

12 Steps for Everyone

Recently I came across literature on Alcoholics Anonymous, that amazing fellowship of men and women "who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism." I read the material first to satisfy my curiosity, and then genuine interest took charge and I continued reading to learn more about a fellowship which thrives on the unselfishness of its members, seeks to remove the very reason for its existence, and has developed "12 Steps" which can be applied to every problem faced in life just as well as to the problem of alcoholism.

Try this with the 12 Steps: substitute for the word "alcohol" any problem over which you honestly feel you have no control—temper, recklessness, laziness, anything major or small. Then read the 12 Steps of A. A., and you'll feel better for it.

THE 12 STEPS OF A. A.

- 1—We admitted we were powerless over alcohol—that our lives had become unmanageable.
- 2—Came to believe that a Power greater than ourselves could restore us to sanity.
- 3—Made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4—Made a searching and fearless moral inventory of ourselves.
- 5—Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- 6—Were entirely ready to have God remove all these defects of character.
- 7—Humbly asked Him to remove our shortcomings.
- 8—Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9—Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10—Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11—Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.
- 12—Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs.

The Life They Save

At intervals in newspaper forum columns letters appear which condemn radar and other methods of apprehending speeding cars on the public highways. The writers describe the modern methods of crime detection "communitic," "sneaky," and other similar derogatory adjectives. The people who write these letters could be 1) misguided; 2) stupid; or 3) just plain crazy.

Everyone knows Wake County is on the way to setting a new record in highway fatalities during a 12 month period. Everyone knows that speeding and reckless driving have been direct causes of nearly all these deaths. Everyone knows that many of the victims were maimed and killed not through their own fault, but because of others less concerned with other's safety.

Knowing all this, it is time that you and I became concerned with our own safety. We don't intend to kill ourselves, so we better do all we can to prevent some other person killing us. This is such a big job that we'd better seek all the help we can find, including highway patrolmen and the radar they find helpful in protecting us. Put it this way: the life they save may be your own.

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Potter Patter

When visiting friends who have just moved into a new home, do you ever enter a room and feel it's the one the whole family planned, decorated and will enjoy the most year in and year out?

That is exactly how I felt about the kitchen in the Thurman Murray's new home on Church Street when I stopped by a few days after they moved in. The family was still at the supper table when I came up the back steps. As I talked with them I sensed the warmth of the room about me. The round table and ladder-back chairs in the dining area, the natural wood of the cabinets in the kitchen proper, the touches of color and wrought iron all combined to say, "I'm the room Lib, Thurman and Pat planned with loving care, and I'm going to see that they enjoy living in it."

When I commented on the room's homeliness (if you'll permit me an archaism), Lib offered to show me the rest of the house. The bedrooms are gaily decorated with cottage curtains which eliminate the need for shades or blinds. The top can be opened to let in sunlight while the bottom remains closed for privacy. The house also features a tiled bath, oodles of storage space, and a large living room which Lib has not yet had time to decorate.

As Lib and I returned to the kitchen, I once more was caught in its spell of warmth and relaxa-

tion. What started out to be a visit comparable to a five-minute phone call was about to become a prolonged stay when I finally made myself open the door and head for the car.

Among other things, the Murmays and I talked about our mutual fondness for magnolia trees. "If I don't have anything else in my yard," said Lib from the midst of her baby pine forest, "I'm going to have a magnolia." Elaborating on plans for landscaping their new home, Lib and Thurman said they will cut down all the pines which are not "well located."

The last time our couples club met with Jack and me, we served something I call coffee cake, but Jack says it's more like cinnamon rolls made into a ring. Anyway it's good with coffee.

Dot Lowery, who lives less than a block from me, asked for the recipe which I promptly wrote down for her but still haven't taken to her. Dot, here goes! (The rest of you readers might enjoy serving it to some of your holiday guests.)

Start with a reliable brand of roll mix. (I've used Duffs and Pillsburys with equal success.) Follow the mixing instructions carefully, reducing the amount of water by three tablespoons and blending into the yeast-water mixture one slightly beaten egg and

one tablespoon of sugar.

After the first rising, roll the dough on a floured board to a rectangle about 20" by 8". Sprinkle with sugar and cinnamon, nuts and raisins. I don't measure these, but I estimate that I use 1/3 cup of sugar, a heaping tablespoon of cinnamon, 1/2 cup of nuts, and 1/4 cup of raisins. Roll like a jelly roll and seal edge.

Now you may slice through one-inch intervals for baking in muffin tins or on a sheet like biscuits. However, I prefer to join the ends of the roll to form a circle. After placing the roll on a lightly greased cookie sheet, I cut at one-inch intervals leaving the inner edge uncut. Then I turn the sections on their sides, allowing them to overlap.

Bake at 400 degrees F. for about 15 minutes or until well browned.

Combine four teaspoons milk, one cup of sifted confectioners sugar, and 1/4 teaspoon of vanilla. Drizzle over hot coffee ring or what ever you want to call it. When cool, store as you would cinnamon buns. If you wrap ring while still even slightly warm, the icing will not harden properly.

Two rings will serve twelve people for a late evening snack even if you have only coffee and salted nuts on the side. Any that's left over will hit the spot if your family likes something sweet for breakfast.

Uncle Ferd's Almanac

You don't realize how lucky you are to be an American, unless you have studied history pretty thoroughly. And more than that, you are even more fortunate to be a North Carolinian. Even with the bill of rights, in some states you can be clapped in jail for a while just on suspicion of having done something wrong. But, generally speaking, if a Tar Heel officer didn't see you commit a crime, he must have a warrant to arrest you.

Not so in Merrie Olde England where 612 years ago today fifteen barons were put to death by Philip VI of France just on suspicion that they were plotting against his majesty.

Marcus Whitman & party were

massacred by Indians in Oregon 108 years ago today. Mr. Whitman has a college named after him now, but even if he had known that such were contemplated, I doubt that it would have consoled him much for the loss of scalp & life.

Louisa M. Alcott was born 123 years ago today. She wrote "Little Women," and it was so successful that she next wrote "Little Men." She finally wrote "Eight Cousins," which I have never read but judge is a sequel to the first two books. Besides being an author, Miss Alcott was a crusader against John Barleycorn and for woman suffrage. Some crusade, but it was

better than the other way around.

There is a bloody mess at Natchez, Mississippi, 226 years ago today. Indians were kidding off the French colonists like crazy. Natchez still keeps its tradition of blood-spilling, and there is absolutely no discrimination between races on that score. Natchez is a lovely town, but not a good one in which to be an innocent bystander.

Today is the feast day of St. Saturninus, who was martyred by being dragged about the streets of Toulouse, France, by a couple of fine bulls. A church now stands on the site of the conclusion of his unhappy tour.

The Law in Carolina

Hunting Laws

May rabbits be box-trapped or hunted without a gun at any time?

Yes. But they cannot be killed with a gun other than between November 24 and January 31. An exception has been made in Duplin County, where they can be killed with a gun up until February 15.

How many rabbits may a person lawfully kill during a day?

Five. He cannot legally kill more than seventy-five during the season.

May rabbits be purchased for the purpose of resale?

No. It is unlawful at any time to buy rabbits for the purpose of resale.

Is it lawful to set a steel trap for a bear?

No.

May a deer be lawfully taken or

killed while swimming or in water up to its knees?

No.

Is it lawful to hunt and kill game birds and game animals from automobiles?

No.

"Game birds" are quail (commonly called bobwhite or partridge), wild turkey, grouse, and pheasant.

"Game animals" are deer, bear, fox, squirrel, rabbit, and wild boar.

May game birds or game animals be lawfully hunted by the use of a jacklight or other artificial light?

No. However, it is not unlawful to use an artificial light when hunting raccoons or opossum with dogs, or when hunting frogs.

Is it lawful to hunt and kill a game bird on a field where corn, wheat or other grain has been de-

posited for the purpose of attracting such birds?

No.

Is it lawful to hunt with an automatic-loading or hand-operated repeating gun?

It is unlawful to hunt game birds, squirrels or rabbits with any automatic-loading or hand-operated repeating shotgun capable of holding more than three shells, the magazine of which has not been cut off or plugged with a one-piece metal or wooden filler incapable of removal without dismantling the gun. There cannot be more than three shells in the magazine and chamber combined.

What is the penalty for killing a doe deer?

Any person who kills, attempts to kill, or has in his possession a doe (female) deer may be fined not less than one hundred dollars, or imprisoned for not less than (See LAW, Page 3)