

Hangovers Can Be Hazards

Most people realize that if they've had too many alcoholic drinks they don't function the way they normally do.

But many people don't realize that they may not be functioning normally the entire day after drinking too much.

The North Carolina Medical Society advises that the period during a hangover, as the condition is called, can be as hazardous as the time period immediately following heavy drinking.

As long as alcohol is in your system, your judgement will be affected and your coordination will be reduced.

The morning after a night of heavy drinking can leave you

feeling thirsty, with a headache and possible nausea.

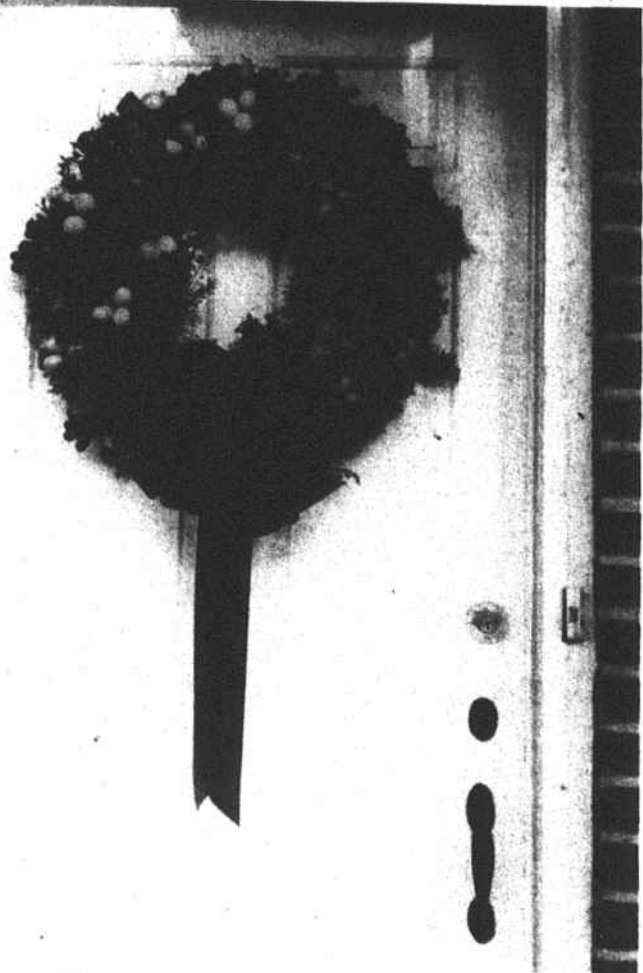
There are some measures you can take to reduce the misery of a hangover;

- Drink less.
- Try to eat something before, during and after drinking.

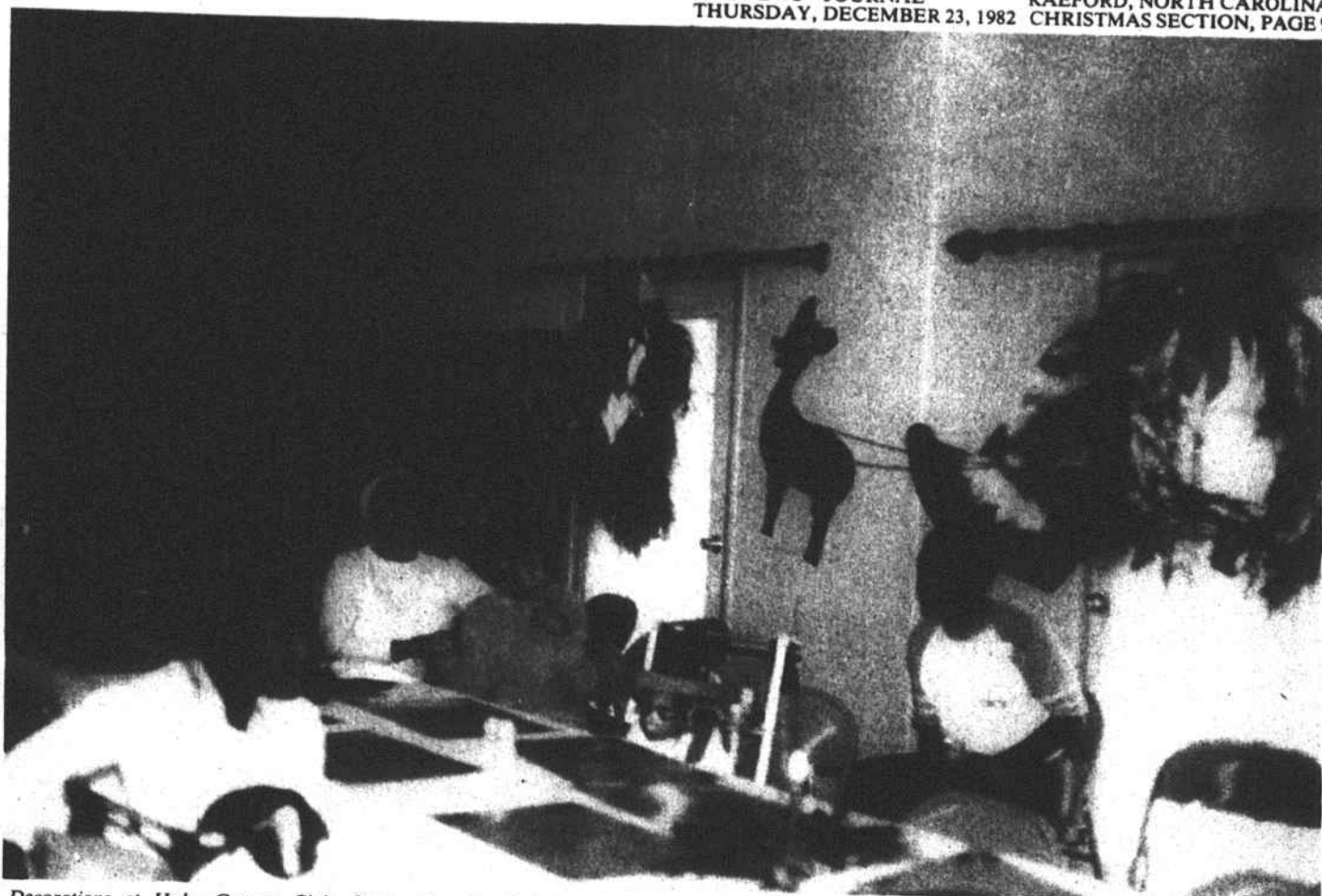
- Remember to drink several glasses of water before going to bed since drinking alcoholic beverages causes loss of water to the body's tissues.

- You can try antacids if your stomach is upset.

But recovering from a hangover takes time and until the symptoms of the hangover are relieved, you should postpone activities such as driving or using complex equipment.



Home of the Rev. Dr. and Mrs. John Ropp, 326 N. Magnolia St.



Decorations at Hoke County Civic Center for the Christmas lunch December 10 for the county Trainable Multihandicapped Classes.

Holidays Find Some With Blues

'Tis the season to be jolly, or so the old song goes. But the holidays may find some people singing the blues.

"Many people find themselves feeling lonely and isolated, particularly when there is holiday activity going on all around them," says Dr. Leo Hawkins, extension human development specialist at North Carolina State University.

This is related to the high expectations people hold for the holidays. "The usual problems of living in a family are accelerated, especially around Christmas," the extension specialist says.

Because there is so much to be done, there is an increased need for

communication, organization, rules and regulations. It is also a time to offer emotional support to other family members and to take care of self-esteem. These are often weak areas in the family, and problems become worse at a time when people are expecting more.

"There is also an increase in symbolic expressions during religious holidays. If a person is not accustomed to this type of expression, he may experience a sense of meaninglessness without realizing where it came from," Dr. Hawkins points out.

More people are also under considerable economic strain this year. "Those who don't have the money either go into debt or feel

frustrated," Dr. Hawkins says. Going into debt results in anxiety during the holidays followed by depression when the bills come due.

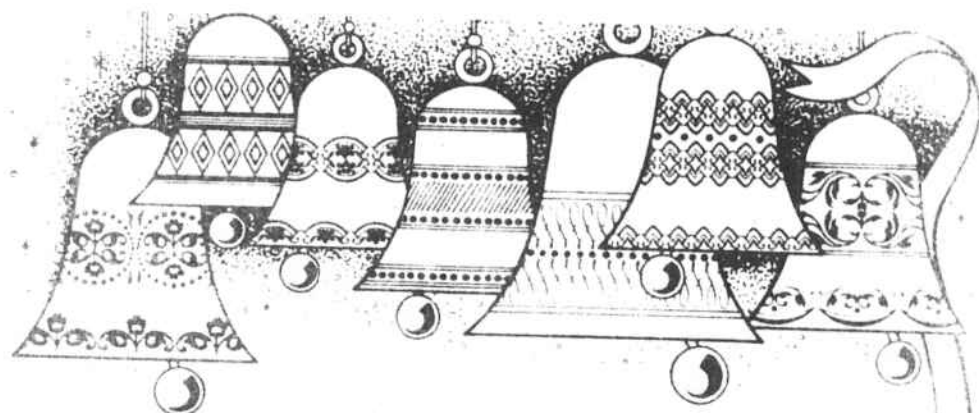
The holiday blues can be lifted if family members and friends are alert. "Try to notice if one person is quieter than usual and go to them. Be sure to include them in everything that's going on," Dr. Hawkins recommends.

"Sometimes people don't realize what is happening until tempers flare or someone is crying. They would know if they were in the habit of listening, planning and checking with each other."



The Twelve Days of Christmas

On the twelfth day of Christmas
My true love sent to me
Twelve drummers drumming,
Eleven pipers piping,
Ten lords a-leaping,
Nine ladies dancing,
Eight maids a-milking,
Seven swans a-swimming,
Six geese a-laying,
Five golden rings...
Four calling birds,
Three French hens,
Two turtle doves,
And a partridge in a pear tree.



Holiday Greetings

To our patrons who've made our year extra special, may we wish you happiness and fulfillment this Christmas and in the days to follow. Our warmest greetings and thanks to you all.

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