

In Case Of An Auto Accident

By DR. STEVEN I. COHEN, D.C.

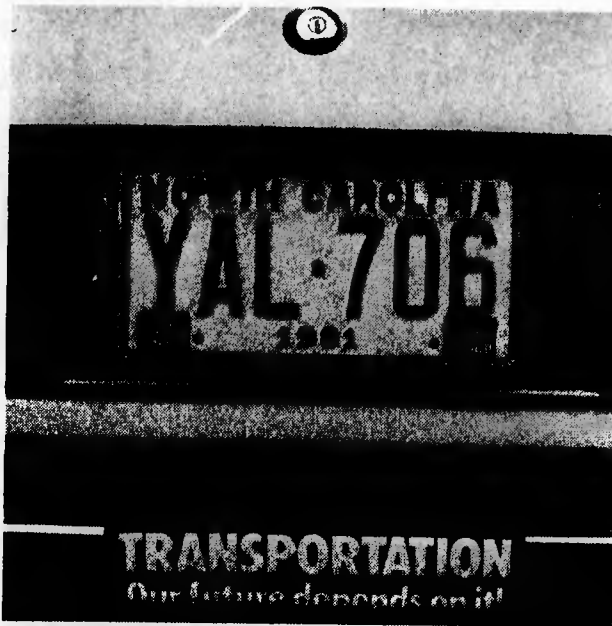
We hope that you and your loved ones will never be victims of an auto collision. But accidents can happen to the best of drivers and you should be prepared, just in case. In case of any accident, stop immediately and as close to the accident location as possible. This is state law. Check immediately for any injured persons. If necessary, call the rescue squad or Ambulance. But never lift or move an injured person yourself.

Notify police or county officers at once. This is a law. The official report can later be most helpful. Remain at the scene until the officer arrives and cooperate by providing the basic facts. Obtain the information on the other driver - name, address, registration number, driver's license, and insurance. Also get the names and addresses of any and all witnesses. It is always best not to comment on the accident to protect your own rights.

Most important of all, know what you need to do to protect your health and the health of your passengers. Remember that when your body is jolted suddenly, misalignment of your spinal vertebrae can and does occur. Upon impact, the supportive muscles and ligaments of the spinal column may be stretched beyond normal capacity, allowing the vertebrae to slip out of normal position. This of course can cause abnormal irritation to the nerves as they leave the spinal cord. When such irritation exists, symptoms such as headaches, backaches, arm and shoulder pain, hip and leg pain, and even blurred vision can occur.

Remember that serious injuries are not always immediately apparent. Hidden nerve injuries may affect you weeks, months, or even years later. Some of the most tragic cases we see are a result of this type of situation, where severe problems developed later.

A chiropractic examination will reveal any hidden injuries by showing the existence and level of spinal misalignment and nerve irritation. Most often, chiropractic treatment can effectively correct these conditions and prevent long term pain and suffering to you and your family.



If your license plate sticker expires in January like the one pictured above, you should go to your local license plate agency and purchase a new sticker. You may also renew your license plate by mailing your renewal card and the appropriate fee to the N.C. Division of Motor Vehicles in Raleigh. These fees are used to help maintain and improve North Carolina's 76,000-mile highway system.

Failure to renew an expired license plate sticker is a misdemeanor, punishable by a fine of up to \$100, up to 60 days in jail, or both.

For more information, contact the N.C. Division of Motor Vehicles, Vehicle Services Section, 1100 New Bern Avenue, Raleigh, N.C. 27697.

BIGGER AND BETTER

Buying a used, larger car may be a better buy than one of the newer, fuel-efficient small cars, says Dr. Justine Rozier, specialist in family resource management at North Carolina State University.

A used car with about 30,000 miles on it usually costs about half what it cost as a new car.

Because of this, and the fact that cars manufactured in recent years are more fuel-efficient, Dr. Rozier recommends that buyers consider a three-to-five-year-old car, even if it is "comfortably large."

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Check your homeowners insurance policy to be sure your wood stove is covered.

Two-Year Term Committee

Tom Gilmore, former legislator from Guilford County who recently stepped down as Deputy Secretary of the Department of Human Resources, today announced the appointment of three former Governors as Honorary Co-Chairmen of the Keep the Two-Year Term Committee.

Governor Terry Sanford, Governor Robert W. Scott, and Governor James Holshouser, in separate statements, called for the defeat of the proposed constitutional amendment which would allow members of the General Assembly to serve terms of four years. This proposed constitutional amendment will be voted on by the voters in the 1982 primary.

Speaking at a press conference held at the office of the State Board of Elections, Gilmore praised the former governors: "Each of these men is a giant in his own right. Each has contributed tremendously to the growth and well-being of our state. Each holds an honored place in our history."

Gilmore also filed the organization report with the Elections Board, saying he would file all financial reports with the Board at the required times. The Committee has opened a Post Office Box 10702, Raleigh, N. C., Zip 27605.

The names of the several Vice-Chairmen and the additional members of the committee will be announced in the near future, Gilmore said.

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DEODORANT DAMAGE

Many deodorant and anti-perspirant products contain chemicals that have a destructive effect on fabrics, says Harriet Tutterow, extension clothing specialist at North Carolina State University.

To avoid damage to your clothes, review manufacturers recommendations on how to properly apply the product. Manufacturers suggest that these ingredients should not come into direct contact with the fabric.

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