

Increase In Alcoholism Problems Predicted For Holiday Season

Raleigh Human Resources Secretary Phillip J. Kirk Jr. said that during the holiday season alcohol abuse is a more serious problem than at other times of the year, and he urged North Carolinians to be extra cautious when driving during the holidays.

"The increase in parties and holiday activities where alcohol is served, means there will be more drinking drivers on the road," Kirk said. "This is especially important because researchers tell us that

more than half of all traffic deaths are caused by drinking drivers."

Thomas Miriello, Deputy Director for Substance Abuse Services, said that many alcohol-related tragedies can be prevented during the holidays if more people give responsible parties.

Miriello offered the following party tips to help ensure a safe holiday:

- Serve food or snacks so guests don't drink on an empty stomach. High protein and carbohydrate

foods like cheese and meats are especially good.

- Respect those who don't drink by providing non-alcoholic beverages.
- Don't rely on alcohol to keep your party alive. Good conversation, music, dancing, and games are ingredients that make a party a success.

Have jiggers or self-measuring one-ounce bottle spouts at the bar to mix drinks.

- Don't force drinks on your guests

- or rush to refill their glasses
- Don't double up. Drinking excessively is neither smart nor sophisticated.
- If you see a guest drinking too much, engage him or her in conversation and offer food to slow down the drinking.
- Stop serving alcohol toward the end of the party. Time is the only thing that will help someone sober up.
- And most important of all, don't get behind the wheel of a car if

you've been drinking. When someone has had too much to drink, provide him or her with transportation home, call a taxi, or invite him or her to stay overnight.

For more information about alcohol or drug abuse, contact your local mental health center or alcoholic treatment center.

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Thomas Moore
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Thomas Moore's
New Year's Eve
Celebration Set

The Children's Theatre of Charlotte, Inc. will again host the annual Thomas Moore New Year's Eve Celebration for children. Come "sing" in the New Year on December 31 at 11 a.m. There will be fun and favors for all, promising to be a delightful celebration for the entire family.

Ticket prices are \$2 for ages 12 years and under, and \$2.50 for over 12 years.

Call the box office at 333-8983, 9 a.m. to 1 p.m. weekdays, for details or reservations. Tickets may be purchased at the Theatre, located at 1017 East Morehead St.

CPCC Scholarship

Two more sets of twins have claimed an unusual scholarship at Central Piedmont Community College (CPCC).

The Grossi twins and the Miller twins heard about the scholarship when another set of twins, Helen and Ellen King, were awarded the money recently. The scholarship was offered during fall quarter to a twin whose sibling also is a full-time student at CPCC.

Darren and Ronald Grossi are in their first quarter of study in computer programming at CPCC. They are the 18-year-old sons of Julia Grossi of Charlotte.

Nineteen-year-old Karen and Karla Miller are graduates of Myers Park High School and are in Registered Nurses training at CPCC. Their parents are James and Ethel Miller of Charlotte.

The \$200 covers tuition, books, and other college expenses for one quarter of study at CPCC.

CHS New Officers

G. Baillie Brown Jr., First Union National Bank Trust Officer, has been elected Chairman of the Board of Trustees of Community Health Services in Mecklenburg and Union Counties.

Other officers are Vice Chairman Jay Deyton, President of Pneumafil Corporation, and Janet Dancy, R.N. Martha M. Quinn of Rowe Corporation has been elected Secretary. Treasurer will be Charles Melvin, Northwestern Mutual Life. Division Presidents are Joe Young, Arthritis Patient Services; Jan Schladensky, Diabetes Services; James Renegar, Parkinson Association; Charles Harris, Equipment Loan; Janet Fisher, Union County.

Maribelle G. Connerat is Executive Director of the 30-year old non-profit organization located at 1401 East Seventh St.

Old Christmas Tree

Don't toss out your Christmas tree after the holidays - use it as a bird feeder! Remove the ornaments and tinsel, but leave the strings of popcorn and cranberries. If you add a few bags of suet, table scraps, and other treats, you'll soon have a flock of living, feathered ornaments congregating around your tree.

Suet is a popular bird food that is easy to prepare. Melt beef fat or bacon grease, cool, and add bird seed, peanut butter, fruit or granola. It's important that birds have protein-rich items to carry them through the winter. Also, add some finely crushed eggshells to the mix to supplement the bird's diet with calcium. Birds obtain calcium from insects in the summer, but it is in short supply in the winter. Mesh onion bags make good suet containers, and are easy to hang from the tree.

Discarded Christmas trees can also be used to sweeten your favorite fishing hole. Simply bundle several trees together, and sink them. These "fish hurdles" will soon attract crappie and other panfish.



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