

## Alcohol - Drug Information

By BILL WEANT

Tri-County Mental Health Center

Everyone knows that heavy drinking makes for irresponsible, reckless driving. The results are the same for light drinking. In a controlled road test devised to measure a variety of driving accomplishments and designed to strain the driver's attention and produce some fatigue, drivers were given three or four bottles of beer or enough to equal three or four ounces of 90-proof whiskey. The alcohol was not enough to produce the usual symptoms of intoxication. A blood alcohol concentration of .049 percent was reached.

Driving after light drinking showed that self-confidence went up, judgment down, and attention lagged. On the tests most closely corresponding to actual driving, ability was impaired on the average of 41.6 percent.

Many drivers claim they drive better after two or three drinks. Research shows this is a myth. The motorist feels that he drives better because alcohol removes his inhibitions and blunts his self-criticism.

The question is not whether a driver is legally "sober" but whether his driving ability has been impaired by alcohol, regardless of the amount. Some people feel society would be better off if the term "drunken driver" had never been coined. By focusing attention on "drunken driver," less emphasis is placed on "light drinking" drivers.

As little as one drink (1 oz. of alcohol will slow down reactions, create false confidence, impair concentration, dull judgment, and affect vision.

Millions of individuals lead normal social lives that include some drinking outside the home. They

often do not wait three or four hours before driving home. These people should respect the evidence of how alcohol affects driving.

First, familiarize yourself with alcohol's effects on driving.

Second, use your intelligence in pre-shooting hazards such as road conditions before driving.

Third, don't stop for a quick one on your drive home from work. This is the worst time to mix drinking and driving. You're tired and your stomach is empty, so alcohol has more impact.

Fourth, don't encourage guests who are driving to have "one for the road."

Fifth, on those special occasions involving drinking, arrange to have a non-drinker drive, or go home by cab.

(This series is prepared by Bill Weant, substance abuse education consultant with Tri-County Mental Health Center, 418 East Stateville Ave., Mooresville. If you have a question concerning alcohol or other drugs that would like answered in a future column, phone 663-3599.)

## Miss Atwell Passes; Rites Last Friday

Miss Edna Eugenia Atwell, 82-year-old resident of 19819 South Main St., Cornelius, died Wednesday of last week at Charlotte Memorial Hospital.

A native of Iredell County, Miss Atwell was born on Aug. 17, 1905, a daughter of the late William Burrell and Evie Eugenia Sherrill Atwell.

Prior to her retirement, Miss Atwell taught in the public schools of Mecklenburg County for 43 years. She was a member of Mount Zion United Methodist Church in Cornelius, where, over the years, she taught Sunday School, working in the Primary Children's Department, and sang in the church choir.

Surviving are: one sister, Miss Louise Atwell of Cornelius and a number of nieces and nephews.

Funeral services for Miss Atwell were conducted at 2 p.m. Friday at Mount Zion United Methodist Church, with the pastor, the Rev. Ned Cherry, officiating. Burial was in the church cemetery.

For additional information you may call the Y at 873-1881 or 334-DIVE.

Participants must provide their own Mask, Fins and Snorkel. All other equipment will be furnished. To register for the class you may call the Y at 873-1881 or 334-DIVE.

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## Mooreville Schools Menu

These meals are planned at Mooreville schools during the week beginning Oct. 12. Some changes may be necessary because of substitutes and delays in delivery of federal food commodities. Assorted sandwiches or pizza, tossed salad, slaw, fries, and fruit are offered as an alternative lunch each day at Senior High, Junior High and Woods. Salad bars are available in all schools. Breakfast is the same at all schools, and milk is served with all meals.

**Mon: SCANDINAVIAN MENU**  
Pizza; fish sandwich with tartar sauce; parmesan potatoes; seasoned carrot coins; french fries; Danish fruit.

**Tues: ALL AMERICAN MENU**  
Pizza; cheeseburgers with the works; french fries; lettuce, tomato, onion; pickle spears; fresh apple.

**Wed: WEST AFRICAN MENU**  
Pizza; congo chicken with peanut sauce with roll; savory rice; broccoli; orange wedges; french fries.

**Thurs: MIDDLE EASTERN MENU**  
Pizza; meat gyros with the works; lettuce, tomato, onion, cucumber; greek style green beans; grapes; french fries.

**Fri: N.C. COUNTRY COOKING**  
Pizza; honey glazed ham with cornbread; sweet potatoes; collard greens; french fries; fresh apple.

The breakfast menu is the same for all five schools:

**Mon:** Cereal; cherry turnover; choice of juices.

**Tues:** Cereal; sausage biscuit with jelly; choice of juices.

**Wed:** Choice of cereal; choice of juices.

**Thurs:** Cereal; pancakes with syrup and butter; choice of juices.

**Fri:** Cereal; blueberry muffin with butter; choice of juices.

**Weekend Event At Carowinds To Honor Textile Employees**

Hundreds of textile industry employees and their families from throughout North and South Carolina will gather at Carowinds theme park Oct. 10 and 11 for "Crafted With Pride Days."

Carowinds will be the site of a Carowinds coincide with the Textile Week national promotional campaign which urges consumers to buy American-made apparel and textile industry products.

Oct. 10 and 11, banners and buttons will be displayed throughout the 77-acre theme park to pay tribute to the textile industry and promote the "Buy American" theme of Textile Week.

In addition on Oct. 10, the 1987 South Carolina Textile Employee of the Year and the 11 finalists from North Carolina will be honored during a brief ceremony in the Toubador's Room amphitheater in the Blue Ridge Junction of the park. The ceremony will begin immediately following the noon performance of the "Sweet Country

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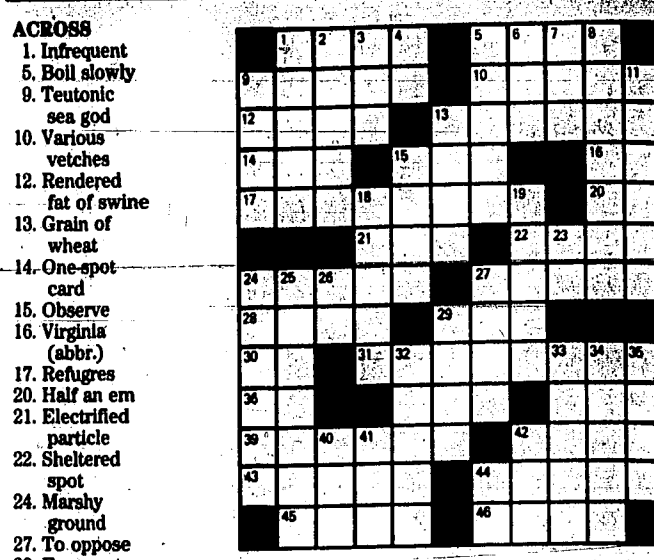
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## King Crossword



- DOWN**
1. Get to
  2. Harmonize
  3. Free
  4. Eritrea (abbr.)
  5. Guide the course of
  6. Sailor
  7. Sea eagle
  8. Marine
  9. Vacate
  10. Exclamation of sorrow
  11. Slopes
  12. Sharp
  13. Cease
  14. Walks
  15. Lame
  16. Herring-like fish
  17. Hawaiian bird
  18. Distant
  19. Evening
  20. Light
  21. Main body
  22. Proofread
  23. Wading bird
  24. Way
  25. Droops in the middle
  26. Distant
  27. Evening
  28. Clamor
  29. Attorney (abbr.)

30. Hawaiian Islands (abbr.)

31. Disperses

32. From

33. Burden

34. Tenders

35. A narcotic

36. Vacate

37. Allowance

38. Exclamation of sorrow

39. Slopes

40. Sharp

41. Cease

42. Walks

43. Lame

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45. Hawaiian bird

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137. Allowance

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140. Sharp

141. Cease

142. Walks

143. Lame

144. Herring-like fish

145. Hawaiian bird

146. Distant

147. Evening

148. Clamor

149. Attorney (abbr.)

150. Hawaiian Islands (abbr.)

151. Disperses

152. From

153. Burden

154. Tenders

155. A narcotic

156. Vacate

157. Allowance

158. Exclamation of sorrow

159. Slopes