

A guide to hangovers

Sport and alcohol have long gone together. Watching hockey or football without a beer is like eating fish without chips. Or playing a game, and not having a cold one after, is like the Lone Ranger without Tonto.

Breweries and distilleries have long recognized the importance of sportsmen to sales. Vernon Carling O'Keefe Car Spoons, for example, of a brewery becoming involved with sport.

Toronto Blue Jays, major league baseball's newest team, just happens to be part-owned by Labatt's brewery, making it a Blue Montreal Canadiens are part-owned by a brewery called Molson, which just happens to manufacture a beer called Canadian.

As we all know, the worst part of drinking is hangovers. Canadian Kadeo News appears to have found a fool-proof guide to hangovers. The article, which has three key points, what is hangover is, how to avoid one, and how to cure it.

Defining a hangover is simple. It is nature's way of telling you that you got drunk.

WIVES HELPFUL

I've never understood why nature goes to the bother since millions of wives pass on the information.

Except for abstinence or moderation, there is no way to completely avoid a hangover. And there are certain rules, that if followed, will ease the discomfort.

First, stick with the same drink you started with. By that I mean if you started the evening drinking champagne, beer, and frozen daiquiris, stick with champagne, beer, and frozen daiquiris for the rest of the evening.

Drink quickly. If you can do most of your drinking within the first hour of the party and quickly pass out, you will have regained consciousness and be well on your way to recovery while others are still gadding about.

Be careful what you eat, especially well into the night. Especially avoid eating napkins, paper plates, and pizza boards.

NORMAL FEELING

It should be remembered that part of a hangover's discomfort is psychological. When you awaken, you will be filled with a deep sense of alienation, guilt, embarrassment, humiliation, and self-loathing. This is perfectly normal, understanding, and deserved.

To ease these feelings, blot from your mind all memories of what you did to your host's rug, what you said to that lady with the prominent cheek that made her scream, and whether you or her husband threw the first punch.

If anything, you should laugh it off. It is easy. Using your thumb and forefinger, pry your tongue loose from the roof of your mouth, try to stop panting for a moment and say: Ha ha, again - Ha, ha. Now pull the blanket over your head and go back to sleep.

The other part of a hangover is physical. It is usually marked by throbbing pain in the head, behind the eyes, back of the neck, and in the stomach. You might also have pain in the arms, legs, neck, elbow, chin, and elsewhere, depending upon how much leaping, careening, falling, and falling you did.

Moaning helps. It doesn't get you clean, but it lets you know that someone cares, even if it is only you. Moaning also lets you know you are still alive.

Most experts recommend a minimum of physical activity, such as blinking your eyes. On the other hand, you might consider leaping out of bed the moment you open your eyes, flinging the windows open to let the cold air in, and jogging rapidly in place while violently flapping your arms and breathing deeply and heavily. This will make you forget your hangover because it will bring on a massive coronary.

Daily News

SPORTS

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VERNON DAILY NEWS, FRIDAY, JAN. 14, 1977

Five Canadians among all-stars

MONTREAL (CP) - Five members of the conference-leading Montreal Canadiens are among 12 players voted to the Prince of Wales Cup all-star team for the National Hockey League announced Thursday.

Right winger Guy Lafleur was the only unanimous choice in the poll among 100 members of the Professional Hockey Writers' Association in the nine conference cities.

Other Canadians elected to play in the 30th annual all-star game Jan 25 in Vancouver are goaltender Ken Dryden, defencemen Larry Robinson and Guy Lapointe and left winger Steve Shutt.

Buffalo Sabres have three representatives - goalie Gerry Desjardins, centre Gilbert Perreault, and left winger Richard Martin - while three Toronto Maple Leafs were chosen - defenceman Borje Salming, centre Jarry Sittler and right winger Larry Macdonald.

Defenceman Brad Park of Boston Bruins was the other choice.

Voting, for the team was on a 5-1 points basis for first, second and third choices respectively.

P and M continue to win

Price and Markle R. Vernon Sport Cougars 5.

Game puts P&M into second place one point behind the Cougars with one game in hand. Scoring by P&M was Jerry Zaichukowski, two singles by Wayne Dye, Randy Rone, Clay Anderson, Stan Hest, Ken Dryden.

Scoring for the Cougars Montreal 124, Borje Salming, Billy Hewan with two singles by Jeff Sherry, Steve Shutt, Neil Herzog.

Price and Markle will try to move into first place tomorrow by taking on the Lumby Flying Frochmen on Sunday at 8 p.m. in the Vernon Sports Centre.

The win left Price and Markle undefeated in their last six games.

BOYMAN THE COACH

Montreal coach Scotty Bowman, whose team won the conference title last season, will be coaching the Canadiens in the eight more players to complete the roster. They will be announced Tuesday.

Because each conference club must be represented, Bowman will choose at least one player from Los Angeles Kings, Pittsburgh Penguins, Detroit Red Wings, Washington Capitals and Cleveland Barons.

Two others of Philadelphia Flyers will coach the Clarence Campbell Conference team. The first 12 players on the squad were announced Wednesday.

Following are the voting results for the 12 players named Thursday.

Goal - Ken Dryden, Montreal, 101; Gerry Desjardins, Buffalo, 90; Borje Salming, Toronto, 100; Guy Lapointe, Montreal, 96; Brad Park, Boston, 69.

Centre - Jarry Sittler, Toronto, 101; Guy Lafleur, Montreal, 95; Ken Dryden, Montreal, 91.

Left wing - Steve Shutt, Montreal, 101; Richard Martin, Buffalo, 54.

BOXING TONIGHT

Vernon Boxing Club Coach Don McDonald gives some last-minute tips to Wesley Hutchison, centre, and John Jack in preparation for tonight's boxing card at the Recreation Centre. A total of nine fights, featuring several out-of-town boxers, are on the card. First bout gets under way at 7:30 p.m. (Daily News Photo)



IN THE NHL

Upset Fergie declines to meet press after Rangers' defeat

By DENNIS PANSA
The Canadian Press

New York Rangers lost the National Hockey League's version of Beat the Clock on Thursday night, and John Ferguson and Jean-Guy Talbot were far from gracious in defeat.

Boston 27 13 3 131 57
Toronto 27 12 2 143 44
New York Rangers 27 13 1 139 53
Montreal 27 16 1 101 70
Pittsburgh 27 11 1 139 42
Los Angeles 27 12 1 142 59
Detroit 27 15 2 127 31
Washington 27 12 1 129 30

Ferguson, general manager and coach of the Rangers, was so upset he refused to meet with reporters following his team's 7-5 loss to Buffalo Sabres.

And Talbot, the Rangers' assistant coach, had nothing but contempt for the penalty time clock at Buffalo's Montreal Auditorium.

"Our problems started right from the beginning with that damn clock they have here," Talbot said. "That clock gave them their first goal."

"Then Buffalo ice the puck in the last minute and the officials don't call it. Then they score a goal. The officials should have been wearing that damn clock they have here," Talbot said.

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NHL					
Campbell Conference					
Team	W	T	L	P	Pts
Philadelphia	23	1	1	1	46
Montreal	23	1	1	1	46
Atlanta	23	1	1	1	46
Rangers	16	12	1	1	34
St. Louis	18	2	1	1	35
Chicago	15	2	1	1	34
Minnesota	12	2	1	1	26
Prince of Wales Conference					
Edmonton	27	1	1	1	54
Buffalo	27	1	1	1	54

Brandon wallops Broncos

BRANDON (CP) - The line of centre Bill Deriagio and wingers Ray Allison and Brian Tropp collected 12 scoring points in leading the Brandon Wheat Kings to a 12-3 victory over the Broncos Wednesday night.

Allison scored three goals and assisted on three others while Tropp added two goals and three assists and Deriagio contributed four points including a pair of assists.

The Wheat Kings held period leads of 5-1 and 8-2. Brandon scoring spree padded the Brandon line's lead in the individual scoring race. Deriagio moved over the 100 point mark with 51 goals and 50 assists, while runner-up Allison now has 30 goals and 85 points. Three more than Tropp who also has scored 32 goals.

Brett Vincent added a pair of goals for Brandon with Murray Thomson and Dan Bonar.

Fred Sagunak scored two Lethbridge goals and assisted on the third by Mike Flynn. Brandon coach Glen Hanson stopped 32 shots while the Lethbridge pair of Rollie Boutin and Gary Garbutt had 60 shots directed their way. Garbutt replaced Boutin at the start of second period.

Referee Ken Wheeler of Saskatchewan assessed Lethbridge three minor penalties. Each team took a major for fighting.

Tuesday's Friday action, Lethbridge moves to Regina, Brandon is in Saskatoon, Victoria and return today to finish their rounds. Play had been held up more than a half hour by frost and frozen pipes.

Frazier had only one hole - the tough ninth - to play and he did it. Frazier then lifted him into a tie for the lead with Tom Watson. Dr. Gil Garrigola-Tucson Open, Alan Taple and Gary McCord, all of whom finished play Thursday, completed play today immediately turned around and began second-round play today. Johnny Miller, winner of the last three Tucson events and

Five tied for lead in open golf tourney

TUCSON, Ariz. (AP) - For the first time in the history of the final hole of a delayed round today and, with a five-under par 47, joined five others in a tie for the first-round lead in the \$200,000 Joe Garagiola-Tucson Open tournament.

Frazier and 28 others were stranded on the 736-yard Tucson National Golf Club course by darkness Thursday night and had to return today to finish their rounds. Play had been held up more than a half hour by frost and frozen pipes.

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Money at bottom of skating suit

CINCINNATI (AP) - "I've promised money that never came true," said an angry Carlo Fassi, explaining why he has sued Olympic figure skating gold medalist Dorothy Hamill and her parents for \$25,000 in allegedly unpaid fees.

Fassi, who coached Hamill and her parents to ice skating stardom, said Thursday.

"I'll bother me that she tells me she's going to pay me \$25,000 a year for training. I don't know where that money's going. I never saw a penny."

Fassi, 47, alleged that he has not received \$8,018 for lessons, \$3,200 for travel expenses and \$44,000 for what he considers his 15 per cent for his role in Hamill's million-dollar contract with Ice Capades.

Rountree signs contract

TORONTO (CP) - Jim Rountree, an all-star defenceman who has spent 10 years in the Canadian Football League, has signed a million-dollar contract with Toronto Argonauts, few in Florida Thursday and in New Westminster, British Columbia, as assistant to head coach Leo Cahill.

Rountree, who was Cahill's assistant from 1965 to 1972, was let go when Cahill was promoted to head coach of the previous owner, John Bassett. He also served as assistant coach of the Vancouver Canucks in the now-defunct World Football League when Cahill was general manager of that team.

Royals hoping to slay Jewels



Surprising wins in BCJHL action

By THE CANADIAN PRESS

Two division dormants came up with victories Thursday in British Columbia Junior Hockey League play.

Merritt Centennials got three goals from Paul Chadwick in a 6-3 decision over Nanaimo Clippers at Merritt. Bill Fullinmear and Flyers scored three times in a 24-minute span in the second period in a victory over Maple Ridge Bruins.

The Merritt win moved the Centennials into second place tie with Kamloops Braves.

In Abbotsford, 300 fans watched Dean Wray score two goals to lead the Flyers. Rick Greenwell, Bill Robbins and Lindsay Gibson scored the other goals. Guy Beckner and Stewart Robertson replied for the Bruins.

Abbotsford outlasted the visitors 4-5 including a 17-4 edge in the first period which ended in a 1-1 tie. The Flyers took a 4-1 lead into the final period scoring outburst.

The Clippers headed to the Coast Salish to travel to Pentlton tonight to meet the Interior Division leaders while in other games, Kamloops is at Kelowna Buckaroos and Bellingham Blazers meet the Lords at Langley.

Kamloops Braves name new coach

KAMLOOPS, B.C. (CP) - Kamloops Braves of the British Columbia Junior Hockey League announced Thursday that Craig Sturgeon will be their fourth coach this season.

He replaces Harvey Roy, general manager of the parent West Coast Canada Hockey League Chiefs, who said he would be working with the Chiefs and Braves to attract more fans, something he was unable to do while coaching. Sturgeon will also continue as coach of the Kamloops midge net team which has a 23-11 record and is leading in the defending provincial midge championship.

Roy replaced Braves manager Nick Pevach Dec. 14 and compiled a 5-4 record with the Braves. Pevach, who later resigned, had handled the team since Don Busch quit after a game against Kelowna Buckaroos Nov. 27.

Braves have also received permission from the league to lower ticket prices. An adult admission has been reduced to \$2 from \$2.75, students and pensioners' tickets will cost \$1 instead of \$2 and children will pay 50 cents instead of \$1. The Braves have averaged fewer than 200 fans a game.

Fulton trounce Kalamalka

Fulton junior secondary girls' basketball team Thursday beat Kalamalka 41-11 in a game with 11 points. Fulton player Janice Morden was next with 10 points.

SMOKE OUT SICKNESS

An old home remedy used to cure colic was to blow tobacco smoke under the sick child's clothes.

4 OR 5 WAYS

of Income Tax Saving. Take advantage of a free counselling appointment.

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Klammer records best time

KITZBUHEL, Austria (AP) - The world's best downhill ski racer, had the fastest time in the 10th best time of the first run. Dave Murray of Abbotsford, B.C., had the 14th time in the downhill trial of the Hahnenkamm.

Bernhard Russi of Switzerland was second today. Jerry McGee and Rik Masselengo were grouped in 49.

George Knudson of Toronto had times of 38 and 37 for a 73.

"I never signed a contract. I was used to dealing with people like Peggy Fleming. I never signed anything. I was used to dealing with people like Peggy Fleming. I never signed anything. I was used to dealing with people like Peggy Fleming. I never signed anything."

Royals hoping to slay Jewels

Vernon Royals will be hoping to re-ignite the "David and Goliath" story on Friday when they travel to Salmon Arm to take on the Jewels.

Jewels, of course, will play the role of Goliath. The Salmon Arm machine is the defending B.C. champion, ranked number one in the province again this year, and undefeated so far this season.

Royals are hoping to accomplish the feat of David. Vernon is ranked high in provincial standings and has probably the best squad in the school's history, but hasn't come close to Jewels in two exhibition games this season.

However, this game counts in Okanagan-Mainline League standings and Royals' Coach Deloy Routley says the key to beating Salmon Arm will be shooting from the field.

Meanwhile, Vernon Panthers will be looking to rebound from Wednesday's crushing 85-58 loss to Kelowna Owls when they take on Salmon Arm Golds.

Golds have a well-balanced club, but if Panthers play up to par, they are expected to have little trouble.

Both Fullinmear and Royals play host to North Kamloops High School teams on Saturday night.

Western division announce all-stars

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