

Warped

by Scott McCullar

Today's Almanac



United Press International
Today is Wednesday, Dec. 15, the 349th day of 1982 with 16 to follow.

The moon is new.
The morning stars are Saturn and Jupiter.

The evening stars are Mercury, Venus and Mars.

Those born on this date are under the sign of Sagittarius.

Alexandre Eiffel, French engineer who built the Paris tower which bears his name, was born Dec. 15, 1832.

On this date in history:
In 1791, the U.S. Bill of Rights, comprised of the first 10 amendments to the Constitution, went into effect following ratification by the state of Virginia.

In 1944, American forces led

by Gen. Douglas MacArthur landed at Mindoro in the Philippine Islands.

In 1974, Gen. Alexander Haig Jr., took over as supreme commander of NATO forces in

Europe.

A thought for the day: American poet John Greenleaf Whittier said, "For all sad words of tongue or pen, the saddles these — 'it might have been."

Hung over? Try jalapenos

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Jalapenos. Dan Richey at El Paso's Harrigan's bar swears jalapenos will take care of the worst hangover.

But there's a bartender at Billy Bob's of Texas in Fort Worth who says jalapenos border on barbarism.

"Kamikazi," Gus Ortiz guarantees. "Mix one of those first thing after you get up. Feel a lot better."

Although 'tis the season to be jolly, it's well known that the jolliest of the jolly often end up paying a miserable price the next morning.

Dr. John Blachley, assistant professor of Internal Medicine at the University of Texas Health Science Center, says the best cure for a hangover is to avoid excessive drinking the night before.

Blachley says alcohol is quickly absorbed in the blood and is distributed to all parts of the body. He says alcohol draws fluid from cells, causing excessive urination, which leads to morning-after dehydration.

That run-over-by-a-truck feeling also is enhanced by low body sugar. That is because even if the drink is high in calories,

the alcohol metabolizes slowly so blood sugar levels drops.

The queasy stomach is the result of the alcohol irritating the stomach lining. The pounding headache is caused by sudden increases in alcohol in the brain.

But no matter what Blachley says about time being the only cure, bartenders around the state swear by their favorite cures.

Many suggest taking a Bloody Mary either with or without the vodka. A number of others said the best way to rid yourself of a hangover is to eat your way out of it.

Still others are a little more exotic.

Debbie Glaser at Gilley's in Pasadena suggests staying away from alcohol.

"A glass of soda. A plain glass of soda," she says.

Becky Strasel at Austin's Broken Spoke agrees a shot of soda is the best cure, laced with a heavy dash of biters.

Blachley says studies show the worst hangovers are from "color" drinks such as red wines, dark scotches and whiskey. Research, he says, shows clear drinks like vodka and gin tend to leave the head a little clearer as well.

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