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USC-COASTAL CAROLINA COLLEGE
Office of Public Relations PO Box 1954 Conway, SC 29526

ABLE Program Receives Governor's Award

The Coastal Carolina College ABLE Program (A Better Lifestyle Experience) has received the 1987 Governor's Award for Health Promotion for Older South Carolinians. The program was initiated in 1985 by Dr. Marshall Parker, assistant dean of education, and is offered through the School of Education under the direction of Dr. Dennis Wiseman, dean for the School of Education.

ABLE combines a number of health promotion areas, including control of cholesterol, sodium, caloric intake, and blood pressure. It also teaches methods for managing stress, eliminating smoking, and exercising. The program is offered as both a credit and non-credit course and has served over 300 participants.

Health promotion has been defined as "any combination of health education and related organizational, political and economic interventions designed to facilitate behavioral and environmental changes conducive to health." Many kinds of activities and programs meet this broad definition. Recipients of the Governor's Award must demonstrate involvement in two or more of the following areas of prevention: enhanced exercise and fitness, improved nutrition, reduced alcohol and drug misuse, accident prevention, stress reduction, use of preventive services, and development or use of support systems.

The Governor's Award recognizes those projects which are contributing to the current well-being of older people and building the base for future efforts throughout South Carolina.

St. Francis Xavier Hospital in Charleston was also a recipient of this award.

Summer Hours for Kimbel Library Media Collection

June 8, 1987 - August 14, 1987 Monday - Friday: 9 a.m. to 4:30 p.m. Sunday: Closed

Saturday: Closed

The media collection will close August 15 and will re-open for the fall semester on Monday, August 31.

Bed Linens and Kitchen Accessories Needed for French Students

Dr. Gerald Groves has organized a program to bring 20 French students from the University of Grenoble to Coastal to study English this summer. The students will live in Carolina Commons and will need single bed sheets, pillowcases, kitchen supplies, pots, pans, dishes, and utensils. Anyone who would like to lend or donate these items may leave them with Nadine Godwin in the Chancellor's Suite.

Kimbel Library Summer I Hours

June 8, 1987 - July 10, 1987

Monday - Thursday: 8 a.m. to 8 p.m.

Friday: 8 a.m. to 5 p.m.

Saturday: CLOSED

Sunday: 2 p.m. to 8 p.m.

EXCEPTIONS: Closed Friday, July 3 through Sunday, July 5. Also closed Saturday, July 11 and Sunday, July 12.

Coastal Carolina People

o Ed Cerny, assistant professor of business administration, conducted a Life Management Skills workshop for the North Carolina Future Business Leaders of America on Saturday, June 13. The program was held on the campus of UNC-Wilmington.

Families Needed to Host Soccer Players for Two Weeks

We need families who are willing to house some of

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this week

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Coastal Carolina's soccer players for about two weeks beginning August 14. The players are returning to school for practice and the residence halls will not open until September.

In the past, Coastal soccer players have volunteered their time giving clinics for high school and elementary school students and have officiated at countless soccer games. We appreciate all of their efforts in helping our community's youth soccer program.

Please consider housing one or more of these young athletes for about two weeks. If you are interested, contact Nadine Godwin at the college.