



THE BEACON



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The Weekly Bulletin of the
Rotary Club of Morehead City

Stanley Harrell,
President, 1999-2000

Thursday, January 6, 2000

LAST WEEK.....

Our program last week featured Carolyn Salter Mason who spoke with us about the Shackleford ponies. Carolyn explained the history of the ponies and told many interesting anecdotes she has uncovered in her research on the ponies. A round-up is being held soon to thin the herd and Carolyn spoke of the early round-ups and how they were done.

One interesting point that newcomers may not be aware of is the fact that originally the banks were one long barrier island and only in recent years have all the inlets formed causing the various islands where the ponies live. Ours is the largest viable herd left of banks ponies known in some circles as "marsh tackies" and celebrated this year by the Library of Congress in a new collection entitled "Local Legacies".

According to Ms. Mason, we "don't ask older people enough questions" and "everytime an old person dies, a library (of information) burns". Most of the history we have of the Core Banks has been handed down from generation to generation and she encouraged anyone with stories from their heritage to write them down and pass them along.

Visiting Rotarians last week were John Bunn (Sonny's brother-in-law) from Sylva, N.C. and Sharon Peterson from the Noon Club who is the new Boy Scout Executive for the Croatan Trails District. **David Bradley** led us in song last week while **Gordon Thayer** led the pledge, **Jim Gregson** had the prayer and **James Walker** collected Happy Dollars. **Bill Ward** passed out dance tickets to each member for our WINTER BEACH BLAST on February 5th. He explained that **Gery Smith** and **Larry Pittman** will head up the silent auction. They passed out a list of Rotarians and stores/items for the auction. Everyone is encouraged to help out!

PROGRAM SCHEDULE

January 6, 2000	Darden Eure, Jr.	Community Service
January 13, 2000	Jim Garner	Community Service
January 20, 2000	Albert Gaskill	Community Service
January 27, 2000	Sonny Geer	Community Service
February 3, 2000	Gery Smith	International Service
February 10, 2000	Jim Gregson	International Service
February 17, 2000	Eric Gregson	International Service
February 24, 2000	John Harris	International Service

Little Known Fact.....

THRONE BECOMES MORE MAJESTIC

In response to "numerous consumer request" Bemis Manufacturing is rolling out a new and bigger toilet seat, three-quarters of an inch wider than the old standard.

The company says the \$50 model is the result of the more king-sized dimensions people have assumed in recent years!

CLASSIFICATION UPDATE.....

New Rotarian, Larry Pittman, gave us a Classification Update. Larry, owner of Port City Motor Company, has spent 34 years selling automobiles here in Carteret County - the last 18 running Port City Motors. Larry and his wife live in Country Club East.

DON'T FORGET....

Our Rotary **WINTER BEACH BLAST** will be on **February 5, 2000** at the Sheraton Atlantic Beach. Tickets will be given out soon and we hope everyone will sell at least 5 tickets each. In addition, **Gery Smith** and **Larry Pittman** have agreed to co-chair our Silent Auction. They will give each of you a list of businesses to contact and ask for an auction item. We need **EVERYONE** to participate! Let's get going.

A Prayer

Today I pray that I find my own best way to God, my own way of meditation, whether it be an oriental mantra, substituting the name of Jesus Christ, or just allowing the spirit of God to settle into me and give me peace.

By whatever means I discover my God, may I learn to know Him well and feel His presence, not only at these quiet times, but in everything I do.

From *A Day at a Time*

CompCare Publications

Study: Ginkgo may improve function in Alzheimer's patients

There is new evidence that Ginkgo biloba has an effect on Alzheimer's disease.

The ginkgo tree has a form of natural antioxidant properties, enabling it to neutralize some types of damage to the brain, says Jeffrey Kaye, M.D., director of the Aging and Alzheimer's Disease Center at Oregon Health Sciences University.

Previous to the study by Dr. Kaye and his colleagues, however, the scientific community paid little attention to whether ginkgo was beneficial.

Dr. Kaye's research shows that ginkgo significantly improved mental function in sufferers taking 120 to 240 milligrams for three to six months, as reported in the Archives of Neurology.

Glaucoma: Beware the sneak thief of sight

If you have recently been diagnosed with glaucoma, consider yourself lucky. You have been given the opportunity to preserve your vision.

Glaucoma is a condition in which the optic nerve, which carries the images we see to the brain, is damaged. The optic nerve is like an electric cable containing about 1.2 million wires. Glaucoma damages these fibers, causing blind spots to develop and eventually complete loss of sight.

Ophthalmologists used to think that high intraocular pressure was the main cause of optic nerve damage in glaucoma. Now they know that even people with normal pressure can have vision loss. Blindness can be prevented if the condition is caught and treated in time. Glaucoma is one of the leading causes of preventable blindness in the U.S. It is the most common cause of blindness among African-Americans, who are 14 to 17 times more likely to suffer from it.

Called the "sneak thief" of sight, the most common kinds of glaucoma cause no symptoms until vision is already damaged. The best way to prevent vision loss is to have medical eye examinations at appropriate intervals.

The American Academy of Ophthalmology recommends that African-Americans ages 20 to 39 have a comprehensive eye examination every three to five years and every two years after age 40.