diabetes include fluctuating or blurring of vision, occasional double vision, loss of visual field and flashes and floaters within the eyes. Sometimes these early signs of diabetes are detected in a thorough optometric examination. The most serious eye problem associated with diabetes is diabetic retinopathy.
- Q. What is retinopathy?**
A. Diabetic retinopathy occurs when there is a weakening or swelling of the tiny blood vessels in the retina of your eye, resulting in blood leakage, the growth of new blood vessels and other changes. If diabetic retinopathy is left untreated, blindness can result.
- Q. Can vision loss from diabetes be prevented?**
A. Yes, in a routine eye examination, your optometrist can diagnose potential vision threatening changes in your eye that may be treated to prevent blindness. However, once damage has occurred, the effects are usually permanent. It is important to control your diabetes as much as possible to minimize your risk of developing retinopathy.
- Q. How is diabetic retinopathy treated?**
A. In the early stages diabetic retinopathy can be treated with laser therapy. A bright beam of light is focused on the retina, causing a burn which seals off leaking blood vessels. In other cases, surgery inside the eye may be necessary. Early detection of diabetic retinopathy is crucial.
- Q. Are there any risk factors for developing retinopathy?**
A. Several factors that increase the risk of developing retinopathy include smoking, high blood pressure, drinking alcohol and pregnancy.
- Q. How can diabetes related eye problems be prevented?**
A. Monitor and maintain control of your diabetes. See your physician regularly and follow instructions about diet, exercise and medication. See your optometrist, an eye care specialist, for a thorough eye examination when you are first diagnosed as a diabetic, at least annually thereafter and more frequently if recommended.



In the interest of better vision from the office of:
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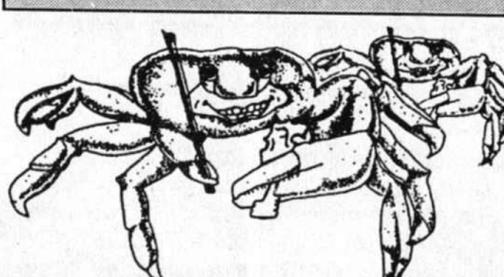
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