

Drunkards Beget Drunkards

Second in a Three-Part Series

By Joan M. Smith

Fact: One out of every 10 children live with one or more alcoholic parents.

Fact: There are more than a half million children of alcoholics in New York State.

Fact: A high percentage of alcoholics in treatment are themselves children of alcoholic families.

These are hard facts and when translated into human reality they mean general health, emotional, social and behavioral problems, and according to researchers, a perpetuation of alcoholism.

"Drunkards beget drunkards," was a phrase which was attributed to Plutarch by Dr. Donald Goodwin who reported on "Heredity and Alcoholism P New Research Findings" at the October Governor's Conference on Children of Alcoholics. Although the phrase comes from ancient

Greece, Dr. Goodwin's research information on familial alcohol is tragically current. He told his audience about recent research that determined a man 30 years old from an alcoholic family is four times more likely to be alcoholic than a son from non-alcoholic parents. Dr. Goodwin, along with his colleagues, is also involved in scientific studies regarding the possibility of a genetic predisposition to alcoholism — a passing on of the disease from generation to generation.

But whether personally, hereditarily, or genetically caused, alcohol abuse is a growing threat to the family. This fact was noted in a 1980 Gallup organization report collected for the White House Conference on families. Other studies have shown that most alcoholics are not isolated individuals, nor do they inhabit Skid Row. They are members of intact families and their behavior affects other people.

This familial link with alcohol and its effects on others were emphasized in the two-year study on children of alcoholics, commissioned by Gov. Hugh L. Carey, and presented at the conference. The report, which included data on programs for children of alcoholics, issues and recommendations, child abuse and neglect, also recorded a 1980 survey made of clients at state-operated alcoholism rehabilitation services. In Rochester, at that time, it was found that of the 30 people using this

area's state services, 12 of them had one or more alcoholic parents.

Overall, it is estimated that there are one million alcoholics who affect three million to four million spouses and children, and it's not only researchers who are seeing the numbers. There are those, such as Anne Baxter, director of Personnel Counseling Services for Rutgers University, who told the Courier-Journal, "There are many using the services who are children of alcoholics." She described those whom she counsels as "over-achievers, very functional, and intelligent," but, she said, "beginning to have psychological problems related to the alcoholic environment they grew up in."

Growing up, at best, means maneuvering for space within the family circle. When it is complicated by an alcoholic parent, the maneuvering becomes a fight for survival. And this survival struggle develops different characteristics in each individual. Sharon Wegscheider, author of "Another Choice," a science and behavior book, and guest speaker at the conference, classified these characteristics in children of alcoholics as "four problem patterns."

• The family hero who does what's right and tries to make things better for the family.

• The scapegoat who is angry, defiant,

withdraws from family, is destructive, acts out, becomes the scapegoat for the alcoholic.

• The lost child who is withdrawn, a loner, not a troublemaker, is a relief to the family.

• The family mascot, who is immature, fragile, needs protection, uses charm and humor to survive, provides fun and comic relief for the family.

Researchers point out that not all children of alcoholic parents suffer identical emotional effects; in fact, some seem to survive quite well. But recent studies have shown that children of alcoholics may not show the damages of parental alcoholics until later in life. Others show the effects of living with an alcoholic parent while still children by failing in school, having no friends, becoming truants, delinquents, suffering psychosomatic illness or abusing drugs or alcohol. They live in a home surrounded by continual tension, anger, and fear. They feel unloved and rejected by one or both parents and are unsure of themselves.

These are the hard facts that children of alcoholics live with, and perhaps a poster, featured in a display of artwork done by children in grades 4-12 which was highlighted at the conference, said it all — "Alcohol," it read, "is an expensive hobby."

Next Week — Alcohol: The Total Impact.

High-Risk Pregnancy Topic for Resolve

According to Resolve for Rochester, 10 percent of all pregnancies result in high-risk pregnancies involving an increased risk of medical complications to mother and/or child.

Dr. Peter Kogut, Ob/Gyn, will address the topic of high-risk pregnancy at the Resolve

for Rochester meeting at 8 p.m., Wednesday, Nov. 10, at Brighton Town Hall. The meeting is free and open to the public.

Further information on Resolve or its Nov. 10 meeting is available from Aggie Niessing, 271-1506, or Jan Higgins, 671-4110.

Sarah Child



All in the Family

Clipping Corners For the Needy

It occurred to me not long ago as I was going through the mess of envelopes that serves as our coupon collection, weeding out coupons for products which we don't use, that they could be put to use in a marvelous way.

With vast numbers of people out of work, food emergency shelves have never been more important. The word from those in the know is that contributions of non-perishable food items are all that stand between some families and hunger. Most churches encourage parishioners to donate regularly.

For those feeling the economic squeeze but who want to help those with even less, triple couponing can make donations possible for only pennies, sometimes for nothing. (Even without triple or double coupons the same idea works to a different degree.)

But Rochester area

a chance to do something for very little outlay of money. For example, using a 20-cent coupon for rice recently, I got the box free. Tripled, the coupon was worth 60 cents. The pound box of rice cost 57 cents. Since I had a couple of these coupons I put one box in the cupboard and stuck the other in the

large grocery bag I keep for emergency food shelf donations.

There are a lot of food items in this category. Cereal coupons abound, some for 25 cents off. Tripled, they cover most of the cost of a small size box of cereal and a lot of coupons don't stipulate size. If you have coupons for cereal your family doesn't like, redeem them anyway and donate the products to people who don't have the luxury of choice.

This concept can also be applied to free offers; e.g., buy two loaves of bread and get a jar of peanut butter free. Maybe you don't eat peanut butter, but there are hungry kids who do. Buy the bread, donate the peanut butter.

As most housewives know, using coupons wisely is a matter of organization. Get the kids into the act. Get them to search newspapers, magazines, junk mail for free coupons, then sort out the ones which can be used for donations. Make helping a family affair.

Sometimes you don't need coupons to help others. Just take advantage of sales. Recently macaroni and cheese was on special for four for \$1, a savings of nearly one third off the regular price. Sharing one or more of the boxes is an easy way to give. If you haven't tried it, do so.

Newark Valley Holiday Fair Saturday

Newark Valley — St. John the Evangelist Parish will have its annual Holiday Fair on Saturday, Nov. 13, from 9 a.m. to 6 p.m.

There will be an International Cafe from 11 a.m. to 2 p.m.

The event will include a greenhouse, crafts, children's booth, gift wrapping, homemade candy, and a country store.

Pope

Continued from Page 1 Paul celebrated Mass at Toledo, attended by nearly 200,000. Among the communicants was the widow of Gen. Francisco Franco, who ruled Spain from 1939 until his death in 1975. He said some of the "most important aims of the lay apostolate" involve the Christian family, the world of work, culture and the field of politics.

"The Christian knows that from the luminous teachings of the Church, and without needing to follow a partisan political platform, he or she must contribute to the formation of a society more worthy and respectful of human rights, based on the principles of justice and peace," he said.

From Toledo, the pope traveled by helicopter to Segovia, where the remains of St. John of the Cross have been kept in the monastery of the Carmelite monks since 1593, two years after his death. He was the confessor of St. Teresa of Avila, was canonized in 1726 and proclaimed a doctor of the Church in 1926.

Earlier in the week, in a talk at the University of Madrid, the pontiff asked scientists and researchers to assure that science is never perverted and used for destruction.

"Our moral power is enormous," he said. "It is a scandal of our times that many researchers are dedicated to perfecting new arms for war, which one day will prove fatal."

During the talk, he also criticized the Inquisition, saying it produced "tensions, errors and excesses."

Inquisition

Continued from Page 1 reference to the Spanish Inquisition made by John Paul since he became pope.

The Spanish Inquisition was started with Church approval in 1478 by King Ferdinand and Queen Isabella as part of their effort to unite Spain, under a Catholic monarchy. Its aim was to ferret out heretics and "false converts." Jews who had converted to Catholicism but were believed to practice Judaism secretly. The Inquisition stretched to the Spanish colonies in Latin America.

At the time of the papal visit, the Ministry of Culture mounted an exhibition in Madrid about the Spanish Inquisition. It included

Haitians

Continued from Page 1 lawyers are members of the area American Civil Liberties Union.

Thirteen of the refugees are under the institutional sponsorship of the United States Catholic Conference, a body of the nation's bishops. The 14th refugee is under theegis of Church World Service.

Agents of both groups accompanied the men to Buffalo last week.

Two other refugees in the Rochester area, both under the sponsorship of Church World Service, will begin the process Nov. 14.

The moment Judge Sacks pronounced last week's hearing at an end, a relieved stirring was heard in the group. Stony faces thawed in smiles, and the soft sound of Creole murmured through the air.

thumbscrews, shackles and other torture instruments used against suspects. Paintings and engravings depicted burnings of people condemned as heretics.

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