

More Alcohol Answers Given

(This is the third article of a 13-part series provided by the Brevard Jaycees in conjunction with their drinking education program called "Operation THRESHOLD" Courtesy of National Institute on Alcohol Abuse and Alcoholism.)

How Fast Does Alcohol Take Effect?

The rapidity with which alcohol enters the bloodstream and exerts its effect on the brain and body depends on several things:

1. How fast you drink. The half ounce of alcohol in an average highball, can of beer, or glass of wine, can be burned up (oxidized) in the body in about 1 hour. If you sip your drink slowly and do not have more than one drink an hour, the alcohol will not "jolt" your brain and will not have a chance to build up in your blood and you will feel little unpleasant effect. Gulping your drink, on the other hand, will produce immediate intoxicating effects and depression of deeper brain centers.

2. Whether your stomach is empty or full. Eating, especially before you drink as well as with your drink, will slow down the absorption rate of alcohol into your bloodstream and you will have a more even response to the alcohol.

3. What you drink. Wine and beer are absorbed less rapidly than hard liquors because they contain small amounts of non-alcoholic substances that slow down the absorption process. These substances have been removed from liquor in the distillation process. Diluting an alcoholic beverage with another liquid,

such as water, also helps to slow down absorption, but mixing with carbonated beverages can increase the rate of absorption.

4. How much you weigh. The same amount of alcohol can have a greater effect on a 120-pound person than a 180-pound person. Alcohol is quickly distributed uniformly within the circulatory system. Therefore the heavier person will have smaller concentrations throughout his bloodstream and body than the lighter weight individual.

5. The setting or circumstances you are in. For instance, if you are comfortably sitting down and relaxed, having a drink with a friend, alcohol will not have as much effect on you as when you are standing and drinking at a cocktail party.

On the other hand, if you are emotionally upset, under stress, or tired, alcohol may have a stronger impact on you than normal. Your expectations will also have an influence. If you think you are going to become drunk, the ease and speed with which you will feel intoxicated will indeed be increased.

COMPATIBLE

Nothing can ruin the look of a beautifully-made garment as easily as a zipper that shrinks or stretches after washing. To avoid that hazard, be sure that all accessories—zipper, lining, thread and interfacing—have wash and wear features compatible with the garment fabric, says Harriet Tutterow, extension clothing specialist, North Carolina State University.

Medical Film Series On Video

RALEIGH — Medix, an Emmy award winning 30-minute series designed to provide the American public with health care information that will help them live normal and healthy lives, can now be viewed by every citizen in North Carolina.

A statewide viewing schedule has been announced by sponsor Burroughs Wellcome Company in cooperation with the North Carolina Medical Society and its component county medical societies. The series, originally a production of the Los Angeles County Medical Association, is enjoying wide acceptance in major television markets across the United States.

Medix series topics range from "Fitness Fun for All" to "Chalk Talk by a Jock Doc." Other topics included in the 26 week series include "What To Do At An Accident," "The Seeing Eye," "Sleeps and Dreams," "How Do You Hear," "The Deadliest Drug," "The Day of Two Doctors," and "Objective: Healthy Babies."

Tentative schedules call for the program to be aired at 1:30 p.m. on Sundays on WSOC in Charlotte; 11 p.m. Sunday night on WLOS in Asheville; 2 p.m. Sundays on WGHP in High Point; 10:30 p.m. Sundays on WRDU and 11:30 a.m. Sundays on WNCT.

FEWER CUKES

North Carolina's 1974 production of cucumbers for pickles was down sharply — about 19 per cent — from the big 1973 crop. The crop was estimated at 69,100 tons.

Carowinds Plans Expansion Project

CHARLOTTE — A \$2 million expansion and renovation program has been announced for the 1975 season at Carowinds entertainment center.

In addition, plans are underway for the construction of a \$1.6 million twin racing roller coaster for the 1976 season.

That is how Michael Bartlett unveiled the new policies and plans for the 73-acre theme park during a press conference at Carowinds Wednesday.

Bartlett has been named the general manager by Family Leisure Centers, Inc.

As previously announced, Family Leisure signed a definitive agreement last week for the purchase on April 1, 1975, of Carowinds and the adjoining campground from The Carowinds Corporation for \$16 million.

Because current decisions will affect the 1975 park season, Family Leisure's management team is on the Carowinds site now under a pre-closing operating agreement.

"Our biggest priorities right now are to increase the ride capacity, provide a new dynamic live entertainment package, including big name entertainers, and to increase the quality and capacity of the food operations," he explained.

"Construction is to begin this week."

Ride capacity (the number of persons to ride the thrill-type rides per hour) is to be boosted 25 per cent through the addition of \$750,000 in new

rides and the relocation and expansion of the capacity of some of the existing rides.

"We have already ordered the lumber for a small roller coaster which will have both adult and youngster appeal," he said. "That ride should be in operation by Memorial Day weekend. We have also ordered five rides designed exclusively for children."

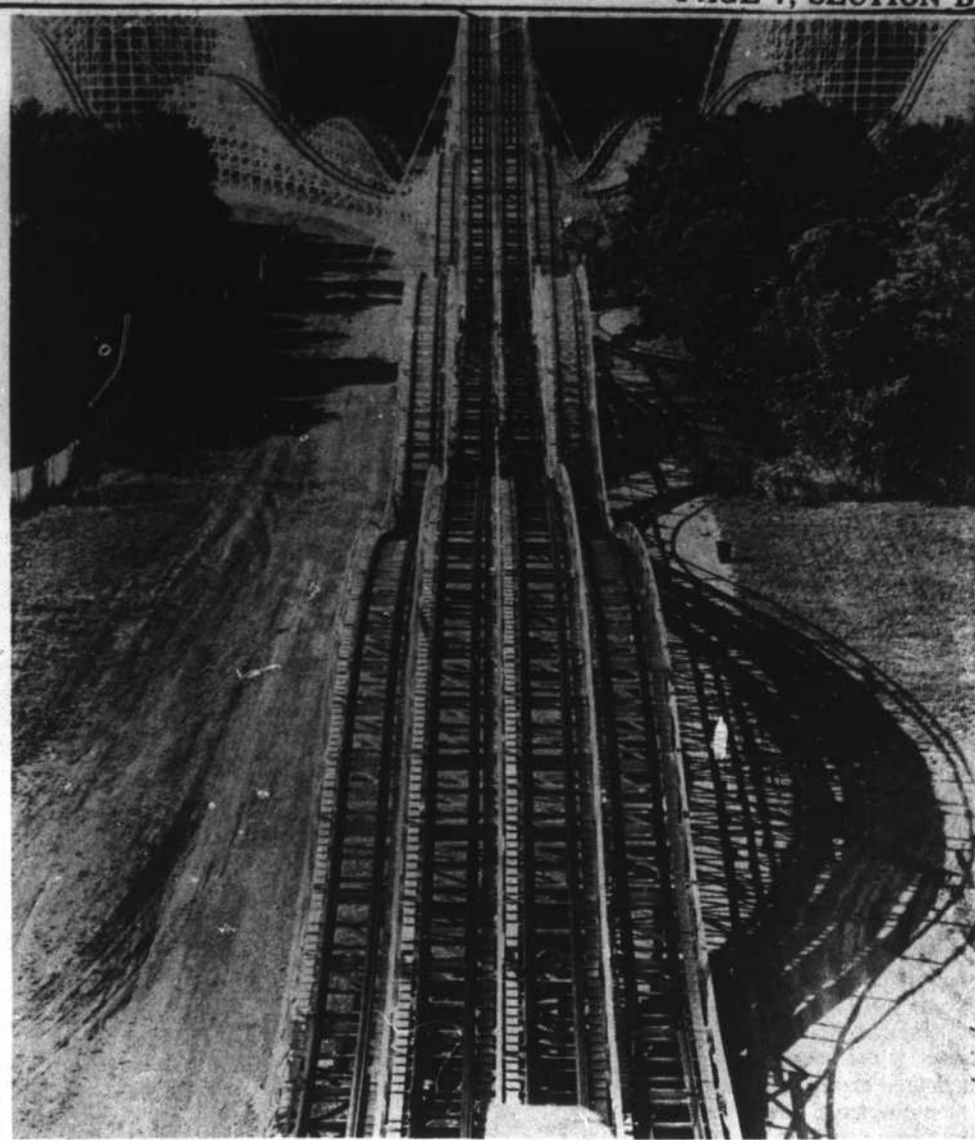
Some 500,000 board feet of lumber has also been ordered for a giant twin racing roller coaster, Bartlett said. He said the coaster, to be similar to twin coasters at Kings Island theme park near Cincinnati and Kings Dominion park near Richmond, Va., will feature two coaster trains racing side-by-side at speeds up to 61 m.p.h.

Total track length will be 1¼ miles. Work on the project will begin in late May and the coaster will be ready for operation in March, 1976.

In the area of live entertainment, Bartlett announced that workmen will begin construction immediately on a 7,000-seat amphitheater. Some of the country's top names in rock, country and western and popular music will be featured there frequently throughout the summer, starting Memorial Day weekend. Some 200 high school and college students are to be employed this spring to perform in an extensively revised live shows package.

A bird show, featuring trained colorful, exotic birds, will also be added, he said.

"Although it is still in the preliminary stages right now," Bartlett said, "we are considering the possibility of adding a spectacular air show. It would feature biplanes, skydivers and a hot air balloon."



A TWIN racing roller coaster, like this one at Kings Island theme park near Cincinnati, will be under construction at Carowinds. It is expected to be completed early next year.

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Jaycees...help people become.

If you are a young man between the ages of 18 and 36, there is room in the picture for you. Now, ask yourself what part of the picture do you want: self-development, community involvement or fellowship? Which of these is of the greatest value to you? Make your decision, then get involved in the Jaycees and your community? After all, the Jaycees are you and young men like yourself. The picture is not complete without you.

If...You desire fellowship. Jaycees work hard and Jaycees play hard. The fraternal atmosphere created by becoming a Jaycee is part of the foundation of the organization. Jaycee friendships are not confined to the local community, but extended nationally and internationally. If you want to meet progressive young people in your age bracket, there's room for you.

If...You desire self improvement. The development of your capabilities to their highest potential is one of the benefits that can be yours through the Jaycees. If you have ever wanted to accept responsibility, to make decisions, learn management techniques, become a dynamic speaker, be a better husband, father, employee, employer, or citizen, there's room for you.

If...You desire self gratification. Each of us wants to feel needed, wanted, our opinions valued or to be recognized for our contributions and accomplishments. It's been said, "50 per cent of the world goes to bed hungry, while 98 per cent goes to bed starving for recognition." If you want to experience increased self pride and personal worth, there's room for you.

The Brevard Jaycees have membership meetings on the first and third Tuesdays each month at the Colonial Inn. ALL young men are cordially invited to attend.

FOR ADDITIONAL INFORMATION CALL

Chuck Bradley at 883-8040