

SARAH CHILD

All In The Family



HOW TO TELL THINGS AREN'T GOING EXACTLY RIGHT:

- You purchase a new set of every-day dishes and invest in four extra cups and then break two saucers the first week.
- You're fixing the house up to sell and are only slightly set back when you lock yourself out and have to break a window to get in.
- You're set somewhat further back when you place varnish remover in a glass bottle that is really a hard plastic and come back an hour later to discover the plastic has melted and the paint on the window sill is bubbled and spotty.
- The two-year-old wants to "write" like her older brother and sister and you find scribbled code on everything from a yellow teakettle to the bathroom tile.
- You invite eight people in for lasagna and that morning the handle of the oven falls off.
- You convince your husband, who loves to spend the holidays the handle of the oven falls off.
- You pursue the house-fixing further and discover that you have to paint throughout, but only the lower four feet.
- A friend brings a few pussy-willow branches and a neighbor says she thinks she spotted a robin out in the back meadow.
- And you realize that the overdue book notice that came from the library today is about the books you took back yesterday.

HOW TO TELL THINGS ARE LOOKING UP:

- Your parents call and say if the kids are too sick to travel, they'll come to your house.
- Your husband demonstrates he's been hiding his light under a bushel all these years and replaces the oven handle in five minutes.
- The local hardware recommends a glass repair man and when he comes he charges two dollars less than you expected.
- You recall that in the entire 12 years you have lived here it has never snowed in July and only a couple of times in June.
- The two-year-old is still writing where she shouldn't but all by herself she has trained herself to use the bathroom and if that isn't a plus, what is.
- You pursue the house-fixing further and discover that you have to paint throughout, but only the lower four feet.
- A friend brings a few pussy-willow branches and a neighbor says she thinks she spotted a robin out in the back meadow.
- And you realize that the overdue book notice that came from the library today is about the books you took back yesterday.

Mental Health Commentary

By THE DE PAUL CLINIC

QUESTION — How serious is the problem of excessive intake of alcohol and what is being done about it?

ANSWER — The consumption of alcoholic beverages is still the most widespread "drug abuse" problem in the United States and seems to be growing, especially in the young. The problem drinker jeopardizes his health, his productivity and his family relationships. One half of the more than 50,000 automobile accident deaths and one third the homicides each year in this country are associated with excessive drinking. It causes cirrhosis of the liver, currently the fifth leading cause of death for men from 25 to 64 years of age, as well as disorders of the nervous system, stomach, pancreas, and heart. It reduces the life expectancy by 10 to 12 years.

Drinking is generally socially acceptable and indeed, is frequently the main ingredient of adult parties and celebrations. As such, it contributes to the fun making and may be justifiable.

Problem drinkers drink for other reasons but often kid themselves as to the true reasons for their overuse of the drug. Being an alcoholic appears to be more socially acceptable than having a psychiatric disability, usually the basis for the excessive drinking. Sadly, this method of self-treatment avoids facing the basic problem.

Alcoholics as a group have not been very responsive to medical and psychiatric help. About one third of male chronic alcoholics eventually give up the habit. A recent study of hospitalized alcoholic women found that only one half had not relapsed in three years. Depression was the probable cause for the excessive drinking in half the cases. This was the most treatable group but they were inclined to return to excessive drinking if they became depressed again.

Recognizing the importance of this problem, Congress has created a National Institute on Alcohol Abuse and Alcoholism for the promotion of prevention and treatment methods of this problem.

Locally, the problem drinker has resources for assistance in giving up his problem, including the Alcoholism Division of The Rochester Mental Health Center and Alcoholics Anonymous which has several weekly meetings (see the daily newspapers for time and place or call 232-6720). Medical and psychiatric help are available privately and in the local medical and psychiatric clinics.

Short term "drying out" is available at the Monroe Community Hospital. Longer hospitalization for alcoholics is available at the Rochester State Hospital and in private psychiatric hospitals outside of Monroe County. Our local general hospitals deal more with the medical and psychiatric complications of excessive drinking.

Giving up a drinking problem demands motivation. The problem drinker must accept that he has a problem and be highly resolved to conquer it. His family can help him; so can the community agencies, if he wants help.

Questions on children's mental health should be mailed to: Mental Health Commentary, Courier-Journal, 67 Chestnut St., Rochester, 14604.

Cenacle Programs Scheduled

The Cenacle Retreat House has listed its April programs, beginning with a Marriage Encounter this weekend April 7-9.

The Fairport Ecumenical Clergy will meet April 10-11.

Father Albert Bartlett, SJ, will celebrate a 9:15 a.m. Mass with the Eucharistic Guild April 13.

Also on April 13, Sister Marie Halligan will hold an Effective Living Seminar at 7:30 p.m.

A general parish retreat for Our Lady of Mercy Parish will be led by Father Paul Bryan CSSR, April 14-16.

St. Raphael's Guild will meet at 7:15 p.m. April 17. Father Louis Hohman will speak.

Nyquist To Speak

Dr. Ewald B. Nyquist, state commissioner of education, will visit Rochester May 31 to address area educators.

Commissioner Nyquist's visit is in response to a request from Rochester City School Superintendent John M. Franco.

Nyquist will speak on the implications of the recent Fleischmann Commission Report with respect to occupational education and regionalism.

Business in the Diocese



Charles F. Seuffert, senior vice president and trust officer of Marine Midland Bank, has retired from those positions but will remain as a consultant for the bank's trust division.

A native of Rochester, Seuffert and his wife reside on Beach Avenue. They have one daughter, and are parishioners of St. Thomas the Apostle Church.

COURIER WANT ADS

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TILE INSTALLED: 32¢ per ft. Includes everything. Jerry Cosner Floors. 621-5956.

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WINDOW WASHING call 544-0148 or 544-0309.

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FOR RENT

4-ROOM Cottage, everything furnished. Just bring your clothing. 1000 Island, call 473-5884.

GREECE Home: House must be seen to appreciate. Children Welcome. Call between 9:00 A.M.-2:30 P.M. or weekends anytime. 225-5156.

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TIRES: 2 MICKEY THOMPSON Indy profiles. L-70-15. Brand new. Will sacrifice for \$75. 442-5539.

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CAMP Caspar Gregory: Located on Cayuga Lake. Rustic spot for group camping. Weekly rates for the summer; week-end rates for the off-season. For information: Marie Kruger, Poplar Ridge, New York, 13139. Tel. 315-364-8468.

HELP WANTED

MEN, WOMEN, part or full time, details at interview. For appointment call 352-4077, 6-7:30 p.m. ONLY.

INSURANCE

AUTO INSURANCE: Immediate FS-1, no application refused. Edco Agency, 284 Arnett, 434-0022.

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ENTIRE CONTENTS old homes. Household antiques and attic accumulations. Estates liquidation. Marie Wallner, 663-1573.

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NAPLES AREA: About 1 hour drive to Rochester on Kodak Park. Exceptionally good buy. Write P.O. Box 411, Naples for 200 word description of this guaranteed income duplex with acreage. Under \$30,000. Easy terms 6% mortgage. Owner.

TOURS 1972: Tour #1. Memorial Weekend in Wilmington, Delaware touring the Longwood Gardens, 2 days in Washington, leaving May 28 returning May 29. Tour #2. Our Lady of the Snow in Belleville, Ill. July 10th; Columbus Ohio, July 11-12; Our Lady of the Snow, July 13-14, South Bend, Ind.; returning the 15th. Tour #3. Labor Day week-end in Ste. Anne, leaving September 1st returning September 4th - Montreal, Three Rivers and Ste. Anne. Mary Colavecchia, Pilgrimage Director, I.C.C. License 12024. Phone (716) 236-8134.

REAL ESTATE

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