

# Calendar Of Events

## Thursday, September 26

**THE N.C. COASTAL RESOURCES COMMISSION** meets at the Howard Johnson Plaza Hotel, Wilmington, 8:30 a.m. Open to the public.

**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** holds a workshop at the town hall, 10 a.m.

**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.

**ALCOHOLICS ANONYMOUS** holds a closed meeting for those who have a problem with alcohol, AA Building, Grissetown, noon.

**THE SOUTH BRUNSWICK ISLES CIVITAN CLUB** meets for lunch at the Brunswick County Bowling Center, Shallotte, 1 p.m.-2 p.m. Visitors are welcome. For information, call Bob Johnson, 754-5759.

**A FOOD PANTRY** is open at Farmers Chapel Baptist Church, Maco, every Thursday from 4 p.m. to 6 p.m. for those in need of food. For more information, contact the church, (919) 655-2937.

**LELAND SANITARY DISTRICT BOARD** meets at the sanitary district building, Leland, 6:30 p.m.

**BRUNSWICK COUNTY DEMOCRATIC PARTY** meets at the party headquarters building, U.S. 17, Supply, 7 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.

**ALCOHOLICS ANONYMOUS** holds an open meeting for people who have a problem with alcohol and others interested in the disease, AA Building, Grissetown, 7:30 p.m.

## Friday, September 27

**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 N.C. COASTAL RESOURCES COMMISSION** meets at the Howard Johnson Plaza Hotel, Wilmington, 8:30 a.m. Open to the public.

**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.

**BRUNSWICK COUNTY LITERACY COUNCIL** begins a 10-hour tutor training workshop in Supply, 6 p.m.-10 p.m. For information or to register, call 754-7323.

**A TURKEY SHOOT** is held every Friday at Shallotte Moose Lodge 710, located on Holden Beach Road east of Shallotte, starting at 7 p.m.

**SHALLOTTE WHEEL AND DEALERS** Western Square Dance Club dances every Friday night at Shallotte Middle School. For more information, call Charlie Holden, 754-6014.

**BINGO** is played at the Sunset Beach Volunteer Fire Department, N.C. 179, 7:30 p.m. Proceeds benefit the department.

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

**ALCOHOLICS ANONYMOUS** holds a closed meeting for those who have a problem with alcohol, AA Building, Grissetown, 7:30 p.m.

**SHALLOTTE AL-ANON FAMILY GROUP**, a support group for families of alcoholics, meets at Camp United Methodist Church, Shallotte, 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, September 28

**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 Interchurch 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.

**A HIS & HERS FALL FESTIVAL** featuring crafts and food booths will be held at the Calabash Elks Lodge, Traders Village, Calabash, 9 a.m.-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.

**THIRD ANNUAL VARNAMTOWN FESTIVAL** begins with an open house at the town hall, 10 a.m. Events include horseshoes, tug-of-war, a poster contest, cake auction, crafts and a fish fry. For information, call Tonya Robbins, 842-9359.

**BOLIVIA VFD AUXILIARY** serves chicken and ham dinners at the fire station, 11 a.m.-3 p.m. Plates will cost \$3.50 each.

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

**ALCOHOLICS ANONYMOUS** holds a closed meeting for those who have a problem with alcohol, AA Building, Grissetown, 7:30 p.m.

**BINGO** will be played at the Calabash Fire Station. Doors open at 7:30 p.m. Games start at 8 p.m.

**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, September 29

**BRUNSWICK COUNTY FISHING CLUB** serves breakfast at the clubhouse at Sunset Harbor, starting at 7 a.m. Cost is \$3 for members and guests.

**MUSEUM OF COASTAL CAROLINA**, located at Second and Laurinburg streets, Ocean Isle Beach, is open every Sunday 1 p.m.-5 p.m. Hours Monday through Saturday are 9 a.m.-5 p.m. Admission is \$2 for adults, \$1 for children.

**CALABASH VOLUNTEER E.M.S.** holds an open house at the squad building, N.C. 179, 1 p.m.-3 p.m.

**THIRD ANNUAL VARNAMTOWN FESTIVAL** continues with a gospel sing at Garland's Fish House, 2 p.m.-5 p.m.

**ALCOHOLICS ANONYMOUS** holds an open meeting for people who have a problem with alcohol and others interested in the disease, AA Building, Grissetown, 7:30 p.m.

## Monday, September 30

**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.

**PRE-SCHOOL 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.

**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 PLANNING BOARD** holds a workshop to discuss amending the 1990 Land Use Plan Update, 7 p.m., town hall.

**BRUNSWICK BASS MASTERS** meets at Shallotte Ceramics, U.S. 17, Shallotte, 7:30 p.m.

**ALCOHOLICS ANONYMOUS** holds a closed meeting for those who have a problem with alcohol, AA Building, Grissetown, 7:30 p.m.

## Tuesday, October 1

**COAST TOASTERS** Toastmasters Club No. 1626 will hold a humorous speech contest, 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. Guests are welcome.

**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.

**CONGRESSMAN CHARLIE ROSE'S MOBILE OFFICE** stops at the Longwood Post Office, 9 a.m.-11 a.m., and the Ash Post Office, noon-2 p.m. Residents who have problems with a federal agency or questions or opinions about federal legislation are invited to meet with a member of Rose's staff.

**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.

**ALCOHOLICS ANONYMOUS** holds a closed meeting for those who have a problem with alcohol, AA Building, Grissetown, noon.

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

**HOLDEN BEACH'S** town manager and town auditor hold a workshop to discuss the occupancy tax, 3 p.m., town hall.

**OVEREATERS ANONYMOUS** meets every Tuesday at Seaside United Methodist Church, 5 p.m.

**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.

**ACCESS**, a group studying the needs of the handicapped in Brunswick County, meets at the Interagency Building, Brunswick Community College, Supply, 7 p.m.

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

**SHALLOTTE LADIES BARBERSHOP CHORUS** meets at Camp United Methodist Church, Shallotte, 7:30 p.m. For information, call Belinda Formyduval, 754-5372.

**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.

**ALCOHOLICS ANONYMOUS** holds an open meeting for people who have a problem with alcohol and others interested in the disease, AA Building, Grissetown, 7:30 p.m.

## Wednesday, October 2

**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.

**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.

**AN EMPOWERMENT GROUP** for women and children who are or have been in an abusive relationship meets in the multi-purpose room, ALS Building, Brunswick Community College, Supply, 7 p.m.-9 p.m. For more information, call 754-5726.

**SHALLOTTE ALDERMEN** meet at the town hall, 7:30 p.m.

**ALCOHOLICS ANONYMOUS** holds a closed meeting for those who have a problem with alcohol, AA Building, Grissetown, 7:30 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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# 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, 754-2020  
Salt Marsh Sq., Calabash, 579-4020

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