

## Food Service Workers Becoming 'Heart Smart'

The Brunswick County School Food Service Association is helping its employees learn how good nutrition and good health habits can help them control their blood pressure and weight.

"We are using a special program developed by the American Heart Association to help protect the heart health of our employees," said Sherryl Johnson, director of the county's school food services.

The program—"Heart at Work"—is designed to identify, educate and help employees who have a blood pressure or weight problem and to prevent others from developing those problems, she said.

Even though high blood pressure poses many serious health dangers, it often goes unnoticed, according to Vernon Parker, president of the district's American Heart Association.

A person can feel fine but still have high blood pressure, he said. "Having your blood pressure check-

ed regularly is the first step in reducing the risk of stroke and heart attack," said Parker. "If it is high, diet, exercise and drugs can be used to control the blood pressure."

It is estimated that 37 million American adults have high blood pressure and another 23 million have borderline high blood pressure. People with uncontrolled blood pressure have a greater risk of developing serious heart disease or having a stroke than people with normal or controlled blood pressure.

Parker said high blood pressure is most common among middle-aged and elderly people, those who are overweight, heavy drinkers and women who use oral contraceptives. People with high blood pressure who also smoke cigarettes are at an even greater risk of heart attack.

Preventing or reducing the risk of high blood pressure can not only help people live longer and more productive lives, but also lowers health care costs and absenteeism.

The Brunswick County School Food Service Association is planning a number of activities this year that focus on controlling blood pressure, weight and stress.



Indians Were Focus

Student projects that included teepees and tomahawks concluded an in-depth study of Indians by students in Gloria Reaves' fourth grade class at Bolivia Elementary School. Shown with a sample of the projects are (from left) Keith Sellers, Jennifer Hatcher, Roy Bryant, Allison Lowery, Mrs. Reaves and Adrienne Smith.

## BCLC To Train Office Helpers

The Brunswick County Literacy Council is seeking part-time volunteers to help staff its office at Supply.

These volunteers would answer the office telephone, assist with routine filing and other office tasks, and assist volunteer tutors and adult literacy students who contact the office for information or materials. The volunteers will enable the council to maintain longer, more regular and more convenient office hours, said Rich Dixon, chairman.

Volunteers will be trained before scheduling and will be expected to put in an average of four hours per week at the office. Scheduling will be flexible. Office volunteers are supervised by Peggy Allen of Charlotte.

Training for the BCLC office volunteers will be held Dec. 6 and 7 from 9:30 a.m. to 11:30 a.m. The first session is an orientation to the council and working with new readers. Volunteers who have completed all or a majority of the council's tutor training workshop are not required to attend this session. However, all prospective office volunteers must attend the Dec. 7 session, when Mrs. Allen will cover office procedures and policies.

The BCLC office is located at the rear of the old county agriculture building just north of the N.C. 211 flashing light on U.S. 17 at Supply. The building most recently housed Brunswick Community College's Continuing Education Department and now temporarily houses several county agencies.

The BCLC office phone number is 754-READ (7323). Prospective office volunteers may also call Mrs. Allen at 754-5181, or Susan Eggert, trainer, at 754-5082 evenings.

## Shell Wreaths Next On Agenda

The Holden Beach Beautification Committee will take December off, with its next meeting Jan. 17 at 10 a.m., when Judith Bryan will conduct a workshop on making shell wreaths.

On Dec. 15 committee members will judge Holden Beach houses decorated for Christmas, awarding first place and honorable mentions.

At the committee's November 15 meeting, florist Ina Belle Fulford demonstrated the making of Christmas arrangements. Winning three completed arrangements as door prizes were Janie Steorts, Charlotte Nolte and Mildred Glass.

Meetings of the committee are open to all Holden Beach women interested in attendance.

## Brierwood Ladies Plan Dinner Dance

The Brierwood Ladies Club will hold its annual Christmas Dinner Dance Monday, Dec. 4, at Sea Trail Plantation Clubhouse at Sunset Beach.

Music will be provided by Larry Green of North Myrtle Beach, S.C.

A committee consisting of Mary Nicol, Janet Mellin, Dot Crean and Harriet Schuler are preparing Christmas baskets for needy senior citizens which will be delivered prior to the holidays.

The Brierwood Ladies Club will not meet at the Brierwood Club House in December.

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