

Have enough gas, food?

What to do before you're snowed in

Do you keep enough essential medicine in your home to last a week, in case you're snowed in? Food? Stored water? Heating fuel?

Do you always fill your automobile gas tank before it reaches half-empty, in case you're snowed out? Is your car's exhaust system safe?

These are just some of the basic precautions you should take, according to Lester Smith, safety coordinator with the Oakland County Road Commission.

"County and city snow removal crews and equipment are limited, and when an abnormally heavy snowfall occurs, it could be three or four days before roads you depend on can be cleared," he said.

"ALSO, CARS stalled in the roadway make it just that much more difficult for road crews to clear paths. Anything you can do to stay put safely will make it that much easier for us, police, fire and ambulance services," said Smith.

"Even if you could get to your druggist, your druggist may not be able to get to his counter to fill your prescriptions. It's a good idea to stock up."

"The whole idea is to reduce the necessity to be out on the road when

conditions are bad."

If you should get caught out in your car, the best insurance you can have against serious problems is to have enough gas in your fuel tank," he said. "Quite often, winter weather comes on fast and slows traffic to a crawl. You'll need more fuel for long periods of idling," said Smith. "If you should get stuck miles from help, the automobile is the best protection you have from exposure, but it's better if you can operate the engine periodically to provide warmth and keep the battery charged."

"FOR THE SAME reason, it's important to assure that your exhaust system is safe. Exhaust fumes coming into a car are potential death."

"Unless you can easily reach help, it's best to stay with your car," the road commission's safety coordinator advised. "Leaving your car invites danger such as frostbite or injury, and makes it difficult for rescuers to locate you."

An emergency kit in the car can make the wait more comfortable and prevent disaster, Smith said. "At the very least, such a kit should contain essential medicines, a warm hat, boots, gloves, extra clothing, first aid

kit, a flashlight, candles, and matches."

A FULL LIST of survival items would include such things as a shovel, sand and jumper cables to free the car from minor mixings; drinking water and food for possible long waits for help; and a signal mirror and whistle to summon help.

He said that if any of these items is forgotten, equipment on the car can often be used in an extreme emergency.

Pistons snag more critics

The Detroit Pistons basketball team's announced move from Cobo Hall to the Pontiac Silverdome Stadium has more critics.

The Wayne County Board of Commissioners' general government committee has urged the board to endorse a Detroit City Council resolution that expressed "extreme displeasure" to both the Pistons' owners and the president of the National Basketball Association.

The resolution chides the Pistons administration for their "questionable action and total disregard for Detroit

residents," and predicts "economic deprivation within the ranks of Cobo Hall employees" because of the change.

The resolution also states that Pistons management used bad judgment and poor timing to move the team from Detroit "at a time when the downtown area is experiencing a continuing revitalization."

It also criticizes the Pistons for moving despite loyal Detroit fans who have "consistently supported the franchise in relation to the quality of team performance."

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Holiday fire water needn't be dynamite

Take heart. While there's no 100-proof cure for an 80-proof hangover, a noted stomach specialist has come up with five ways to ease those morning-after miseries.

Dr. Mitchell A. Spellberg, acting director of the division of gastroenterology at Chicago's Michael Reese Medical Center, writing in the December issue of Harper's Bazaar, prescribes these timely tips:

• Don't put your faith in the hair of the dog. Another shot is likely to make your hangover worse. In fact, says Spellberg, most home remedies have limited, if any, success.

• Fizz preparations that contain aspirin may ease a headache, but they irritate the stomach lining. Instead, swallow some chipped ice, which cools the stomach and reduces nausea, or sip some plain ginger ale.

• Coffee is not a magic bean: The caffeine may help keep you awake, but coffee can't sober you up. A potful won't straighten out your cerebral cortex, which is another way of saying your judgment will be too fuzzy for you to drive safely. Sleep it off or take a cab.

• It's all in the timing, so limit your alcoholic intake to about an ounce of 80-proof an hour. That's the average body's detoxification limit. Of course, you're better off knowing what your limit is.

• Food slows the rate at which alcohol enters the bloodstream, and can give your stomach a fighting chance. Just be sure that what you eat isn't spicy.

Cheers!

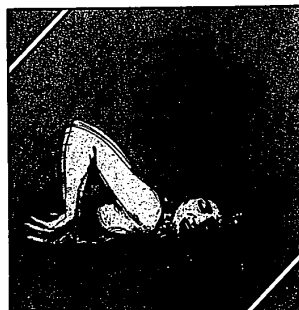
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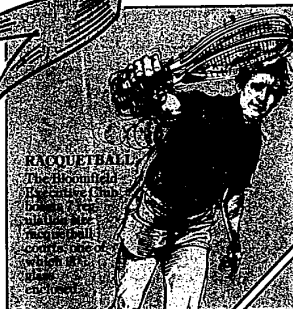
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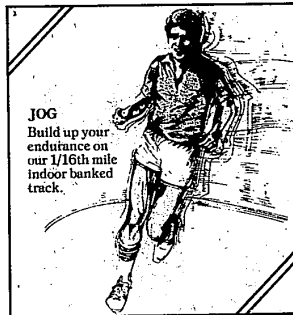
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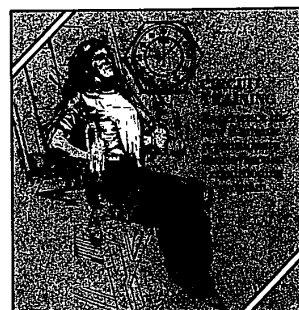


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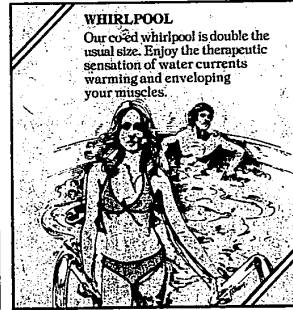
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