

Truthful Advice For All Drinking Drivers

The holiday season is party time. When the party's over, you've had too much to drink and you need to get home, what's the best advice?

The North Carolina Medical Society says to wait until you sober up or let someone else drive you home.

Many people believe hot coffee, a cold shower or a jog around the block will act as an antidote to the alcohol and help you sober up. Not true.

Hot coffee will make you a wide awake drunk. A cold shower will make you wet and cold.

A jog around the block could be hazardous to your health. You could trip and fall, or get run over.

Time is the only method of sobering up.

An ounce of alcohol, one drink or one beer, take approximately one hour for your body to eliminate.

The best thing to do is let someone sober drive you home.

Now the morning after becomes a painful reality. You need a reliable hangover cure.

At last, modern medical science has found the perfect failproof, 100 per cent effective cure. You guessed it: preventive medicine! The only way to cure your hangover is before it happens! Don't drink!!! If you don't drink too much, you won't get a hangover. It's that simple.

The following "cures" DO NOT WORK!

1. Vitamins: Some say superdoses of vitamins will build up your body's ability to fight off the hangover. It doesn't work.

2. Tranquilizers: The only thing you might accomplish this way is an overdose of tranquilizing drugs on top of the overdose of alcohol.

3. Drink alcohol: "A bit of the hair of the dog that bit you," they call it. Of course if you drink enough, today's cure can be tomorrow's hangover.

4. Inhaling pure oxygen is supposed to help your system oxidize the alcohol. It doesn't work. In fact, your hangover is partly the result of oxidizing alcohol.

5. Exercise: Suffering may help your guilty feelings, but your hangover

will survive the exercise better than you will.

6. Stuff yourself with a gigantic breakfast, and if you keep it down, you will still have your hangover - plus a very full feeling.

7. Drink something disgusting: After your concoct the awful drink and manage to swallow it, the taste is supposed to make you forget your hangover. Drinking alcoholic beverages tends to

Caution, Common Sense Are Best Fire Prevention Methods

Nothing could be safer than snuggling up close to a roaring fire on a cold winter's night, right? Wrong, reports the U. S. Consumer Safety Commission in a recent study on fireplace hazards. Thousands of people suffered from injuries occurring around the fireplace last year, the majority of the victims being children. The accidents, which ranged from minor cuts to serious burns that required emergency treatment, occurred most frequently when clothing or other flammable objects caught fire from being too close to the flames. Other mishaps, especially burns, were blamed on improperly loading logs in the fireplace or in reaching for a hot poker or other fireplace equipment.

A little common sense and caution will prevent most of these accidents, but the North Carolina Medical Society wishes to pass along some additional safety tips for the avid fireplace user:

1 - Don't discard old aerosol cans or other closed containers in the fireplace, as these will burst when the vapors inside of them are heated.

2 - Don't use gasoline or other flammable liquids to start a fire. Not only are the vapors dangerous to use inside, but can explode at high temperatures. Coal and charcoal can be used ONLY if they are very well ventilated.

3 - Make sure the damper is open and working properly before you begin a fire.

4 - When using artificial logs, use only one at a time, since they generate more heat than real wood and can be dangerous in some fireplaces if there is too much heat.

5 - Use a screen to cover your fireplace. This will help prevent fires that may be caused from flying sparks. For this reason, it's a wise idea to stack old newspapers and other flammable materials you may want to burn in a cool place AWAY from the

dehydrate the body. Putting any liquids back into your system may seem to help.

8. Don't think about it. If you ignore your hangover, it will go away. It will, but very slowly.

9. Lie still: Don't get out of bed. Don't go to work. Millions of Americans use this cure... to the tune of 42-billion dollars lost in the workforce every year. Too bad, because this cure doesn't work.

6 - Be sure that the fire is cold and all the ashes are out before leaving your house or retiring.

7 - Encourage children to stay away from the fireplace, and make sure that all your family members know fireplace safety. This will truly make your fireplace a center of warmth and joy, not danger.

Moravian Love Feast Set

The congregation cordially invites the people of Edenton and Chowan County and environs to its annual "Moravian Love Feast" on Thursday night, December 24, at 7:30 P.M. at the First Presbyterian Church, West Queen and South Mosely.

The choir will present an evening of Christmas songs. A wood and brass ensemble from J. A. Holmes High School will assist the choir and offer some Christmas music on their own.

The women in the church have baked special buns for the Feast and will serve a cafe au lait beverage. The congregation too will join in with the Choir and Ensemble in the singing of carols. Come and join us.

Arms Training

Marine Pvt. Tony V. Rouson, son of Clinton L. and Rosa Rouson, Route 1, Roper, recently participated in mechanized combined arms training and "Combined Arms Exercise 81."

He is a member of 1st Battalion, 8th Marines, based at Camp Lejeune, N.C.

His unit participated in squad, platoon and company level tactics involving the use of tanks, artillery, tracked vehicles, air support and individual weapons. They conducted live-firing exercises with the M-16 rifle, M-60 machinegun, the light anti-tank assault weapon, mortars and other anti-tank weapons. Conducted at the Marine Corps Air Ground Combat Center, Twenty-nine Palm, Calif., the training culminated in "Combined Arms Exercise 81." It was designed to emphasize fire support coordination between infantry, air, tank, artillery, mortar and anti-tank missile units.

A 1981 graduate of Plymouth High School, Rouson joined the Marine Corps in June, 1981.

Season's Greetings and best wishes for a happy and safe 1982.

Your Nationwide agent wishes you the happiest of holidays, and a new year full of health and joy.

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NOTICE

Primary Election Of 1982

Pursuant to G.S. 163-104, a Primary Election will be held May 4, 1982, and the second primary, if necessary, will be held June 1, 1982, with the County of Chowan, North Carolina.

Filing period for candidates will begin at 12:00 noon on January 4, 1982, and close at 12:00 noon on February 1, 1982, at the Board of Elections Office, Chowan County Courthouse, King Street, Edenton, North Carolina.

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MAY 12-15: MAY 19-22: 1982 WORLD'S FAIR

JUNE 13-16: 1982 WORLD'S FAIR

SEPT. 29-OCT. 2: OCT 18-21: 1982 WORLD'S FAIR.

JUNE 20-26: 1982-ATLANTA (STONE MOUNTAIN, TOO) CHATTANOOGA (LOOKOUT MOUNTAIN & RUBY FALLS) AND WORLD'S FAIR (2 FULL DAYS AT FAIR)

AUG. 9-16: 1982-WORLD'S FAIR: BARDSTOWN LOUISVILLE & LEXINGTON KY. CHARLESTON W. VA.

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First place to Norman Bennett, Preston Trucking Co. and a GMC Brigadier.

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A second-place finish earned by Fred Weitzel, Briggs Transportation Co. and another Brigadier.

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