

Strand Hospital Health Fair Set Feb. 4 At Briarcliffe Mall

Grand Strand General Hospital's 13th annual health fair is scheduled for Saturday, Feb. 5, at Briarcliffe Mall in North Myrtle Beach.

The fair takes place from 9 a.m. until 2 p.m. and this year will feature more than 80 exhibitors including hospital departments, physicians, allied health professionals, social service agencies, local support groups, home health care and elder-care service agencies, health clubs and recreational departments.

Information will be offered on weight loss and nutrition, addition, psychological and emotional problems, diseases and disorders or choosing a physician or specialist.

This year, fitness demonstrations have been included, also. Professionals from local health and fitness clubs will offer demonstrations on weight-lifting, toning and firming, aerobics, step aerobics, chair exercises and Tai Chi. Demonstrations will take place in the food court area at scheduled times during the fair.

A number of exhibitors will be offering free health screenings including blood pressures, pulmonary function, spinal, posture and weight,

strength, food, speech and language, hearing, vision and glaucoma, depression, anxiety and computerized body fat composition analysis with printout.

According to Sydney Smith-Rikard, hospital spokesman, the most popular attraction is the Panel-24 blood profile which will be offered again this year for \$22. The profile measures 24 blood levels including sodium, glucose, iron, triglycerides, total cholesterol and several other levels including organ functions.

For accurate results of the Panel-24, fasting for 12 hours is necessary, ingesting nothing but sips of water. "If you are diabetic, it is suggested that you bring food or juice with you so that you can eat immediately after having your blood drawn," Smith-Rikard said. "If you are taking medication, consult your physician prior to having the test performed regarding the effects your medication may have on the results."

Registration for the blood profile will take place in the Cinema Court area the day of the event. Registration forms and envelopes will be available in the hospital lobby the week before the fair also.

Brunswick Unit Restart Is Topic

Officials of the federal Nuclear Regulatory Commission were to meet with Carolina Power & Light Co. management Wednesday, Jan. 19, at the Brunswick Nuclear Plant near Southport.

Agenda items included the company's readiness to restart Unit 1 and plans for returning the unit to full power.

The meeting was to begin at 1 p.m. at the Visitor and Training Center and was open to the public for observation. Officials were to be available after the meeting to answer questions.

N.C. Microenterprise Loan Program Topic Of Workshop

An information meeting will be held Tuesday, Jan. 25, for small business owners or would-be owners interested in the North Carolina Microenterprise Loan Program.

The meeting will begin at 7 p.m. in the Student Center at Brunswick Community College near Supply.

The N.C. Microenterprise Loan Program has helped many individuals across the state start small businesses. The majority of these business owners lacked experience, business education and capital. Locally, the program has benefited several entrepreneurs in Brunswick, Columbus, Bladen and Robeson counties.

Participants get "how to" hands-on instruction in writing a business plan, starting a business, sales forecasting, preparing a cash flow statement, bookkeeping, market research and more, at no cost.

The Microenterprise Loan Program also provides financial assistance

with loans of \$500 to \$8,000.

Pre-registration is requested. Contact the Small Business Center at Ext. 389, 754-6900, 457-6329 or 343-0203, or FAX 754-7805. There is no registration fee for this workshop.

BCC's main campus is located on Business U.S. 17 north of Supply.

Electric Cooperative Officers Re-Elected

All four officers of the Brunswick Electric Membership Board of Directors were re-elected Jan. 13 at the board's reorganizational meeting, co-op member services representative Phil Morgan reported.

Serving additional one-year terms are Hubert K. Brittain of Bolivia, president; JoAnn B. Simmons of Ash, vice president; Calvin Duncan of Columbus County, secretary-treasurer; and Moses C. Herring of Supply, assistant secretary-treasurer.

Permits Issued Equal \$1.5 Million

During December 1993 the Brunswick County Building Inspection Department issued permits for \$1.5 million in construction.

That included permits for 18 single-family stick-built homes valued at \$1.14 million and 72 mobile homes.

Three permits were issued for

commercial construction worth \$267,000, plus five additions, \$59,990; three garages, \$20, 160; a pool, \$5,120; and six signs, \$21,050.

During the month 510 permits were issued: 226 building; 164 electrical; 52 plumbing; and 68 mechanical.

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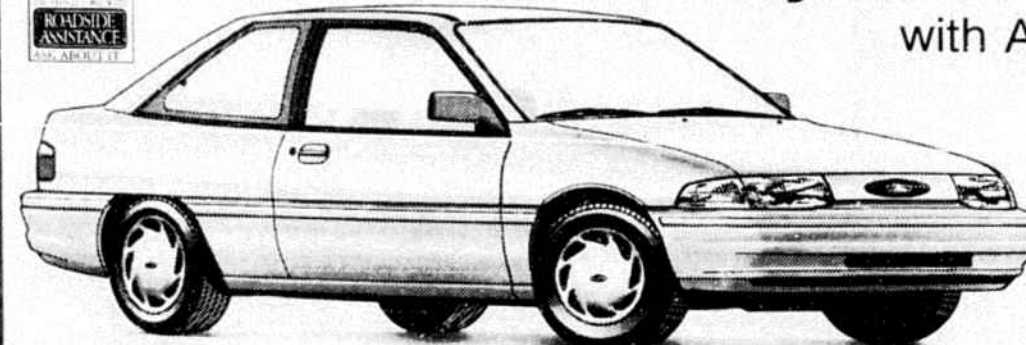
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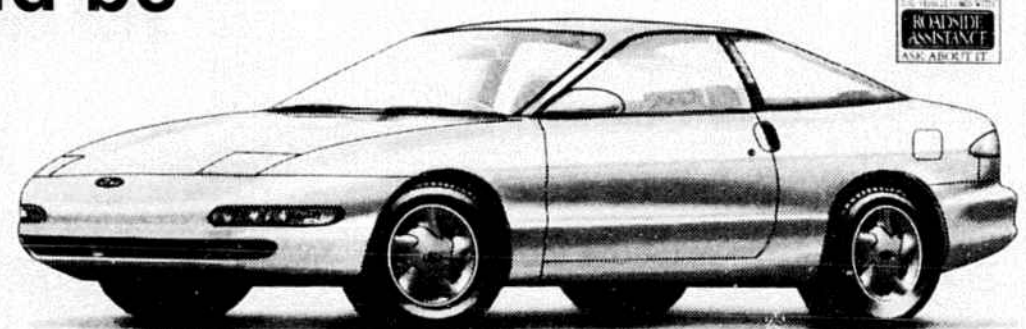
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