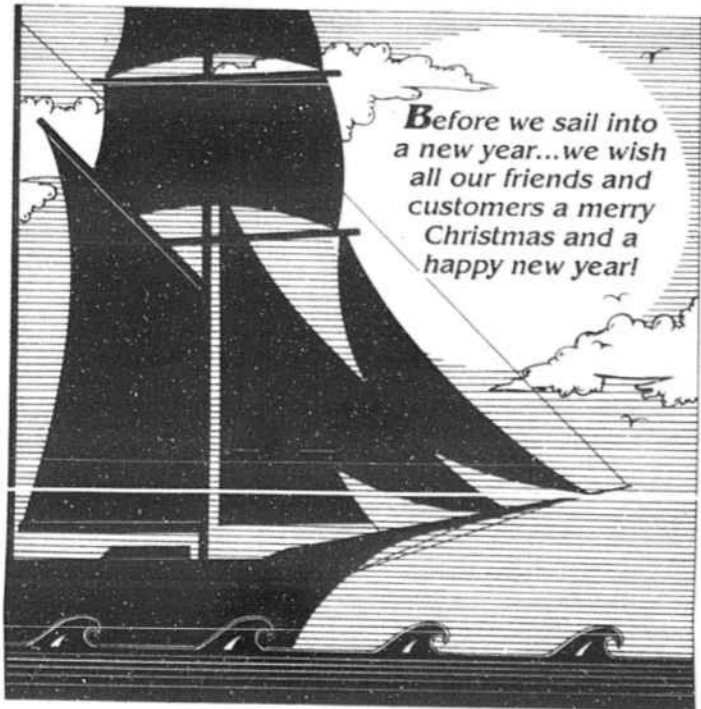


## DIETS DON'T WORK!

If you have ever been "on a diet" and lost weight, only to gain that weight back (and maybe some more!), you know diets don't work. A cycle of deprivation then overeating (yo-yo dieting) is not good for anyone's mental or physical health. Only lifestyle changes based on sound nutritional information can make a lasting impact on your health.

A support group to address the issues of weight loss, nutrition and body image is forming. It is sponsored by Nutritional Health Services and led by Rita Miller, M.Ed., R.D., a Licensed Nutritionist. Free introductory classes will be held Wednesday, January 6 at 10:00 a.m. at Trinity Methodist Church, Southport and at 7:00 p.m. at Dorothy Essey Red Carpet Realty, Long Beach.

Please call 278-6866 to pre-register for more information before January 4.



Before we sail into a new year...we wish all our friends and customers a merry Christmas and a happy new year!

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## It's A Time For Love

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- TUESDAY NIGHT—FREE DANCE LESSONS
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### DOCKERS ANNUAL NEW YEAR'S EVE PARTY

Thursday, Dec. 31, 8:00 PM Till

### Live Music Provided By "JUNIPER CREEK"

Hot Hors D'ouves, Cold Cuts, Rolls, Salads, Meatballs, Sausage, Shrimp, Desserts, Fruits

1 Bottle of Champagne, Free Transportation Home with VIP Tickets ONLY

VIP Seating \$50.00 per couple Gen. Admision \$15.00  
Call 842-7070 for more information



STAFF PHOTOS BY SUSAN USHER

## Lighting The Community Tree

With a drum roll by Jarred Smith (above left), the lights came on. Music by the West Brunswick High School Band, the Cedar Grove Gospel Choir, and shivering (above right) West Brunswick High School Chorus members celebrated the season at the lighting last Tuesday, Dec. 8, of a community Christmas tree in Shallotte. A special visitor, Santa Claus, arrived aboard a Shallotte VFD fire truck with a listening ear and candy for youngsters. A crowd of more than 75 people turned out for the event, which was sponsored by area civic clubs and the South Brunswick Islands Chamber of Commerce.

## New West Math Teacher Hired Among Other Routine Action

A new math teacher, Dawn Hicks of Southport, began work Tuesday at West Brunswick High School in Shallotte.

The Campbell University graduate was one of several persons whose hiring was approved in routine personnel action by the Brunswick County Board of Education Monday night.

Also hired were Karen Cayot of

Shallotte, special education, Supply Elementary; Jill Wanchok, Wilmington, part-time remedial teacher for Saturdays only, North Brunswick High School; Kimberly George of Castle Hayne and Kelli Suggs of Wilmington, part-time remedial teachers, Bolivia Elementary; Virginia Hines of Leland, JTPA job specialist at North Brunswick and South Brunswick high

schools; and Carrie Smith of Bolivia, half-time custodian at South Brunswick High School.

Carol Williamson, a special education teacher from Leland, was reassigned from North Brunswick High School to half-time at the high school and half-time at Lincoln Primary. Elouise Jacobs of Leland was transferred from clerical assistant to Choices teacher assistant, Leland Middle.

The board accepted the resignation of Supply Elementary teacher Ann McManus of Southport, and granted a leave of absence to Lisa Brown, a preschool diagnostic teacher at Supply Elementary.

Disability leave was granted to Supply Elementary teacher Annie B. Hewett and Supply Elementary teacher assistant Nancy Vereen, subject to state approval.

## Correction

Hal Todd, a Calabash appointee to the South Brunswick Water and Sewer Authority, is not a retired engineer as reported in the Dec. 10 issue of the *Beacon*.

Todd is a retired district manager for Ohio Bell Telephone and was mayor of an Ohio town which bought a water plant with Farmers Home Administration funds.

We regret the error.

## O' tidings of comfort and joy



Peace, love and happiness to one and all.

We appreciate your business!

## CAPT. PETE'S SEAFOOD AND GIFT SHOP

Christmas Dreams

May stockingsful of joy and good wishes be yours this holiday. Warmest thanks to all our customers and dearest friends.

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