

# The Black Coffee Crutch... Another Drinker's Myth

Last in a Series

By BARBARA MOYNEHAN

"Time is the only sobering agent. Black coffee does not make anyone sober, and it can even be dangerous since it may give a false awake feeling," the director of the national council on alcoholism explained.

Robert Evans Smith, whose office is at the Health Association of Rochester and Monroe County at 973 East Ave., dispelled some other myths attached to alcoholism: "Alcohol does not create new behavior. Most problem drinkers come from shy people. Social restraints are pushed aside after a very little alcohol since one of the first things to be affected are one's inhibitions."

Smith, who has received special training in the specifics of alcoholism at Yale and Rutgers and worked with alcoholics and their families for 17 years, explained that it is hard to compartmentalize drinkers, but there are generally five levels of alcohol dependence.

"There is the moderate drinker; the habitual social drinker to whom drinking is very important to life style; and the excessive drinker who doesn't appear to drink much, but whose chances of getting drunk are more frequent."

Smith pointed out that "None of those are alcoholics."

"The fourth and fifth levels of drinking are those that adversely affect life styles, health, jobs and home life," he continued. "If the drinking causes some loss of control it is the fourth level and it is alcoholism. The fifth level is made up of the chronically dependent, where there is a physical and psychological change. They usually weaken themselves and consequently something else gets blamed for their demise when it finally comes."

Smith outlined one innovative rehabilitation program which has often caught and helped potential problems.

In 1970 a Driver Rehabilitation program was implemented



SMITH

here in the Department of Motor Vehicles at the recommendation of the Driver Rehabilitation Advisory Board. Smith, who directs this program, admitted that the need for a rehabilitation approach as opposed to purely punitive measures, has been recognized for some time.

The program is flexible and is administered by a multi-discipline trained personnel. The programs work on the premise that a driver will learn best when he is motivated to learn, when communication is good and when one has the opportunity to participate actively, and to participate more or less freely.

Candidates are selected at random from traffic violators who face suspension or loss of license. The program uses group dynamics as a basic technique and the flexibility of the program provides for the needs of the individual.

It employs psychological and medical diagnostic treatment techniques for participating motorists on a personalized, individual basis. The employees of the program are highly trained in areas appropriate to the educational and rehabilitative content: Robert Peterson, school psychologist at Frederick Douglass Junior High School, and School 26; Howard

Dashney, driver education teacher at Brighton High School, Dr. Ronald Weinraub, a specialist in internal medicine and Kent Fellows, an experienced race car driver and specialist on safety.

The over-all objective of the project is driver rehabilitation in order to reduce accidents, injuries, property damage and violations by evaluating the nature and severity of each driver's problem through the use of multiple established as well as experimental diagnostic tools.

As a result of this evaluation, each driver will be directed to the most pertinent of two curricula: skill and attitude problems or alcohol and drug problems.

Driving skill problems are dealt with by direct instruction in classroom type sessions. Drivers with attitudinal and emotional problems will be dealt with by personalized interactive processes, small group dynamics or counselling.

"We are finding," Smith reports, "that the most critical factor is the attitude of the driver. Most driving problems are caused by emotional problems. Driving requires all your attention."

"Often we are able to surface the real problem and get the necessary help for the person," he continued. Just as whenever there are drug or alcohol complications the program serves as the referral point to other established agencies for further treatment."

The rehabilitation curricula emphasizes between-session learning and aims at teaching the individual how to learn so that he may improve his driving in years to come.

The length of the program is a minimum of 10 hours and a maximum of 30 hours of teaching. Since it began last October, 143 drivers have graduated and fewer than 20 have chosen not to participate and consequently suffered the loss or suspension of their license.

# Our Parish COUNCIL by Bernard Lyons

Ecology is an ideal path to ecumenical action!

A parish council that studies the problems and the resources in its own community will find many areas of common agreement among the persons of other denominations or of no denomination.

The great thing about the stewardship of the earth is that we can find not only common actions in which to join with others outside of the immediate parish family, but that we can find opportunities for joint worship.

The Stewardship Department of the General Council of the Presbyterian Church gives these seven steps toward a theology of environmental stewardship:

**The earth is the Lord's.**

"The earth is the Lord's and the fullness thereof." (Psalm 24:1)

**God's creation is good.**

"God called the dry land earth, and the waters that were gathered together He called seas. And God saw that it was good." (Genesis 1:10)

**Man's relationship with God's creation is that of steward.**

"Fill the earth and subdue it." "Have dominion" (loving care). (Genesis 1:28)

The Hebrew doctrine of the Sabbath spoke to this relationship, claiming a time for man to be at rest.

Our stewardship is broader than personal time, talent, money.

Our attitude toward nature is related to our attitude toward other men. The Greek word "oikonomos" shows this broad inclusiveness. It is also the root word for "ecumenical," "economics" and "ecology."

**Technology is not excluded as a creation of God.**

Technology is a result of God's command to care for the earth. God Himself is at work through man's technology. Man can see that it is used for life instead of death, reconciliation rather than alienation.

**Redemption includes all of God's creation.**

The Incarnation shows that God approves and Himself shares the physical-material-earthly life of man.

The promise and hope of the New Testament is not only for heaven, but for a new heaven and a "new earth." "For God so loved the world that He gave His only begotten Son." (John 3:16). For in Him all the fullness of God was pleased to dwell, and through Him to reconcile to Himself all things, whether on earth or in heaven, making peace by the blood of His cross." (Colossians 1:19-20)

**The power to live in harmony with creation is God's gift.**

Man is a part of, not apart from, all of God's creation. Concern for ecology is not just something we must do, it is something we may accept with thanksgiving and joy as we live in responsible freedom.

## DRIVER WAIT METER

LIQUOR	WINE	BEER	EFFECTS	ALCOHOL Concentrated in BLOOD	Wait Before Driving
1 1/2 ounce	6 ounces	12 ounces	Even one cocktail taken on an empty stomach may cause alcohol to pile up in the blood stream for a brief period and produce an exaggerated effect for a short time.	.03%	1/2 hour
TWO WITHIN ONE-HALF HOUR			Warmth, mental relaxation, decrease of fine skills, less concern with minor irritations and restraints.	.06%	1 hour
THREE WITHIN ONE HOUR			Buoyancy, exaggerated emotion and behavior talkative, noisy or morose. Perceptible loss of fine coordination.	.09% .10% is now illegal in many states;	2 hour
FOUR WITHIN TWO HOURS			Clumsiness, unsteadiness, tunnel vision.	.12%	3 hour
FIVE WITHIN THREE HOURS			INTOXICATION: Obvious and unmistakable impairment of bodily functions and mental faculties. Even after considerable alcohol has been eliminated, acute hangover symptoms remain.	.15%	5 hour

## Workshop Set For Volunteer Publicists

A workshop for men and women who serve as publicity agents for clubs, committees and other organizations will be held at 7:30 p.m. Thursday, Oct. 21, at the Rochester Museum and Science Center.

Taking part will be Gene DePrez, director of communications for the museum; Anne Keefe of Channel 8, on television news; Simon Pontin, of

WBFB-FM, radio; Mildred Mikkanen of the Times-Union, newspapers, and Thomas Forrester of the Rochester Institute of Technology, on visual communication.

The local chapter of Theta Sigma Phi, a professional society for women in journalism, arranged the event for the benefit of its scholarship fund. The registration fee of \$3 may

be sent to Mrs. Ruth Ott, 50 Rand Pl., Pittsford 14534, or paid at the door.

### CARMELITE BENEFIT

The annual card party for the benefit of the Carmelite convent on Jefferson Road will be held at 8 p.m. Friday, Oct. 22, at McQuaid Jesuit High School, 1800 South Clinton.

Wednesday, October 13, 1971

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