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## A Page From South Iredell's Scrapbook

We welcome your contributions. Submit photos of anything to do with anything around here. They must be at least 25 years old, and the older the better.



### 6th Graders 50 Years Removed

The boy is Bill Sinclair, then of Mooresville, now of Tallahassee, Fla. Then was 1941, the year Bill, who shares the photo, and his companions were classmates in Mrs. Winona Hethcox's sixth-grade Mooresville class. The girls now are, from left, Rachel Stonestreet Towell of Salisbury, Betty Rose Cashion Coggins and Jeanette Stallings Jacobs, both of Mooresville.

## Alcohol-Drug Information

By BILL WEANT  
Tri-County Mental Health Center

Moderate to heavy drinkers tend to drink less as they grow older. However, alcohol seems to exact a higher physical toll on the aging body, and this puts the elderly who do drink at greater risk for health problems.

Researchers have found that people 60 and older who drink become more intoxicated, have higher blood alcohol concentration levels, and are more susceptible to alcohol's hypnotic effects. They fall asleep faster and for longer periods of time. Many of the leading causes of death after age 45, such as heart disease and cirrhosis of the liver, have been linked to heavy drinking.

More information is becoming available on the extent of alcohol and drug abuse by elderly Americans, and associated problems are expected to rise over the next two decades.

One reason is the rapid increase in the elderly population of the U.S. The 65-and-over age is growing twice as fast as the rest of the population. The Census Bureau estimates that by the year 2030, 21 percent of all Americans will be older than 65.

Many people who began abusing alcohol and other drugs as young adults still do so, and some may continue their habits into their later years.

Studies show that the proportion of drinkers and heavy drinkers tend to die at an earlier age than non-alcoholics. Studies have consistently shown that alcohol abuse is associated with death rates two to six times higher than the general population.

The elderly are also more sensitive to the effects of alcohol. Realistically, the percent of elderly alcohol abusers is likely to increase in the coming years. Drugs abuse among the elderly is often overlooked. There is not a high rate of illegal drug abuse, but rather the abuse of prescription and over-the-counter drugs. Drugs are often misused especially when self-induced. Just as with alcohol, the older body is more affected by these drugs than are younger people. Elderly drug over-use is often hidden, denied, or unrecognized. The consequences of drug abuse or misuse can be serious and even life-threatening but are often mistaken as the normal consequences of aging.

(This series is prepared by Bill Weant, substance abuse education consultant with Tri-County Mental Health Center in Oak Tree Plaza, 132 West Statesville Ave., Mooresville. If you have a question concerning alcohol or other drugs, phone 663-3599.)

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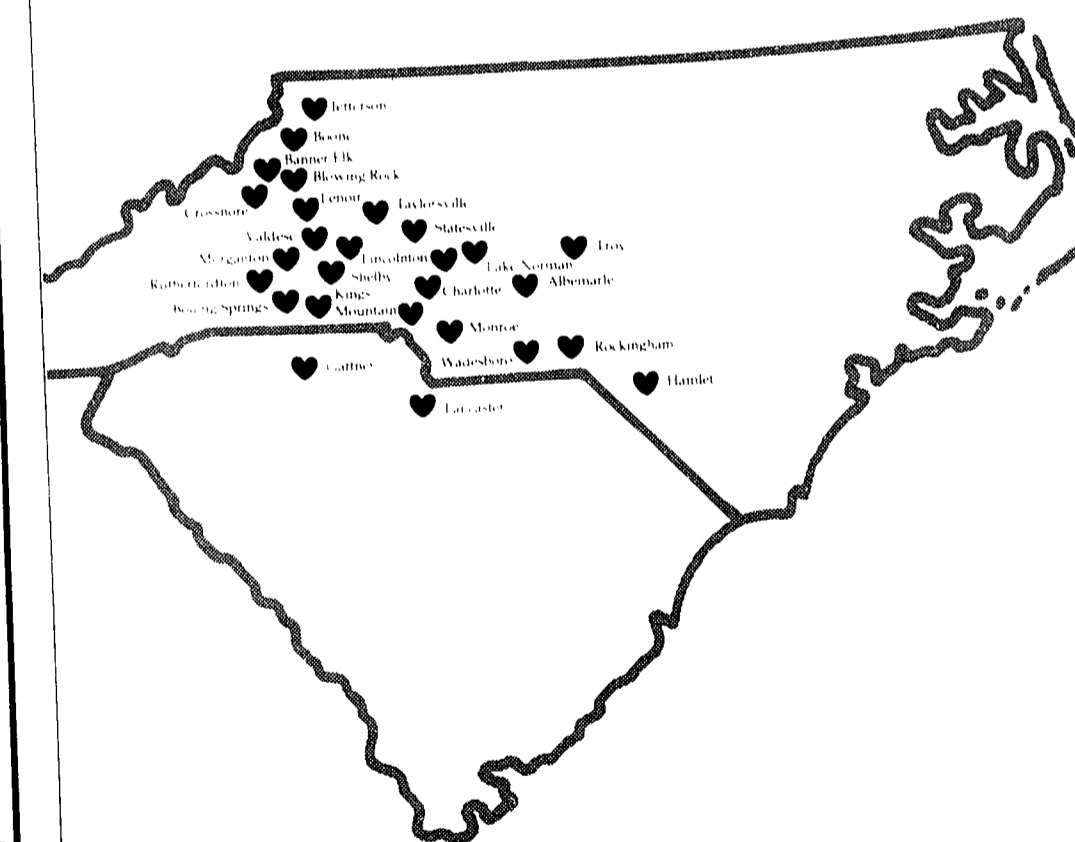
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Mendi Lazenby, left, and Rhonda Chislaght assist horseshoe pitchers Lillian Ingram and Hoyt Corley



Jenny McGuire among students in race

## Merry Mix Of Old, Young

Young lives injected vim and vigor into not-so-young lives May 16 at Brian Health and Retirement Center, 752 East Center Ave. The occasion was the center's field day for residents that was among activities conducted in recognition of National Nursing Home Week.

A similar event was held at Meridian Nursing Center, 550 Glenwood Dr.

Ten members of the Mooresville Senior High Young Life Club joined Brian's staff in organizing the outing and helping residents take part in it. Several of the students competed in some of the events held in the center's courtyard.

The residents pitched rubber horseshoes and tossed soft-ended darts at targets, among other games. But the wheelchair races created the most excitement.

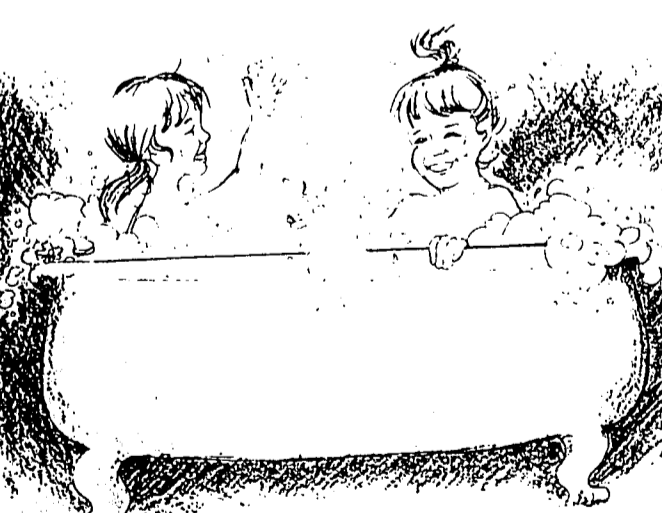
After their 30-foot "dashes" and relays on the paved patio, the residents offered their racing chariots and challenged the students to try their driving skills. Experience, again, proved the best teacher, as those who depend upon the chairs established clear superior in use of them.

It was, altogether, a spirit-lifting mixing of age and interest in the spirit of the week that focuses attention on the contributions and capabilities of the community's — and the nation's — elderly.

During the week, Brian and Meridian conducted a variety of other activities for their residents and for the community at large. Open house was held at both facilities.

Their activities agenda included musical entertainment, visiting dancers, poster contests, cookouts and a seminar for persons who care for elderly family members at home.

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## Week Safety School At Davidson

Davidson College and the Greater Carolinas Chapter of the American Red Cross will offer an aquatics, small craft, and safety multi-day school June 2-8 at the college in Davidson.

Classes offered will include: emergency water safety, standard first aid adult CPR, instructor candidate training, water safety instructor, lifeguard training, lifeguard training instructor, infant/child CPR, adapted aquatics instructor, basic sailing, basic canoeing, and certified pool operator.

For class schedules, registration information, and course fees call Ron Morrow, director of aquatics at Davidson (704) 892-2812 or Lee Ann Moore at the American Red Cross (704) 376-1681.

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