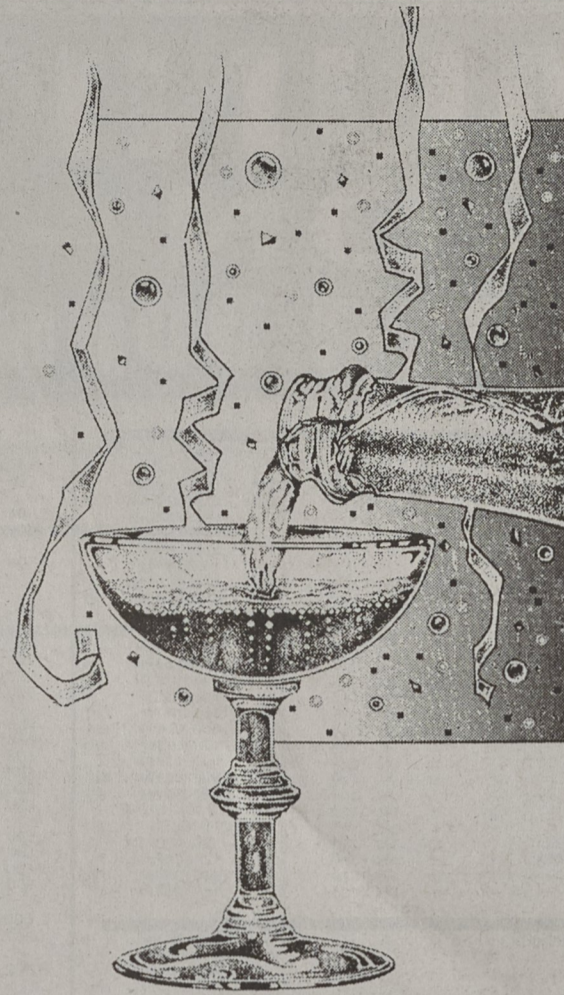




# Happy New Year!

Don't let the spirit of the season cloud your judgement. Drink responsibly and always use a designated driver.



Here are some ways to make your parties a smashing (rather than smashed) success:

- ✓ Collect car keys as soon as guests arrive. That way, when they're ready to leave you can see if they are OK to drive home.
- ✓ Serve high-protein and high-carbohydrate foods like cheese and meats when you serve alcohol.
- ✓ Serve non-alcoholic beverages and don't force drinks on guests or rush to refill their glasses.
- ✓ Stop serving alcohol about two hours before the party ends.
- ✓ Use designated drivers or allow people too impaired to drive to stay overnight.
- ✓ Coffee and cold showers only make people wide awake and wet! Only time will sober up someone who's been drinking.

**Be Safe and Have a Wonderful Holiday and New Year!**

**The Eagle Bessemer City Record**

**Have a Happy and Safe New Year!**

**Carpenter's Funeral Home**  
 90 Years of Trust Serving the Tri-County Area  
 1100 East Main Street, Cherryville, N.C. 28021  
 Phone: 704-435-6711 704-435-6848

**Be Safe and Have a Wonderful Holiday and New Year!**

**The Herald**

**Have a Safe & Happy New Year!**  
 The City of Kings Mountain

**Be Safe and Have a Wonderful Holiday and New Year!**

**Belmont Banner MOUNT HOLLY NEWS**

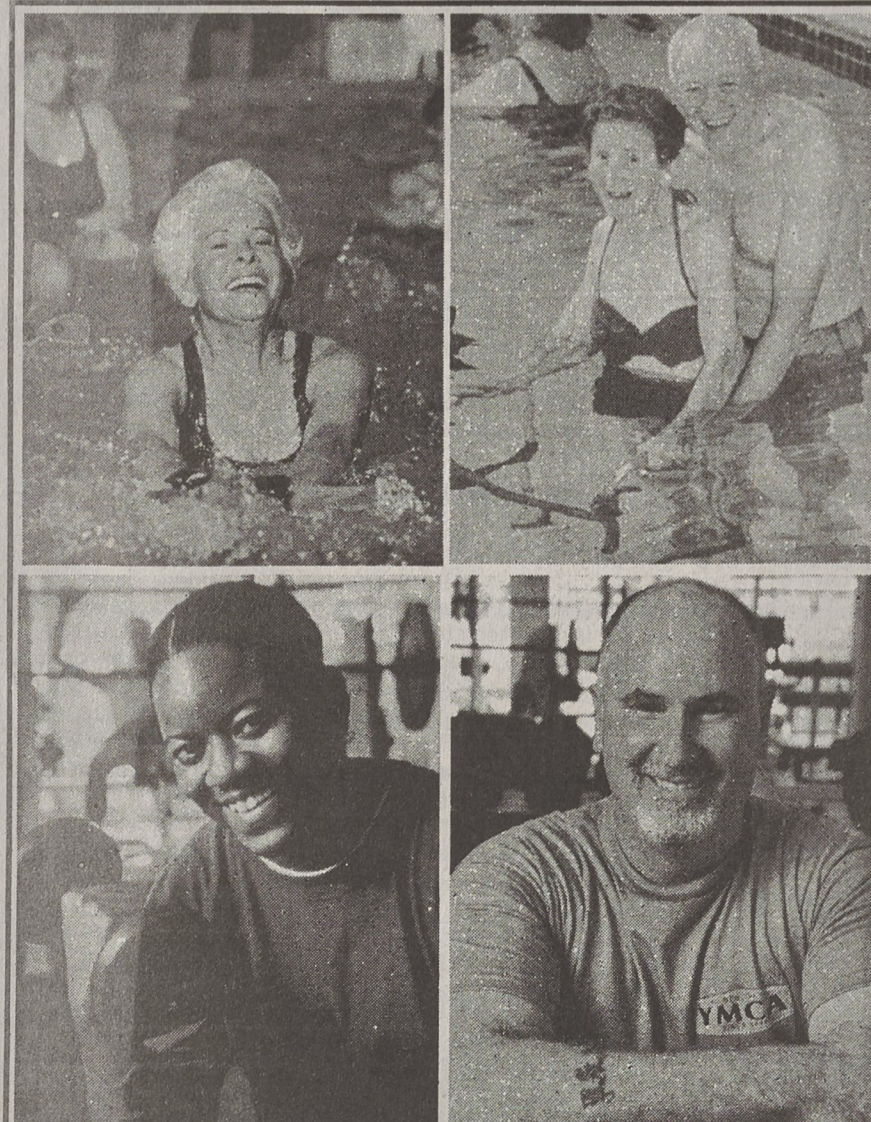
**COLLEGE BUILDING SUPPLIES**

**DON'T DRINK AND DRIVE! 2004**

**HAVE A SAFE AND HAPPY NEW YEAR!**

Ask **DON LYLES, DBS**  
 Doctor of Building Supplies

**704-922-8649**  
 Between Dallas and Gastonia on Hwy 321  
 (Across from Gaston College)



Get well soon.  
 Your wellness *DEPENDS* on you!  
 Join the **GASTON COUNTY FAMILY YMCA**  
**NO JOINER FEE**  
**December 31 & January 1**  
 5:30am-5:00pm, December 31, 2003  
 10:00am-5:00pm, January 1, 2004  
 Prospective Members & Members, have some fun on January 1:  
 10:30am-Noon - Super Circuit • Noon-1:00pm BodyPump

**YMCA**

Now Stowe Branch has double the fitness space!

Central Branch - Gastonia  
 704-865-8551  
 Downtown Branch  
 Stowe Branch - Belmont  
 704-822-9622  
 New Expansion!  
 Cherryville Branch  
 704-435-9620

**GASTON COUNTY FAMILY YMCA**

YMCA mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**These local sponsors wish you a happy and safe New Year!**