

# Fear can be large factor in alcoholism

**EDITOR'S NOTE:** This is the third in a series of interviews with former alcoholics presented by the Courier and Freeman to explain some of the causes for alcohol abuse and dramatize some of the effects of alcoholism. To protect the anonymity of the people being interviewed their names have been changed and in some cases job descriptions have been altered slightly.

By Mike Billington  
Managing-Editor

Fear comes in a variety of sizes, shapes, and colors. There is the numbing kind of fear that causes panic. Richard Adams called it "tharn" in his best seller "Watership Down" and defined it as the inability to act brought about by a situation which is simply too complex for the mind to handle.

There is also the nagging kind of fear brought on by feelings of inadequacy which tends to plague the thought processes and cause decisions to be made which are not in the best interests of the who fears.

There are fears which are controlled and those which are simply uncontrollable. Fear is a big part of a human being's life.

It is a big part of Jane's life. Just about 30 years ago it turned her into an alcoholic.

Just a little less than a year ago it started her on the road to recovery. Jane is a tall woman and when she was a student at Syracuse University she was also slender ("I looked like a bag of bones"). She began drinking because she was afraid that her height and less than voluptuous figure would cause her not to get any dates unless she proved that she could party just as long and as hard as anyone else. Longer and harder if possible.

She was also afraid of not being on top.

She was an honor student, president of her sorority, and if she was going to drink she was going to be the best drinker around because they don't give prizes for second place.

She was a high potential-high achiever in everything and that included drinking.

Her 29 1/2 years as an alcoholic began even though she went to college scared to death of alcohol.

Her family, on both sides, drank heavily and she knew what it could do to the body and the mind. One of her brothers died because he was an alcoholic and no-one would believe that he was sick.

"They just thought he was drunk and felt that he'd sober up in the morning," she said.

But at college she lacked confidence and she found that she could gain something from a few beers.

"It gave me something, it really did. I was a skinny girl and very self-conscious about it, I've always had a tremendous capacity, a high tolerance, and I drank a lot. I had a boyfriend and he was a big boozier...to keep going to the parties I had to be able to live that way and I did. On top of that my last year at college was extremely busy. I was the head of a lot of things, I worked and booze gave me the energy I needed to keep going. It was the one thing that really held me together."

She knew that she had a drinking problem by the time she was 22. She knew because she tried to give drinking up for Lent about that time and could only make it until 3 p.m. on Ash Wednesday.

After graduation she took a high paying job, a job which seemed uniquely suited to her abilities.

She only lasted nine months. She was on call 24 hours a day and she convinced herself that she had to leave the job because she was killing herself with

drinking. Just before discharge, though I got nervous, really nervous, and I kept asking the doctor to discharge me. I needed a drink badly but it took me until after I was out of the hospital about 10 days to realize that was why I had been so nervous."

Alcohol attacks the intestinal tract. It was because of my long standing dependence on alcohol that the parasite was able to wreck such havoc with her and put her in the hospital in a near lethal state.

When she got out of the hospital, however, the first thing she did was ask for a beer.

A friend had been after her for six years to attend Alcoholics Anonymous. When she realized that she was nervous and mentally depressed because of her addiction she finally relented.

There was also another reason—something that went deeper. She had always been proud of her mind and she was, last November, afraid of losing her ability to function clearly, positively.

"I used to be very good with figures," she said, "but I found that I wasn't. My biggest fear became the possibility of losing an active mind."

She quit drinking without the assistance of a rehabilitation facility. "I went cold turkey, all I had was the help of my friends, my new friends at AA," she declared.

**COPING**  
The hardest thing she has had to cope with for the past nine months has been "not taking a drink."

"It's more of a need than a reaction to boredom," she continued. "It's particularly bad when I'm upset. I became a daily drinker at the age of 34. I had acute anxiety symptoms then and alcohol helped me. I took tranquilizers too, and found that booze and pills went together really well for what I needed. There were times when I got really ugly and dangerous to be around. Now I fill in my days working around the house and with my family. In the beginning I read a lot about alcoholism and its effects on the body and the mind. I had left my religion in the background long ago, now I find that I have to have something to replace alcohol. I have gotten into the spiritual side of A.A. I'm trying to make myself calm in a different way than I used to with pills and booze. I'm

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picking up religion, but that's in a different way too because I'm learning a different understanding of God, or the Supreme Being or whatever label you choose to apply. I now believe that God is love and understanding, a being that can give strength and help and hope, not something to be feared. There are three components to a human being, I believe, mental, physical and spiritual. To be cured you have to minister to all three not just one or two."

Socially she has received many positive comments from people she knows who have told her they are "glad to hear what you're doing."

Still, she feels somewhat deserted by many of her old cronies.

"But we don't have anything in common anymore," she reflected, "we were drinking friends and now that I no longer drink we just don't have anything in common."

"Being a recovering alcoholic is a lonely life, you just cannot begin to understand how lonely it is. The only people who can help you are other alcoholics."

**PICKING UP THE PIECES**  
Divorced—she feels her alcoholism contributed heavily to the dissolution of her marriage—she is right now trying to put her life back together. She is unemployed and living on her alimony. She doesn't feel that she can take a job yet because she doesn't feel able to handle the necessary responsibilities of working.

"I'm not settled yet," she commented,

"I feel like I'm starting all over again and for a woman of 48 that's unusual. I still feel a little confusion of my mental abilities. But I'm very fortunate and I'm very, very grateful today. I was extremely unhappy before, unhappy with myself and with my personal relationships. I was never satisfied with myself or with others until now. I had to go through it before I could change. In my mind I feel as though I had to first hit rock bottom mentally before I could recover. I never gave myself a chance before and now all I want to do is be happy but I'd hate to see other people go through what I did, the mental despair, the physical illness and all the problems."

Fear. It caused Jane to become an alcoholic. It also caused her to quit.

"It's a big part of a human being's life. Twenty-nine states have restrictions against alien ownership of land.

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## Courier & Freeman

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### Kaplan named program head

Betsy Kaplan has been named by Republican State Chairman, Richard M. Rosenbaum, as one of fourteen Regional Aids in New York State, to head a Republican volunteer recruitment and training program. Kaplan's territory includes St. Lawrence, Franklin, Essex, Clinton, Washington, Warren and Saratoga counties.

The program, known as "Bandwagon '76" is part of a statewide effort to recruit, train and assign volunteer workers to perform various campaign jobs in the 1976 Presidential campaign and also to bring more workers into the Republican Party for continuing service.

In naming Kaplan, Rosenbaum said: "Betsy Kaplan's experience as a Republican leader gives her a special qualification for handling this volunteer program. She has been one of the leaders in urging that the Republican Party make special efforts to reach out to more people and broaden the party's base of support. This will give her an opportunity to help the Republican Party do this and it also will enable her to use her considerable talent on behalf of the Republican candidate this fall."

"Bandwagon '76" was launched at an

Potsdam Central School  
Annual Financial Report of the Board of Education  
Year Ending June 30, 1976

ANALYSIS OF GENERAL FUND BALANCE (A999)	
Fund Balance July 1, 1975	\$ 41,340.69
Revenues:	
Real Property Taxes	\$1,505,867.46
Appropriation of Planned Balance	85,000.00
State Sources	2,365,611.87
Other Local Sources	41,622.46
	<u>3,998,101.79</u>
	4,039,442.48

Less Expenditures:	
Board of Education	15,285.52
Central Administration	40,036.39
Finance	39,872.46
Staff	3,891.44
Central Services	396,060.28
Special Items	54,443.19
Instruction	2,099,727.06
Pupil Transportation	245,523.69
Other Community Services	2,000.00
Undistributed Expenses	551,399.09
Debt Service	507,848.25
	<u>3,956,987.39</u>
	83,355.09
Less: Encumbrances closed to Fund Balance June 30, 1976	7,496.62
General Fund Balance June 30, 1976	<u>79,242.85</u>

ANALYSIS OF SCHOOL LUNCH FUND	
Fund Balance July 1, 1975	37,296.61
Add: Revenues	207,403.07
	<u>244,699.68</u>
Less: Cost of Food Sold	124,030.01
Cafeteria Expenses	68,037.28
	<u>212,067.29</u>
School Lunch Fund Balance June 30, 1976	<u>32,632.39</u>

ANALYSIS OF FEDERAL AID FUND	
Cash Balance July 1, 1975	21,613.74
Add: Revenues	179,067.88
Less: Expenditures	172,790.90
	<u>27,890.72</u>
Cash Balance June 30, 1976	<u>27,890.72</u>

ANALYSIS OF TRUST AND AGENCY FUND	
Cash Balance July 1, 1975	3,342.72
Add: Receipts	2,604,243.21
Less: Expenditures	2,604,269.80
	<u>3,316.13</u>
Cash Balance June 30, 1976	<u>3,316.13</u>

STATEMENT OF GENERAL FIXED ASSET ACCOUNTS	
Sites	364,611.16
Buildings	9,847,460.59
Equipment	1,242,411.15
	<u>\$11,454,482.90</u>

STATEMENT OF CAPITAL INDEBTEDNESS	
Interest Payable to Maturity on Serial Bonds	3,124,550.00
Serial Bonds Payable	5,080,000.00
	<u>\$8,204,550.00</u>

Total Fixed Assets	<u>\$11,454,482.90</u>
Total Capital Indebtedness	<u>\$8,204,550.00</u>

### Beginners

**NILES, CHRISTOPHER MICHAEL**, born August 2, 1976 to Terry Franklin and Agnes Marie Empey Niles, Box 173 Catherine St., Parishville.

**BABICH, CLAIRE ERICA**, born August 4, 1976 to Douglas Alfred and Arlene Ann Olsen Babich, Route 4, Potsdam.

**DURANT, ANGELA LEE**, born August 5, 1976 to Michael Joseph and Karen Lee Deno Durant, Box 175, Church St., North Lawrence.

**WRIGHT, STACY RENEE**, born August 7, 1976 to Lynn Raymond and Ellen May Brauning Wright, Route 2, Potsdam.

**BLUM, JOSHUA ROBERT**, born August 8, 1976 to Robert William and Sherry Jo Sochia Blum, Box 62, Lawrenceville.

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### BEST FAIR EVER

PROGRAM FOR 1976

FRANKLIN COUNTY FAIR — AUGUST 21-29

Saturday-Aug. 21..... 9:00 A.M.-  
4-H Homemaking & Crafts judged  
4-H Vegetables judged  
4-H Horticulture judged  
4-H Poultry & Rabbits judged

Sunday-Aug. 22..... 9:00 A.M.-  
Draft Horse show  
4-H Horse show  
12:00 Noon- Murray's Raiders  
1:00 P.M.- Horse Pulling Contest  
7:45 P.M.- Opening Ceremonies  
8:00 P.M.- Demolition Derby

Monday-Aug. 23..... 9:00 A.M.-  
Home Bureau & Grange Exhibits judged  
Special exhibits judged  
Foods judged  
Poultry judged  
Arts & Crafts judged  
1:00 P.M.-4-H Home Economic judging  
2:00 P.M.- 4-H Grade Cattle  
Baked Goods judged  
Pony Races  
7:00 P.M.- 4-H Showmanship  
F.F.A. Cattle  
Murray's Raiders  
8:00 P.M.- Thundertones-Grandstand  
Edwarlones-Grandstand

Tuesday-Aug. 24..... 8:30 A.M.-  
Open Cattle Show  
9:00 A.M.- Flea Market- In field  
1:00 P.M.- Tractor Pull  
2:00 P.M.- Flowers judged  
6:00 P.M.- Garden Tractors  
7:00 P.M.- Power Puff

Wednesday, Aug. 25... 8:30 A.M.-  
Open Cattle Show  
1:00 P.M.- Food judging  
2:00 P.M.- Harness Races  
Talent Showcase throughout Afternoon  
7:00 P.M.- Horse Show  
8:00 P.M.- Cal Smith-Grandstand

Thursday, Aug. 26... 9:00 A.M.-  
F.F.A. Milk & Forage Crops  
Horse Show  
10:00 A.M.-4-H Dairy Cattle judging  
Northern Adirondack Dairy judging tour finals  
1:00 P.M.- 4-H Small Engines  
4-H Tree Identification  
2:00 P.M.- Harness Races  
Talent Showcase throughout Afternoon  
Sheep & Dairy Goats judged  
4-H Goats judged  
4-H Welders contest  
8:00 P.M.- Thrashers Brothers-grandstand  
Susan Raye-Grandstand

Friday-Aug. 27..... 9:00 A.M.-  
Horse Show  
4-H & F.F.A. Tractor Operators contest  
2:00 P.M.- Harness Races  
Talent Showcase throughout Afternoon  
6:00 & 8:30 P.M.- Conway Twitty-Grandstand

Saturday-Aug. 28..... 9:00 A.M.-  
Appaloosa Horse show  
1:00 P.M.- Talent Showcase throughout afternoon  
2:30 P.M.- Jack Kochman Hell Drivers Show-Grandstand  
8:00 P.M.- Jack Kochman Hell Drivers Show-Grandstand

Sunday, Aug. 29..... 12:00 Noon-Fiddlers & Yoddlers Contest  
1:00 P.M.- Dog Show  
2:00 P.M.- Antique Car Show  
3:00 P.M.- Jack Kochman Hell Drivers Show  
4:30 P.M.- Demolition Derby Finals

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Sofa and Matching Chair  
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