



# Utah Alcoholism Foundation

2875 SOUTH MAIN • SALT LAKE CITY, UTAH 84105 • PHONE 487-3276

## NEWS LETTER

APRIL, 1972

Volume 3, Number 1

A little more than a year ago, the long familiar address of 770 East South Temple and the little basement office of the Utah Alcoholism Foundation became no more than a fond memory. It had been pleasant there, and the ice cream parlor was handy for solving irksome problems over a hot fudge sundae.

Since their inception, the Foundation and the "once-was" State Committee on Alcoholism had lived and worked together in close cohabitation.

### NOT LIKE LITTLE TOPSY



Then other drugs hit the scene!

Alcoholism climbed straight up the charts! The old Committee was merged into a new State Division for both alcoholism and drugs.

The "Old Guard" met in council with the new. Plans were formulated. Capable people were recruited to help meet the escalating crisis. The battle was now joined on two fronts.

But now, new problems arose. Not enough desks and chairs to go around. No place to put new ones. People sitting in each other's laps. For awhile--a very short while--pandemonium!

#### Then--METAMORPHOSIS!

Along with the new State Division, the Foundation moved its headquarters to the sprawling office complex at 2875 South Main Street--occupying a two-office corner of the State's main-level facility.

Soon, however, the "happen" happened again!

The Foundation began to grow and grow!

New programs were developed. New concepts were implemented. Escalation!

And no room at the Inn. People, again, sitting in each other's laps.

Much to do and no place to do it.

So, the Foundation moved once more, leaving room for State expansion, and finding enlarged space for its own work on the lower level of the same building.

But, alas and woe! Very soon that space, too, became cramped and inadequate. Too many people with no place to put them.

Again, it was time to st-r-r-r-e-t-c-h!

And stretch the Foundation did.

Now, the entire North lower level of the building complex is the UAF hive and work goes on apace.

The Foundation is no longer like the "Man Who Came to Dinner". The State Division and the Foundation are now separate and distinct, albeit good friends, good neighbors, good working partners.

That's what happened in Seventy-one. What will happen in Seventy-two is anybody's.

The job has just begun--and there is much to do.

Perhaps it'll soon be time to st-r-r-r-e-t-c-h again.

We're growing! So is the State Division--but not like little Topsy. We've both planned it that way.

And that's good!

Maybe someday, in the nearing future, we--together--can lick the problem, mop-up the hot spots, shake each other's hand and say, "Well Done!"

But, in the meantime, like we said, there's much to do! LET'S GO TO WORK!!



PREVENTION



EDUCATION

TREATMENT 



RESEARCH

## THE BODY POLITIC

As the Foundation continues to expand its areas of objective endeavor in ever-widening circles, so also does an increasingly greater mandate of responsibility fall upon the shoulders of those entrusted with the prerogatives of guidance and direction. It is axiomatic that 'reach' can be only as effective as 'grasp'. This succinct homily was dramatically illustrated during the recent Annual Meeting of the Utah Alcoholism Foundation. In making the corporate yearly report, the roster of developments within the Foundation was delivered to the membership. At this point in time, space does not permit the full inclusion of all the programs innovated, but suffice it to say that response was immediate and unanimous--amazement at so much accomplishment in so little time.

But, in better related context, the coordinated action of both 'reach' and 'grasp' is most expressively illumined by the intense, but carefully structured, efforts of the Governing Board of Trustees. It is this body of selfless and dedicated men who have made the Foundation unique among non-profit corporate structures. Unpaid, unthanked and, to a large extent, little known for what they have done and are doing. These Trustees--both individually and collectively--have demonstrated the capacity to both reach out toward the Foundation's objectives and grasp the realistic means with which to achieve them.

Facetiously, it might be ascribed to the Governing Boards that "the impossible takes a little longer; the difficult and improbable is a mere matter of daily routine". They are servants of tenacity, of single-mindedness in purpose, of unity in objective action. To them, the negating expression of "it can't be done" is anathema. Kudos and accolades are oftentimes awarded out-of-hand for political expediency, or "red-herring" distraction from the embarrassment of what has not been done. A perusal, however, of the accompanying Minutes of the Annual Meeting should lay any doubts to rest.

Each member of the Foundation can be justly proud, not only of Foundation accomplishment, but of the men, often behind the scenes, who have tirelessly striven toward making those accomplishments possible--the men of your Governing Board of Trustees:

John O. Grimmett, Ph.D., Chairman	
Dave Stephens, V-Chairman	
Ronald Ames, Secretary & Treasurer	
Kimball S. Van Sant, Executive Director	
William Foley	Leighton Dennett
Vivian Tohill	Claron Bradshaw
Wesley Wiece	Ivan S. Robb
Ed. B. Shriver	Richard Curry
V.M. Sevy, M.D.	Garth Harrison
A. E. Sumsion	Ted Olpin
Charles Reynard	Ralph Searle

## A QUESTION OF LAW

Is it a crime to be drunk in public? For 360 years the law said, "Yes". In 1606, an English statute declared public intoxication to be a criminal offense. This idea persisted, at least in the United States and England, until 1966 when the Driver and Eastor cases introduced some new thinking into the courts.

These cases were not the first attempts to define the criminal responsibility of chronic alcoholics. A number of cases during the period from 1850 to 1900 attempted to establish that because their drinking is involuntary, alcoholics should not be punished for their crimes. The rationale behind this thinking was that it would be inhuman, as well as futile, to punish an individual for behavior which he lacked the ability to control.

Whatever the arguments for or against this philosophy, 1966 chalked up two landmark decisions, handed down by two United States Courts of Appeals, reversing the long-surviving law in regard to public intoxication.

In effect, these decisions reject the idea that all alcoholic drinking is voluntary, and accept instead that the chronic alcoholic drinks involuntarily as a symptom of his disease, alcoholism. Thus, the courts' decisions in the cases of Driver and Eastor were that no chronic alcoholic may be convicted for his public intoxication. In 1969, the Senate further gave final Congressional approval to legislation making public intoxication in Washington, D.C., a health problem rather than a criminal offense.

The new philosophy is compatible with society's present admission that alcoholism is a public health problem and that the alcoholic is an ill person in need of help rather than punishment. So far, fine! But we, the people--the lawmakers--have a responsibility in the interpretation of any law which has to do with the millions of alcoholics in our society.

What are some of the issues involved which might make the difference between a law that is workable and one that is too permissive?

\* \* \*

UP TIGHT ABOUT DRUGS?

*The number ONE drug problem is alcohol, not marijuana, amphetamines, or LSD, according to Daniel X. Freedman, M.D., director of the American Psychiatric Association task force on drug abuse.*

*Dr. Freedman says there are between seven and nine million alcoholics in the United States and last year, drinking drivers and pedestrians accounted for 35,000 auto deaths.*

CHAIRMAN OF THE BOARD

Nationally recognized as one of the foremost clinical authorities on alcoholism, Dr. John O. Grimmett has long and arduously pioneered along the frontier of new concepts in psychodynamics for the treatment of alcoholism. In addition to his total empathy and deep concern for the alcoholic, wide acceptance of his disseminative papers presented before National scientific bodies underscores his broad scope of professional knowledge and innovative techniques.



JOHN O. GRIMMETT, Ph.D.

In Foundation affairs, Dr. Grimmett has been in the active forefront throughout more than fifteen years of its development. Serving on various action councils, and as a previous Chairman of the Governing Board, his dedicated efforts have immeasurably helped to construct major landmarks of progress.

Following the elective process for executive officers, Dr. Grimmett's acceptance of yet another term at the helm bodes well for the Foundation's continued growth and successful ventures into the combat zones of alcoholism.

VICE CHAIRMAN



DAVID STEPHENS

One of the most outspoken and articulate pre-emptors of time in which to rebutt self-righteous attitudes toward the Problem Drinker, David Stephens has long and vehemently denied the myth that "nice people don't become alcoholics".

To those pro-consuls of that dogma, Mr. Stephens has been known to reveal a startling proclivity for allowing the self-ordained moralists to impeach themselves, or, as it was better said by Shakespeare, "...to hoist themselves upon their own petard".

For many years a driving force in the Foundation's Northern Council, as well as a delegate to the Governing Board, Mr. Stephens was initially responsible for the interest in, and the implementation of, alcoholism policies and programs at Hill Air Force Base where he served in a civilian executive capacity.

Having reached retirement after thirty years of service to HAB, Mr. Stephens now serves as liaison between the HAB alcoholism program and the Foundation and is active in the broadening and effectiveness of its scope.

Through his efforts on behalf of the UAF's planned objectives, Mr. Stephens exemplifies the kinds of resourcefulness and dedication which permeate the Foundation's Governing Board of Trustees and makes it the strong and unified Body Politic that it is.

SECRETARY - TREASURER



RONALD AMES

A good executive team, like a fine watch, depends upon intricate and closely meshed wheels within wheels to maintain dependability and accuracy of purpose. Also, a good executive team, like a fine watch, needs must have the means of delicate balance to restrain the wheels within wheels from racing too fast, or stripping their gears.

It can readily be said that, in large measure, Ronald Ames serves the Governing Board as a most efficient balance control. As Treasurer of the Foundation, Mr. Ames is seemingly impervious to the administrative "flaps" which inevitably occur during the normal pursuit of innovative concepts and growth. This quality comes as a fringe benefit, and as an aptitude more inherent in his character than as a requisite of his position. Always pleasant, unruffled, Mr. Ames lends a tranquilizing effect on more volatile dispositions, allowing in many instances, "sweet reason" to prevail. This valuable asset is furnished in addition to Mr. Ames' administrative chores among the complexities of UAF fiscal matters.

The title of Treasurer carries with it the heavy responsibility of Stewardship over the finances and trusts of the Foundation. And in this respect, the Board is fortunate in the selection of Mr. Ames in that his proven integrity and competence are more than commensurate to the task.

In professional life, Ronald Ames is an executive for the Ogden Flour Mills.

## ALCOHOLISM---ONE OF MAN'S OLDEST PROBLEMS

Cont'd

One of the oldest temperance tracts on record was written in Egypt about 3,000 years ago, under the title of "Wisdom of Ani".

"Take not upon thyself to drink a jug of beer," it advocated. "Thou speakest, and an unintelligible utterance issueth from thy mouth. If thou fallest down and thy limbs break, there is none to hold out a hand to thee. Thy companions in drink stand up and say: 'Away with this sot!' And thou art like a little child."

Similar sentiments in Greek, Roman, Indian, Japanese and Chinese writings, and in both the Old and New Testaments, denounce excessive drinking.

Alcoholic beverages were probably known in the New World long before Columbus. They were certainly brought to America in 1607 with the settling of the Virginia Colony. Twelve years later their excessive use was such that a law decreed that any person found drunk for the first time was to be reprov'd privately by the minister; the second time, publicly; the third time to "lye in halter" for twelve hours and pay a fine. Yet, in the same year, the Virginia Assembly passed other legislation encouraging the production of wines and distilled spirits in the Colony.

As one modern historian has noted, "It was not the custom of drinking that was unacceptable in early Virginia, but drinking to excess."

In the Massachusetts Bay Colony, brewing came to rank next in importance to milling and baking. There, as in Virginia, occasional drunkenness was punished by whipping, fines and confinement in the stocks. But, as Norbert Kelly writes, "The Puritans neither disdained nor prohibited the use of beverage alcohol. They were emphatic, however, in 'urging' moderation in drinking."

The Temperance Movement--which sprang in considerable measure from the alcoholic excesses of the Industrial Revolution in England--was not long in coming to America. It began with the goal of temperance in its literal sense: moderation. At the peak of this early campaign, in the 1830's, temperance leaders--many of whom drank beer and wine--maintained that the remedy for intemperance was abstinence from distilled spirits only.

But the next decades brought a significant change. The meaning of temperance was gradually altered from moderation to total abstinence. All alcoholic beverages were attacked as unnecessary, harmful to health and inherently poisonous. The demand arose for total prohibition.

This demand culminated in the United States in the passage of the 18th Amendment, which prohibited the manufacture and sale of all alcoholic beverages. Beginning in 1920, national prohibition lasted until 1933. Even now, nearly 39 years later, prohibition remains a controversial subject. Its defenders claim that it brought substantial reduction in drinking, a decrease in drunkenness, and marked economic improvement to the country. Those who oppose the concept say that the experiment curbed only the moderate drinkers and brought new and dangerous glamor to drinking and intoxication. They claim that it destroyed public respect for law enforcement officers and bred the crime, violence and general corruption that marked the bootlegging of illicit liquor.

Whatever the validity of these views, one fact seemed fairly well established by the end of the Prohibition era: many Americans liked to drink and would insist with considerable vehemence on their right to drink. There were no signs that their views have changed to any extent by the 1970's.

But, while it has become clear that many, and perhaps most, Americans would continue to insist on their right to drink, it has also become evident that many Americans are drinking to excess, and endangering the lives and the welfare of themselves, their families, and all those around them. The problem of alcoholism, in fact, is now recognized as the most serious public health problem that urgently demands intelligent, practical action based on better knowledge of its causes and potential cures.

\* \* \*

## SUBSIDIZING DRUNKS....

"Perhaps more American motorists would take an interest in the accident rate on our highways if they knew that 50 percent of their insurance premiums are used to subsidize drunk drivers."

---John F. Martina---  
New York Department  
of Motor Vehicles

\* \* \*

## TIME OF DECISION...AND...

## GROWTH

Since the beginning of the Foundation in 1947...there has been a steady, slow growth in membership. The token yearly dues of \$1.00 have remained constant. But the time of action and rapid growth is at hand. Our services are increasing at a dizzy pace. The problem of alcoholism is increasing at even a faster pace...and all this adds up to the time for change. Costs of even small things such as postage, paper and printing are constantly increasing...and so....

First...more money is needed to even try to stay current...and so the time of decision. This makes it necessary to increase the yearly dues from \$1.00 to \$5.00 per year.

Secondly...we urge every member to try to add one or more new members to the Foundation. The problem of alcoholism is a public problem and affects all Utahns. Alcoholism is snowballing...the needs and types of help are growing in staggering amounts. Public education is vital and what better way than to have all our members bring in one or more concerned individuals willing to join #1 efforts to stem the rising tide of...

WE SINCERELY URGE YOUR SUPPORT!

UTAH ALCOHOLISM FOUNDATION  
ANNUAL MEETING  
March 11, 1972

MINUTES

MINUTES

CONDUCTED: Dr. John O. Grimmatt

ADDRESS OF WELCOME - Dr. Grimmatt

The Foundation has been in existence for twenty six years. This year we have really had growing pains--we have shifted gears and are moving in the direction of professionalism. It is hard to stay on the same level--we have to respond to pressures. We've grown--still struggling--have had many problems and have made mistakes!

Our Executive Director will outline some of the things we have been, and are, doing.

We feel we have lost a lot of our A.A. support. Could this be due to professionalizing? We attempted to clarify the public on our A.R.C. Centers--to establish they are not A.A. Centers. My appeal to A.A.: let's work together and in harmony--we all have the same cause: education, rehabilitation and research to fight this disease. We both lose a lot and eventually the alcoholic loses without harmony. Let's try to revive our working relationship. I offer this as a challenge! We need A.A. support. I appeal for you to work with us!

I wish to extend thanks to the many who work for the Foundation--many people donate much time--the Governing Board members give their time and travel to direct our operation--and the Board members of the Councils and the Staff in our Administration Offices.

There are six Councils. Each direct an A.R.C. Center. You, as Council members do have a voice in how the Foundation is run by your elections within your Councils.

Introductions:

Claron Bradshaw	-	Cedar City Council
Leighton Dennett	-	" " "
Ronald Ames	-	Ogden Council
Dave Stephens	-	" "
Wes Wiece	-	Salt Lake A.R.C. Council
William Foley	-	" " " "
Garth Harrison	-	Uintah Basin Council
Richard Curry	-	" " "
Ed Shriver	-	Provo Council
Judge Allan Sorensen	-	" "
Pete Sumsion	-	" "
Charles Reynard	-	House of Hope-Metropolitan Council
Dr. John Grimmatt	-	" " " " " "
		(These two Councils have merged)
Dr. Kimball Van Sant	-	Executive Director of UAF
William Bills	-	Accountant - Office Manager
LaDeane Henrichsen	-	Secretary

REVIEW OF FOUNDATION GROWTH - Dr. Kimball S. Van Sant

There are six Councils who are diligent and dedicated (sometimes unthanked) who devote their energies to the Foundation. We have a Staff of Directors, the support of you, the A.A., and others--the ingredients to make a Foundation--as a basis to build upon. These men have put together a program that is phenomenal. We have standardized a program of TOTAL RECOVERY for the TOTAL MAN. Medical, clinical psychological, A.A. 12-Step counseling--all resources working together to make our program a success.

We hold monthly Directors' Staff Conferences to discuss procedures and pertinent problems in operating the Recovery Centers.

We have a "Poor Man's Computer"--every patient is computerized: who they are, what happens when he is discharged, etc. We encourage continual rapport. WE CARE! We look toward you and our efforts to make the program a success.

We are standardizing menus in all our Centers. Through the cooperation of registered dieticians from various Agencies--this will be for a one-year basis. It will give our patients a well-balanced diet as well as save the Foundation 30 to 40 percent on food costs.

The Directors of all Alcoholism Recovery Centers are underpaid--they are dedicated and devoted, most of them recovered alcoholics who have been asked to direct Centers. This sometimes results in a lower standard--but we have today the finest team of directors in the United States--or the world. They could leave us for more money--but they don't!

Fourteen months ago our Centers operated at 30% occupancy. Today that figure is 97.2%! We have added 34 beds--even with these we are not able to help all who apply for our help. We are forced to turn sick people away--they

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MINUTES - ANNUAL MEETING  
March 11, 1972

are ill but we have no place to put them. More and more people are coming to us for help. Billboards are saying "Help is available, call the Foundation". More and more impact brought before the public has helped us in terms of expansion and development. The Community Mental Health Agencies are assisting us--will cooperate to the fullest and are doing so. We are developing a rapport with hospitals and physicians--resources in working for recovery of sick alcoholics. They are highly cooperative. Men are coming in to the Centers who are psychologists to lead the therapy sessions. People from A.A. are coming in to 12-Step the alcoholics. Prime objective: treatment, education, prevention. You, and me, and all together!

We have an Antabuse program which serves as a boon to many of our patients-- a "plastic cast on a lame foot".

In our Central Offices area--the Foundation has moved to new quarters. We have outgrown the previous area. We have our own publications department--our own printing and we are saving 50 to 60% by doing it ourselves. Adding to our publications and will build up our library. Our educational department is developing rapidly.

We have also developed Central Accounting--fiscal control of the Foundation and all Divisions. We will bring up facts and figures to present to the Governing Board and you.

We are under Central Management. The dictates of the Governing Board are given to us to implement. It is a cohesive program. As new methodology develops it develops in all Centers.

Utah Alcoholism Foundation School of Administration and Directors Training was established because of a dirth in men qualified as directors. There has never before been a school qualified to train directors in this highly specialized field in treating alcoholism. A graduate has had the opportunity to professionalize in treating sick alcoholics. This School has been approved by the Utah State Board of Education and will be approved by the Veterans Administration. We have professional people on our Boards directing this School--doctors, nurses, technicians, etc. Trainees completing this course will be Certified by our Examining Board. Making more people qualified in directing a Center for the recovery of sick people is an exciting adventure. The Foundation has been commended for this effort by the Utah State Board of Education.

The Division of Aging is to assist in designing and developing a program for people 50 years and above. These elders have difficulty in relating to younger ones in a Center. We have circulated questionnaires and are re-capping them to show what is needed.

The Division of Neighborhood Services was funded by an O.E.O. Grant of \$97,000.00 It is directed toward a four-area target group. It is an entirely different approach to alcoholism---door-to-door approach to find families in trouble. One neighbor in each block to be a "Good Neighbor" for the block. We are holding cottage meetings to enable neighbors in sharing problems. We have a staff of six people working in the field door-to-door. Public acceptance is amazing. We haven't told the public how they can help before. We work on a small-group basis to work these problems out--providing care and keeping for the whole family. We have a twenty-four hour answering service to handle calls needing help. This program is a "pilot" one for Salt Lake County--will undoubtedly be made Statewide--even National. Washington and Denver are monitoring developments.

The Latter-Day Sant Church Social Services Division have developed man and wife teams to implement this Division of Neighborhood Services. We have thirty couples working with us.

We are working up Standards for the operation of Centers as requested by the State. Such standards are for the State in governing the operation of nursing homes, rest homes, our Centers, etc.

Hopefully, when we meet again, we can double this growth!

Dr. Grimmatt - The Division of Neighborhood Services is moving along rapidly and we're delighted!

FINANCIAL REPORTS - Ronald Ames, Secretary & Treasurer

Read operating records--Facts & Figures--Profit & Loss Statements--Balance Sheets. (Copies available upon request.)

Dr. Grimmatt - Opened the meeting to questions or comments.

We appreciate your interest and help in the Foundation.

MEETING ADJOURNED.



# Utah Alcoholism Foundation

2875 SOUTH MAIN • SALT LAKE CITY, UTAH 84105 • PHONE 487-3276

## NEWS LETTER

JULY 1972

Volume 3, Number 2

### MEMBERSHIP NOTICE

Effective 26 June, 1972, Dr. Kimball S. Van Sant submitted his resignation as Executive Director of the Utah Alcoholism Foundation.

Quoting his letter:

"Because of mounting pressures in the performance of my duties as Executive Director of the Utah Alcoholism Foundation, and subsequent deterioration of health, I feel inadequate to continue.

I herewith submit my resignation as of this date and respectfully request its acceptance.

I freely offer whatever assistance may be deemed of value in the furtherance of the affairs and future security of the Foundation."

The resignation was accepted by the Executive Committee of the Governing Board of the Foundation and a letter of commendation has been sent to Dr. Van Sant expressing gratitude for the many accomplishments enjoyed under his direction.

We extend to Kim our wishes for the very best of good fortune in any and all future undertakings.

\* \* \*

### LOCAL NEWSPAPER EXCERPT:

#### "GROUP TRY FOR ALCOHOL EDUCATION"

A new approach in the fight against alcoholism gets underway in Salt Lake City next week.

Representatives of the Cottage Meeting program will start a canvass of the Northwest Area of the City, July 22. Forty volunteers will knock on doors in that section and attempt to arrange for Cottage Meetings where alcoholism education can be discussed.

The volunteers will each carry letters from Governor Calvin L. Rampton, Salt Lake City Mayor, E. J. Garn and Salt Lake County Commission Chairman, William E. Dunn. Governor Rampton's letter states that something can be done about the epidemic growth of alcoholism!



### WHO'S MINDING THE STORE



William D. Bills  
ACCOUNTANT  
&  
OFFICE MANAGER

Bill, affectionately known as: "Willie, the Comptroller"

Employment date:  
1 August, 1971

Good-natured, cherubic and empathetic. Patient, almost to a fault, and ever willing to lend a helping hand. Favorite expression: "Fine accountant! But a helluva poor golfer!"

Directly responsible for the proper operation of the Accounting function and the orderly, efficient conduct of the Administration Office personnel; Payroll preparation; preparation of checks; satisfaction of Accounts Payable; Budget controls; purchasing; direction and supervision of Printing function; and the charged responsibility for attending to the many details of a fiscal nature indigenous to this type operation. Also, HE'S THE MAN WHO MAKES THE PAYROLL !!

Bill says: "Great personal challenge! Enjoys large personal satisfaction in seeing the growth and progress during the time of his association with Utah Alcoholism Foundation. Sees the problem as a 'people' problem and recognizes the need for more public involvement."

\* \* \*

Learn that love can not exist without compassion, discipline and justice, and to accept it or give it without these qualities is to destroy it eventually.

## AS MEN THINKETH IN THEIR HEARTS

It is axiomatic to say that no organization is any better than those who provide its direction. Every era, whether it be that of a nation, a state, or the most minimal company involving people, is in a constant state of historical flux---ever changing.

Whenever progress is manifested, it becomes obvious that specific demands have been made on specific people. It is people, and mostly certain kinds of people, who make progress possible.

In this context, the Utah Alcoholism Foundation has been more than fortunate throughout its quarter-century of continued and extraordinary growth. It has been abundantly rich with those "*certain kinds of people.*"

Each time demands have clamored to be fulfilled, there have been those who willingly and adequately rose to meet the occasion.

Near miraculously, whenever there has been need for individual strength and expertise to counter challenges in new areas of development, we have found these attributes in our very midst---men and women who are exceptionally gifted and willing to serve, without recompense, in the name of their fellow man.

Too often do we take our good fortune for granted. Too seldom do we use the short and simple expression of "*Thank you!*"

To those past who have served so well, our deepest gratitude. To those present, who now carry the Light of Marathon to illumine the Foundation as one of the finest and most respected in the Nation, our highest accolade!

WE THANK THEM!

\* \* \*

## BID GOODBYE TO YESTERDAY

We should not let the remorse over the happenings of the past cast a shadow over today. It is true that if we were able to relive certain experiences we might act differently, for we should have the benefit of the understanding we have gained in the meantime. But to reproach ourselves now, or let a feeling of sadness remain in our hearts, can in no way contribute to the past, which is gone, nor can it help us to meet present experiences.

The words we did not say, the things we did not do, the understanding we did not possess at some time in the past may cause us to have feelings of regret now. But the very fact that we feel regret now shows that we have grown in understanding, and that we have developed a greater capacity for thinking, speaking and acting wisely and lovingly. The feeling of regret and of self-reproach vanishes when we miss the memories of the past as they come to mind and have the courage to let them go. As we face today with a free and happy heart, we shall be able to meet present experiences so well that there will be no cause for future regrets.

## SOCIAL DRINKING/THINKING

K. E. Beahan

Executive Director, TCA

If there is one thing we have an ample supply of, it is a supply of definitions of alcoholism. Depending on the position of the definers, the definitions range from one extreme to the other. Some are utopian, some oversimplified, and very few, if any, are accepted without reservation.

The definition of "*social drinking*" is even more ambiguous and covers the ceremonial champagne punch drinker as well as the habitual heavy drinker, who says he, too, is a social drinker, which is a frequent rationalization of alcohol abusers.

By redefining social drinking to exclude patterns of drinking that result in irresponsible behavior, then getting this definition accepted into the attitudes and values of society, we may at last focus our attention at the point where the most beneficial results will be obtained. In the past, there has been a tendency to mention social drinking and intoxication, then move rapidly to a more comfortable discussion of the problems surrounding the chronic, late-stage alcoholic person.

Historically, illnesses have never been eradicated by treating only the casualties. For too long, professionals in the field of alcohol abuse and alcoholism have used this method and the results are dismally obvious.

Irresponsible drinking, including intoxication, does not belong in the definition of social drinking. Intoxication has been ignored by professionals and sniffed at by abstainers---but worse, it has been condoned by society.

Behavior-drinking or otherwise--is changed by a change in values and attitudes. Realistically evaluating intoxication as unacceptable, as a danger not a delight, and as degrading rather than desirable, may well be the keys to changing our drinking patterns.

The outstanding educational campaign of the National Institute on Alcohol Abuse and Alcoholism says, "*If you need a drink to be social, that's not social drinking.*"

So long as our definition of social drinking covers both a "*sip*" and a "*shipload*", it will adversely influence our drinking behavior. Society must learn that social drinking, by definition and design, means responsible drinking. Neither social drinking nor social thinking should consider intoxication social!

\* \* \*

There never was a day that did not bring its own opportunity for doing good that never could have been done before, and never can be done again.

---William Burleigh---

*The best way to convince a fool that he is wrong is to let him have his own way.*

---Josh Billings---



UNIVERSITY OF UTAH  
SCHOOL ON ALCOHOLISM AND  
OTHER DRUG DEPENDENCIES

More than 1300 international participants from 46 states and Canada attended the 21st Annual School on Alcoholism and Other Drug Dependencies held at the University of Utah.

The week-long session was held June 18 to 23 and focused on all aspects and problems associated with the use of alcohol and other harmful drugs.

The first two days of general sessions gave an orientation on alcohol and drug abuse problems. This was followed by three days of special group sections geared to aid participants with their own professional specialities.

There were 17 different specialities to choose from: among them were special courses for physicians, youth, employees, community leaders, educators, counselors, professional social workers, clergy, and lay church workers, who deal with chemical misuse problems.

Three of the evening sessions during the week were open and free to the public. The first was an all-tribal Indian dance held Monday evening, June 19, at 7:30 p.m. in the Special Events Center. Dancers represented tribes from some 20 Western states. The public was also invited to hear Dr. Jerome H. Jaffe, Special Consultant to President Nixon on Narcotics and Dangerous Drugs, speak on drug abuse. Jaffe's presentation was made Tuesday evening at 7:00 p.m., in the Special Events Center. The Wednesday open meeting of the Alcoholics Anonymous was also open to the public. The featured speaker was a well-known California personality.

Evaluation by the student body was very high and substantiated the national stature and growth of the School.

TOTAL UTAH ATTENDANCE at the SCHOOL was 333.  
By County: Beaver 2, Box Elder 12, Cache 2, Carbon 4, Davis 20, Duchesne 3, Garfield 2, Grand 8, Iron 3, Morgan 1, Salt Lake 200, San Juan 6, Sanpete 1, Sevier 2, Tooele 1, Uintah 13, Utah 27, Wayne 1, Washington 12, Weber 12 and Wasatch 1.

\* \* \*

### DIVISION OF AGING

A great deal of field work has been done in obtaining information on Questionnaires that have been distributed, re-capped and compiled to show the rate of alcoholism in those people 50 years of age and over.

Initial funding period has expired. We are now in the process of submitting application for refunding which, if granted, will permit implementation of new ideas and plans considered important.

\* \* \*

Perhaps the best thing about the future is that it only comes one day at a time.

### NIAAA DISTRIBUTES RADIO & TELEVISION ANNOUNCEMENTS

Morris E. Chafetz, M.D., director of NIAAA, in discussing the crucial aspect of the multi-media advertising campaign, says that the whole element of its approach involves the creation of a sense of social responsibility. He continues:

*"Our society regards drunkenness as a socially accepted form of behavior. You may not know it, but every time you laugh at a performer or at anyone who is drunk, you are socially sanctioning drunken behavior. You are saying it's okay to go out and get sick with a drug."*

*"I assure you that the American public does not differentiate between drinking and drunkenness. Drinking, for those who choose to drink, is a socially accepted form of mind-altering drug taking. But drunkenness, from any substance, is a form of physiological disequilibrium, a state of illness. And yet we continue and have continued to think that drunkenness is funny. One of the major thrusts of our prevention campaign will be an attack on the state of drunkenness and the fact that you and I and the rest of the country accept it."*

*"It's not a laughing matter," Chafetz says.*

The advertising campaign also includes a hard look at a host's social responsibility.

*"I believe that if someone comes to your home as a guest, you have a responsibility to see that the food you prepare and serve does not contain salmonella or botulism. And yet you think nothing about sending forth from your home, having expressed your hospitality, people who have had too much of a drug and must make their way home in a high-powered automobile."*

*I believe hosts have a responsibility to see that their guests leave in a reasonable state, able to get home safely."*

\* \* \*

### THE HIGH COST OF DRINKING!

Thomas J. Donovan, liquor industry spokesman, predicts that 1972 sales of liquor should exceed over 400,000,000 gallons which indicates that every man, woman and child in the United States is consuming approximately two gallons each. Mr. Donovan further states that the increase in sales will result from continued modernization of archaic liquor control laws, a more realistic change in public attitudes toward drinking; a change marked by growing awareness of the facts about the moderate social use of beverage alcohol.

Mr. Donovan complains that taxes amount to 58% of the retail price of a \$4.75 bottle of distilled spirits and that the alcoholic beverage taxes amounted to \$7.7 billion in 1970. He fails to note that the alcoholic and dependent drinker (*NOT the moderate social drinker*) paid 80% of those taxes, as well as 80% of the profits to the liquor industry.

## ALCOHOLIC PERSONALITY

The Fiction of the "Alcoholic Personality"

"No organic differences between alcoholics (prior to their alcoholism) and other individuals have ever been found. No personality traits (in persons prior to their drinking) have been found which separated the two groups.

"It cannot be shown that 'the tensions of modern life' were differentially greater for the one drinker who became an alcoholic than for the other drinkers who did not. Today the great majority of therapists and researchers agree that search for a single cause of alcoholism is no longer justifiable."

SELDON D. BACON, Professor of Sociology and Director of the Center of Alcohol Studies at Rutgers University.

\* \* \*

## FRENCH MORTALITY HIGH

PARIS -- Alcoholism is an important factor in France's declining rate of population growth, according to a recent government report. Slow demographic growth is attributed in part to the high death toll from alcoholism---20,000 annually---among middle-aged Frenchmen.

According to WHO Statistics, France has the highest world death rates for cirrhosis of the liver (35.2 per 100,000 population) and for alcoholism (12 per 100,000.)

\* \* \*

Keep in mind that all sunshine makes a desert.

---ARABIAN PROVERB---

\* \* \*

## "HOO, BOY! DEPARTMENT

The penalty for drunken driving varies from nation to nation. In Australia, for example, a convicted drunken driver's name is listed in the local newspaper under the heading "HE'S DRUNK AND IN JAIL!" In Turkey, he is taken some 20 miles out of town and forced to walk home under escort. In South Africa, penalties range up to 10 years in jail and a \$2,800 fine. BUT, San Salvadore has the clincher! There, a convicted drunk driver is summarily placed against the wall AND SHOT BY A FIRING SQUAD !!

\* \* \*

I count him braver who overcomes desire than he who conquers his enemies.

---ARISTOTLE---

IT IS ONE OF THE ILLUSIONS THAT THE PRESENT HOUR IS NOT THE CRITICAL, DECISIVE HOUR. WRITE IT ON YOUR HEART THAT EVERY DAY IS THE BEST DAY OF THE YEAR.

---Thomas Carlyle---

### NEW U.A.F. PAMPHLET PUBLICATIONS

"GUIDE for the FAMILY of the ALCOHOLIC"

Prepared as an aid to the family if alcoholism develops in any of its members, this Guide will help the non-alcoholic members to understand and to face the realities of this serious illness.

It suggests how the destructive impact of alcoholism upon the family can be limited, describes ways to influence the beginning of recovery, and prepares the family for its vital role in the recovery process of the alcoholic member.

15¢ Each. Quantity discounts allowed on request.

\* 10¢ Introductory Offer.

###

"ALCOHOLISM - A Merry-Go-Round Named Denial"

This booklet is based upon the fact that alcoholism as a social disorder is an illness of two or more persons. It indicates that recovery from alcoholism may be initiated by persons other than the alcoholic. It is written for any person who is directly or indirectly involved in the life of a person with alcoholism.

By means of an imaginary play, it indicates how those primary persons in the life of an alcoholic actually perpetuate the illness and thereby prevent recovery. It suggests steps to be taken by persons other than the alcoholic if a positive program of recovery is to be initiated and established.

25¢ Each. Quantity Discounts allowed on request.

\* 15¢ Introductory Offer.

\*NOTE: Introductory offer expires September 1, 1972.

The worst moment for an atheist is when he feels grateful and has no one to thank.

---Samuel McCrea Cavort---



# Utah Alcoholism Foundation

2875 SOUTH MAIN • SALT LAKE CITY, UTAH 84105 • PHONE 487-3276

## NEWS LETTER

AUGUST 1972

Volume 3, Number 3

### NEW DIRECTOR FOR THE DIVISION OF ALCOHOLISM & DRUGS



Gary F. Jensen, 31, Woods Cross, has been appointed director of the Utah State Division of Alcoholism and Drugs.

Mr. Jensen will assume duties August 16, replacing LaVar Rockwood, who resigned, said Paul S. Rose, executive director, State Department of Social Services.

Mr. Jensen is a district supervisor for the Division

of Rehabilitation Services under the State Department of Public Instruction. He holds degrees in social work and educational psychology from Utah State University, Logan and the University of Utah.

He is now seeking a doctorate at the University of Utah while acting as a staff member of the University School on Alcoholism Studies. He worked in Nevada in state rehabilitation services, and prior to his present job he was an educational coordinator and counselor on juvenile rehabilitation and drug abuse in Salt Lake City.

Mr. Jensen has already very graciously been in to the Foundation offices and has extended to us his full cooperation and expressed the desire for our agencies to work together in harmony with singleness of purpose: to work toward the recovery and rehabilitation of the alcoholic.

We look forward to future working relationship with Mr. Jensen and the State Division of Alcoholism and Drugs and would like to take this opportunity to wish him great success in his new appointment! Sincere congratulations!

\*\*\*

Patience is bitter, but its fruit is sweet.



### WHO'S MINDING THE STORE



*Quiet, composed, knowledgeable and efficient. Always seems to have her finger on everything and able to produce it when needed.*

Employment date:  
10 January, 1968

Ms. LaDeane Henrichsen  
SECRETARY  
&  
ASS'T OFFICE MANAGER

In addition to the duty responsibilities of Secretary to the Executive Director, serves in the capacity of Assistant Office Manager. Supervises and coordinates the Administrative Staff functions; trains and supervises the performance of assigned volunteer workers; correlates the order priority system for the Print Shop work; directs the preparation of required correspondence, graphs, charts and reports; correlates and maintains files and attends to all the many other tedious, time-consuming but necessary tasks required in an office function of this type.

LaDeane is the one we all run to for all those "emergency" type things we needed yesterday.

LaDeane says: *The Utah Alcoholism Foundation has come a long way since first I was employed. The growth has been only short of phenomenal and still continues. A personal contribution in this area is always most gratifying.*

\*\*\*

A man should first direct himself in the way he should go. Only then should he direct others.

---Gautama Buddha---

## ALCOHOLISM COORDINATING SERVICES COUNCIL

Early in 1972, the first formal meeting of the Alcoholism Coordinating Services Council of Greater Salt Lake was held at the Community Action Program Board Room, 2033 South State Street. Officially, 23 Agencies, which directly or indirectly represent the major treatment facilities and programs in Salt Lake and Tooele Counties for the alcohol dependent, are active members of the Council. The Council's inception and formal charter as a private, non-profit, coordinating Council was promulgated by the Utah Alcoholism Foundation while it was under the Executive direction of Dr. Kimball S. Van Sant.

Existing Bylaws provide for three elected officers: Chairman, Vice-Chairman, and an Executive Secretary. It may be noted, however, that these Bylaws are presently being revised.

The Chairman, Colonel Charles L. Reynard, retired, is employed for the State Division of Family Services. Mr. Reynard has been active in the pursuit of more effective treatment programs for the alcohol addicted.

The Vice-Chairman, Dr. Joy Ely, Staff Psychiatrist for the Granite Mental Health Center, Inpatient Unit, was recently elected to that post. Dr. Ely is interested in treating alcoholism and working particularly with the middle-aged housewife who is alcohol addicted, or potentially so. Joy is also a member of the Utah Psychiatric Association.

The Executive Secretary, Mr. Thomas Kysar, is employed as the Executive Secretary to the Great Salt Lake Mental Health Board for the Salt Lake and Tooele County Region.

Ms. Ellen Theobald, Administrative Secretary to the Council, is volunteering her services in that capacity and is also employed by the Great Salt Lake Mental Health Board.

The prime purpose of the Alcoholism Services Council of Greater Salt Lake Area is to coordinate comprehensive alcoholism services within the Greater Salt Lake Area and to promote the exchange of information among cooperating agencies. Also, the Council involves itself in defining existing gaps in services for the alcohol addicted and their families and developing strategies which will assist in meeting these unmet needs and to further develop an information and referral system which will allow the treatee, or potential treatee, comprehensive services consistent with his or her needs. The Council has appointed several committees to develop and facilitate resolution of particular problems the community faces relative to helping the alcohol addicted and their families as well as working toward comprehensive coordination and communication between existing treatment agencies.

The Standards Committee, chaired by Mr. Carl Utterback, director of the Salvation Army's Alcoholics Program, is working toward developing meaningful licensure criteria for facilities that treat or offer shelter for the alcohol dependent.

The Bylaws Committee, under the chairmanship of Mr. Bernie Erickson, Vocational Rehabilitation Services, is presently revising the Bylaws which will hopefully afford

the Council the ability to function with greater versatility and consistency now that the Council has been recognized as a meaningful and effective body politic.

While the Information and Referral Committee is not fully organized, it will, in the near future, be dealing with the problem of the alcohol-addicted people who infamously manipulate various treatment modalities by going from one program to another--somehow managing to avoid any real depth in treatment or permanent interruption of their irresponsibility which would allow meaningful treatment.

The Ways and Means Committee was originally formed to determine ways and means of obtaining more funds for the implementation of alcohol programs and to expose facilities to be made available to the alcoholic, but as particular issues develop, now acts more catalytically. The Council meets each Thursday morning in the C.A.P. Board Room and anyone interested is welcome to attend these meetings beginning at 8:30 a.m.

....Thomas Kysar, Secretary...

\* \* \*

## NOTICE TO THE MEMBERSHIP.....

In an attempt to provide an avenue of communication, we are now initiating a "LETTERS to the EDITOR" program in the Utah Alcoholism Foundation Newsletters and solicit your contribution and cooperation.

Let us hear from you please.....items of particular interest or concern that you would like the membership to be aware of; comments, pro and con, regarding past, present and future programs in the field of alcoholism; personal reactions to any of the facets of operation. These are the things we solicit from you.

We shall make every attempt to publish same in their entirety, if space permits, but, must reserve the privilege of editing for obvious control.

Please see that items reach us no later than the first of the month so we may have sufficient time to incorporate in the current issue prior to "going to press."

Address such items as follows:

Letter to the Editor  
U.A.F. - Newsletter  
2875 South Main Street  
Salt Lake City, Utah  
84115

*P.S. We apologize for the error made in sending out too many copies of our last Newsletter....Hopefully our Addressograph file has been corrected.*

## MEMBERSHIP NOTICE

### SERIES 1 OF 3 SERIES

Of recent date, for purpose of clarifying the position of the Utah Alcoholism Foundation, we composed and distributed to concerned Agencies and individuals a "Statement of Objectives and purposes of the Utah Alcoholism Foundation. This included excerpts from the U.A.F. Corporation Articles, the U.A.F. Bylaws and the Salt Lake Area Community Action Program.

The response of recipients was very gratifying with considerable numbers of copies requested for use within these agencies and extended distribution.

Space will not permit reprint of same in its entirety, so we shall offer its contents in three series, this to be the first of that series.

#### I. UTAH ALCOHOLISM FOUNDATION CORPORATION ARTICLES, CHAPTER III - Purpose:

"The purpose of this corporation shall be to seek a solution to the problem of alcoholism in general and in relation thereto, but not in any way limited hereby, to develop programs for the education of the general public and appropriate groups about alcoholism; support research into the cause, effect and arrest of alcoholism; support, foster and maintain rehabilitation facilities and study in research projects in regard to rehabilitation of alcoholic persons; maintain information centers for the dissemination of information in regard to alcoholism to all persons who seek same; stimulate the community for the development of prevention, treatment techniques and facilities, and in general, to devote the time, income, assets and efforts of the corporation and its members to the problems of, and incident to, alcoholism."

\* \* \*

#### MY MENTAL IMAGE TODAY

I will not let circumstances and other people dictate how I will feel and react today.

I will wear the world like a loose garment.

I will have a realistic goal.

I will be Sober and Responsible.

Kind — Tolerant — Calm

Humorous — Grateful — Humble

To keep these things, I must give them away.

A.D.R.

One vice worn out makes us wiser than 50 tutors.

---Edward G. Bulwer-Lytton

Prayer is not conquering God's reluctance, but taking hold of God's willingness.

---Phillips Brooks---

#### ALCOHOLICS HELP REHABILITATE THEMSELVES by WORKING WITH FATHERLESS KIDS

Alcoholics, many rejected as worthless by society, are finding themselves again by helping children who have been neglected or deserted by their fathers.

The men, undergoing treatment at the Salt Lake Veterans Hospital, are involved with pre-school children in the Head Start program.

"I really don't know who this program helps the most, the men or the children," Mrs. Dee Edwards, director of social services for the Salt Lake City (Utah) Head Start program, told this reporter.

"The men need to be loved and needed and the children, about 60 percent of whom have no father at home, need the man image to identify with."

"When the alcoholics first go to the school, they are withdrawn with stark, expressionless faces. They are really frightened," Mrs. Edwards continued.

"They want to know what they are supposed to do and how they are supposed to do it. We just tell them to be themselves and to have fun with the children."

"In less than five minutes, the men have forgotten themselves and are sitting on the floor playing with blocks, reading stories or painting with the children."

The alcoholics, who live at the hospital when undergoing treatment to "dry" them out, go to the school once or twice a week as part of their treatment.

"By playing with the children, they find that they are worth something---that they are needed---that they are somebody," said Mrs. Edwards.

"One of the men was recently released from the hospital, but goes back to the Head Start School because he knows the children need him, and he probably feels a need for them as well," she said.

Some of the men are new each week because men are entering and leaving the hospital all the time. "Each week it is the same with the new men."

"It is thrilling to see what just a few hours with these children will do for them. Their whole being seems to change," Mrs. Edwards said.

Dr. John Grimmitt, clinic director of the alcoholism rehabilitation center at the V A hospital, told this reporter:

"Kids relate to the men, which gives the men satisfaction in doing something worthwhile. These men must feel they are useful."

...Quoted from THE ENQUIRER

July 18, 1972

---WILLIAM DICK, reporter---

\* \* \*

One bridge that falls makes more noise than a hundred bridges that stand.

---Belgian Proverb---

## EDITORIALS AND CURRENT NEWS ITEMS

### ...CRITERIA HELP IDENTIFY ALCOHOLIC

N.Y., N.Y.

The National Council on Alcoholism has established for the first time a set of medical criteria to help doctors determine whether a drinker is an alcoholic.

The Council, a voluntary health agency founded to combat alcoholism, asserted that only about one out of 300 physicians is currently capable of accurately diagnosing the problem.

"There is no single symptom, laboratory test, or physical sign which is in itself specifically diagnostic of alcoholism," Dr. Samuel C. Kain told a news conference.

Kain headed a 14-member committee of experts that drew up the criteria after a year's study. They said the major criteria for diagnosing alcoholism include:

...Withdrawal symptoms -- gross tremor, hallucination, seizure or delirium tremens when deprived of alcohol.

...Abnormal tolerance for alcohol, indicated by the failure to appear intoxicated despite very high blood levels of alcohol.

...Continued drinking despite strong medical advice not to, or such social reasons as the loss of job or break-up of marriage.

...Daily consumption of a fifth of whisky or an equivalent amount of wine or beer.

Among the minor criteria are such physical disorders as irregular heartbeat and behavior patterns such as gulping drinks, drinking on the sly, morning drinking and drinking to relieve anger, insomnia or depression.

\* \* \*

### ...THE FAMILY ROLE IN ALCOHOLIC RECOVERY

Knowledge of the nature of alcoholism as an illness and the courage to live by this knowledge is essential if fear is not to replace love in marriage. Unfortunately, many families suffer repeatedly from drinking and its consequences, thinking this is required if they love the alcoholic. The tragic result is that alcoholism is thereby encouraged and fear and resentment take over human emotions. This is why family members, especially the next of kin, need help if the disease is to be arrested and recovery initiated.

There are wives who need alcoholic husbands or husbands who need alcoholic wives to gratify their own neurosis. This may be true of parents or brother and sister as well. The family must always take a close look to be certain this does not exist. Masochism is the need to suffer in order to find a sense of worth or value in life. It is all too often seen in wives and mothers of alcoholics who use an alcoholic in order to suffer. Some persons are sadistic and must have some one available to

---Cont'd next Column---

punish. An alcoholic serves this purpose well. Others like to dominate and control other persons. Alcoholics provide a fit subject for exercising such control and dominance. If any of these three conditions exist, then the non-alcoholic may have a far more serious illness than alcoholism; and this must be treated and arrested before it is possible for this person to do other than contribute to the progress of alcoholism. A wife, husband or family member needs to take a good look at their own involvement with the alcoholic before any steps should be taken to aid in abstinence from alcohol.

\* \* \*

### ...PROBLEM DRINKER POTENTIAL DETECTED EARLY, WHILE.....

Berkeley, Calif.

The results of a 37-year study of problem drinkers show they can be identified by personality traits in their early teens---years before the problem with alcohol surfaces.

Mary Cover Jones, a research associate at the University of California, Institute of Human Development said, "Results of studies have turned up identifiable traits centered around unstable, unpredictable, impulsive behavior."

"Junior high school boys who tend to become problem drinkers in later life show too much emphasis on masculinity, possibly reflecting their concern about the male role," Mrs. Jones said.

"Women who drink too much---and there are fewer of them---tend to be depressed, self-negating and distrustful as teen-agers," she said.

"In our culture, we tend to protect women from becoming problem drinkers," Mrs. Jones continued, "Those who do go overboard tend to be more disturbed."

She said, "Fewer girls may become problem drinkers because they often learn to drink under more favorable circumstances."

"Girls more often report taking their first drink at home with the family," she said. "We know from other studies that male problem drinkers report more often taking their first drink away from home to prove manliness or express rebellion, and they tend more often to become drunk on the first occasion."

"We tried to find out if the personality traits known to be associated with problem drinkers were a product of their drinking habits or if the traits existed before compulsive drinking began," Mrs. Jones said.

"We learned that the traits preceded the drinking."

She said prediction of later drinking problems from personality characteristics may point the way to mental health approaches that would help reduce irresponsible use of alcohol.

\* \* \*

There is no workman whosoever he be that may work both well and hastily.

---Thomas Chaucer---



The Honorable Calvin L. Rampton governor of the State of Utah talking to one of the volunteer "COTTAGE MEETING" residents about the crippling effect of ALCOHOLISM in the community, at a "COTTAGE MEETING" volunteer rally held July 22, 1972 at Northwest C. A. P. library center Salt Lake City, Utah.

### D N S NEWS...

On July 22, 1972, the Division of Neighborhood Services held a Cottage Meeting Volunteer Rally at Northwest C.A.P. Library Center, Salt Lake City.

"We have got to make people realize that alcoholism is not just a bad habit, but an illness," Governor Calvin L. Rampton stressed to some 60 volunteers, including representatives from various groups (such as Odyssey House, the Church of Jesus Christ of Latter-day Saints and Blue Cross/Blue Shield of Utah.) The Utah Alcoholism Foundation and the Division of Neighborhood Services are grateful to KSL-TV, KUTV and KCPX for their support in televising this event to the citizens of Utah.

The Division of Neighborhood Services is holding approximately 10 Cottage Meetings a week in the Central City, Northwest and outlying areas of Salt Lake County. Our heartfelt thanks go to the volunteers that conduct these meetings. The DNS program could not survive without the support of these dedicated people.

Sandy Wright, Resource Specialist, Central City, is to be commended for her creativity and perceptiveness in developing the Cottage Meeting program. She created this simple, direct approach in the education and prevention of alcoholism and we are grateful for her enthusiastic help and support.

#### VOLUNTEER TRAINING NEWS:

Leslie Waters, majoring in Bio-Physics, and employed at the LDS Hospital, has completed training volunteers in Tooele and is presently training director for the LDS Church volunteers at the old VA Hospital, 401 12th Avenue on Wednesday evenings, 7:00 to 9:00 p.m.

Bernie Boswell, Resource Specialist, is training director of the Saturday morning training sessions held at the Foundation Offices, 2875 South Main Street, Salt Lake City, 9:00 a.m. to 12:00 Noon. Bernie is an outstanding member of the UAF, DNS team. His enthusiasm and dedication to the development and continued growth of the Cottage Meeting Program is an inspiration to us all!

...Lynda Stewart...

## DIVISION OF NEIGHBORHOOD SERVICES.....

A re-direction of effort toward low income persons and families was "kicked off" on July 22, 1972, in the Northwest Area, coupled with a determination to follow through in accordance with our Community Action Program commitments. Evelyn Russell, in her assignment as Resource Specialist for this area, along with Verda Edge, report progress is being made and relations with cooperating persons and agencies are being re-established. It is gratifying to receive reports that such persons are most willing to be of help when solicited and given explanation of desired objectives.

The Central City Area is now the "target" area with assignment of Sandy Wright as the Resource Specialist. Consultation with Jim Reed, Director of Central City, indicates we shall enjoy here the same spirit of help and cooperation we found in the Northwest area with Ida Jorgensen. We are most grateful for same.

Bernie Boswell and Lynda Stewart are already busy laying the "ground work" for a Central City "Kick Off" sometime early in September. We shall anticipate this with interest and plan toward moving into the next D.N.S. area as quickly as the Central City re-vitalized program is operating smoothly.

As always, it is people that count! People willing to become involved and give of their time, effort and talent. Our hats are off to the many dedicated volunteers who are participating and making these things possible!

\* \* \*

### ROAD MAP:

Let's review our math  
Regardless of previous instruction  
The shortest distance between  
Two points is under construction!!

\* \* \*

## DIVISION OF AGING....

We are now in the process of requesting re-funding for the purpose of establishing a pilot program in the operation of a "Support Home"--- a less severely structured extension of the recovery process as conducted at the Alcoholism Recovery Centers. Physical properties in various locations are now being examined to ascertain those that might be satisfactory.

\* \* \*

*By the streets of 'by and by' one  
arrives at the house of 'NEVER'.*

---Miguel de Cervantes---

HAPPENINGS in and ABOUT the A.R.C.'s

## "OPEN HOUSE"

FRIDAY

AUGUST 18th

### ALCOHOLISM RECOVERY CENTER

667 East South Temple

BEST DINNER in TOWN !! \$1.25

Ralph S. - "CHEF"

DINNER - 7:30 P.M.

MAKE YOUR RESERVATION EARLY !

! W E L C O M E !

\* \* \*

## EXPANSION.....

Through the efforts of Director Jim Hale Alcoholism Recovery and Training Center, Provo, Utah, we have acquired---on a rental basis---additional facilities to be used for housing residents of the Provo Center which has been operating at and above capacity.

These facilities appear to be in excellent repair and condition and are within easy walking distance of the Center itself where the residents will still take their meals and attend required meetings and classes.

The new facility was immediately filled to capacity (6) by the transfer of six of the current class of Trainees to these new accommodations.

\* \* \*

## OGDEN ....

EVERYONE WELCOME!! During the Fall A.A. Assembly in Ogden, September 15, 16 & 17th, the Alcoholism Recovery Center, 529 25th Street, will be having "OPEN HOUSE" and the coffee pot will be on.

## A. R. C. GOLF TOURNAMENT

....Have you registered yet?!

*(Registrations will be accepted  
up to (and including) the morning  
of the Tournament)*

BOUNTIFUL SPRINGS GOLF COURSE  
1201 North 1100 West, Woods Cross

AUGUST 20th

SATURDAY





# Utah Alcoholism Foundation

2875 SOUTH MAIN • SALT LAKE CITY, UTAH 84105 • PHONE 487-3276

## NEWS LETTER

SEPTEMBER 1972

Volume 3, Number 4

### ALCOHOLICS GET A SECOND CHANCE

...July 1972 NEW YORK TIMES

As Roger Rose toured the turn-of-the-century red brick building that the Scovill Manufacturing Company still uses as its main center of brass production, the workers stopped him to offer their loud congratulations.

"These guys are great", said Mr. Rose, a barrel-chested, crew-cut, middle-aged man with a gravel voice. "When you get a break and move ahead, they are genuinely happy for you."

For Mr. Rose, the breaks and jump ahead were large indeed. A few years ago, a drinking problem caused his demotion from district sales manager to foreman in the Scovill brass plant. Shortly afterward, he was discharged for the same reason.

But today, a reformed alcoholic, he heads Scovill's alcohol rehabilitation program, one of the most successful of its kind among American businessmen.

Started 17 years ago, the program has treated about 300 blue-collar and executive personnel among the more than 4,000 employees in Scovill's Waterbury plants and the company says, because of the program, it saved \$175,000 last year alone!

Scovill now hopes to expand the program to the 15,000 employees in its other divisions throughout the country in an attempt to whittle away an estimated \$3.5-million in annual losses attributable to alcoholism.

According to the National Council on Alcoholism, the disease conservatively amounts to an \$8-billion annual hangover for American business.

Council officials emphasize that the figure includes only losses directly attributable to such concrete factors as unnecessary absenteeism, spoiled production materials, overtime, extra clerical work, and inability to meet schedules.

...Cont'd Page 2....

### WHO'S MINDING THE STORE



Florence Butterfield  
ACCOUNTING CLERK

*Jovial, steady and dependable. Florence has the faculty of seeing the brighter side of everything.*

Employment date:  
6 December, 1971

Controls and manages the proper entries, changes, deletions, etc. of the

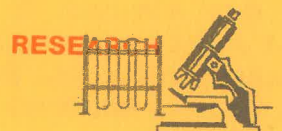
Accounts Receivable segment of the Accounting Division of the Utah Alcoholism Foundation. Posts entries to General Ledger; prepares and supervises the mailing of monthly statements sent to resident-patients of the Centers; and performs all other assigned functions pertinent to the operation of the Accounting Division of the Foundation.

Florence says: "I have never worked in a finer place nor with nicer people. Patient 'relapses' sometimes cause temporary discouragement, but those 'successes' are most gratifying and 'just make you feel good all over'. Feels that the Utah Alcoholism Foundation program is meaningful, desperately needed and that the public will begin to more readily recognize its importance as growth continues."

\*\*\*

If you drink too often to the health of your friends, you'll soon ruin your own.

\*\*\*



ALCOHOLICS GET A SECOND CHANCE....(Cont'd)

But companies have moved slowly to institute alcohol recovery programs. Not more than 300 companies provide even rudimentary detection and treatment of alcoholic employees. Out of these, stated Ross Von Wiegand, director of the council's labor management division, only about 20 companies have programs effective enough to achieve recovery rates of more than 60 percent among the individuals they treat.

IMAGE IS A PROBLEM

"Among many firms," explained Mr. Von Wiegand, "there is a tendency to think of an alcoholic as a 'Skid Row' type who can't hold a job. So, if an employee is still working, he is not considered an alcoholic.

"Then also, a lot of firms still vigorously deny they have a problem with alcoholics because they are sensitive about their public image."

Scovill rates near the top of the handful of concerns with effective programs. N.C.A. officials do not dispute its claim that 80 percent of employees enrolled in the company's program have "stayed dry" a minimum of a year without relapse.

And last month, a Connecticut task force on alcoholism recommended that programs used at Scovill and at the New Haven-based Olin Corporation be implemented in Civil Service, commerce and industry throughout the State.

VARIOUS PROCEDURES FOLLOWED

"An alcoholic is rarely motivated to stop drinking because his wife threatens to leave him or his doctor warns him that his liver can't take it any more," said Mr. Von Wiegand, "but the threat of getting fired, used with a degree of sophistication, will produce by far and away the most effective results we've seen."

At Scovill, the approach combines the use of trained supervisory personnel to report suspected cases of alcoholism in poor job performance, the threat of dismissal if a faltering employee refuses to enter rehabilitation, and a recovery program using outside clinics and emphasizing participation in Alcoholics Anonymous.

The program is actively supported by union officials and is presented as an employment benefit under which workers are entitled to at least the same health benefits they would receive for any other disease. The treatment is virtually the same for the blue-collar worker and the executive---and both are guaranteed the same degree of anonymity.

"We make it understood that no foreman or supervisor can fire an employee merely because of alcoholism if we feel that the individual is trying to recover," said Dr. Robert W. Butler, medical director of Scovill's Waterbury operations.

"If we decide an individual is not trying, we will turn him back to the supervisor for whatever punitive measures he decides--including firing," added Dr. Butler.

Even when an employee is dismissed, the

company will rehire him within a six-month period if he has abstained from drinking and has joined the clinical program on his own. But he is considered a new employee and can regain his seniority and other benefits only after successful enrollment in the company program for a period of two to three years.

LOANS ARE PROVIDED

Company spokesmen also insist that rehabilitated alcoholics have not been denied promotion. Mr. Rose singled out the case of an executive who has reached "near top echelon rank" and a number of blue-collar workers who advanced to the highest labor grade in their skilled trade.

The usual treatment for an alcoholic who voluntarily joins the Scovill program begins with 30 to 60 days detoxification at a state hospital or a recovery center. The company issues him termination papers so he can collect unemployment benefits.

Scovill will also provide interest-free loans to the employee's family. The money is paid back through payroll deductions on his return to work.

When the worker resumes his job, he may be asked to give the company power of attorney over his paycheck. He is provided enough money to cover his basic expenses--including food, transportation and housing--but the rest is placed in a sealed bank account available only if Scovill counselors deem it necessary.

Even after an employee regains his financial independence, he is expected to attend weekly meetings with company counselors and a regular Sunday afternoon group therapy session held in the employee's recreation building.

"Sure, I've had people come up and say that the company was infringing on their rights," conceded Lou Famigliettie, the shop steward for United Automobile Workers, and a reformed alcoholic himself, "but the company backs the program 100 percent because the guy's in jeopardy and he joined the program voluntarily."

Personal debts acquired during pre-recovery alcoholic binges can be consolidated and repaid with low-interest loans from local banks, usually upon request by the company.

"We never cure anybody," said Mr. Rose, "but at least we can arrest the disease for the rest of his life."

\* \* \*

Editor's note:

The Utah Alcoholism Foundation would very much like to institute a program to work with any business or industry to assist them in the education and means of assistance available to anyone within their organization ill with the disease of alcoholism. We would appreciate hearing from anyone in need of such a program.

\* \* \*

Always remember---a second class effort is a first class mistake.

## A. S. A. P.

### ALCOHOL SAFETY ACTION PROGRAM

The Utah Alcohol Safety Action Project is a program funded by the Department of Transportation designed to reduce the number of alcohol-related traffic accidents and fatalities. Nationally, over 27,000 traffic deaths a year can be attributed to alcohol--in Utah alone, we can trace the cause of at least 160 auto fatalities each year to misuse of alcohol.

Studies conducted for the Office of Alcohol Countermeasures indicated that problem drinkers are responsible for two-thirds of all alcohol-related accidents. The problem drinker, as defined by the Department of Transportation, can be identified by any of the following characteristics:

1. *BAC of .15 or higher when arrested for DUI.*
2. *Previous history of alcohol-related traffic offenses.*
3. *Record of alcohol-related contact with community agencies.*
4. *Reported marital or employment problems due to alcohol.*
5. *Diagnosis of alcoholism or self-admitted alcoholic.*

ASAP's goal is to identify the problem drinker before he involves someone in a fatal accident. If we can change his patterns of behavior, he may cease to be a safety hazard and become, instead, a responsible driver.

Although the focus is on the problem drinker, the social drinker is not absolved from his responsibility to review his drinking-driving habits and adjust them to safe driving practices.

ASAP activities in the Wasatch Front five-county area encompass Law Enforcement, Judicial Systems, Driver Licensing, Rehabilitation, Legislation, and Information/Education. We identify the drinking driver through law enforcement; insure adequate case prosecution; refer problem drinkers to rehabilitative programs; help the Driver License Division to process additional requests for drinking drivers; run special schools for drinking drivers; assess the severity of an individual's drinking problem, increase public awareness of the seriousness of the problem through information campaigns; and initiate legislation to facilitate all activities.

Special alcohol enforcement teams operate in Salt Lake City Police Department, Salt Lake County Sheriff's Office, Ogden City Police Department and the Utah Highway Patrol. Their role involves detection and arrest of drinking drivers. At present, the teams are receiving intensive training in all phases of alcohol enforcement, as well as an overview of the social aspects of alcoholism and the judicial system as it relates to the enforcement officer.

Additionally prosecutors are working through Salt Lake, Davis and Weber County Attorneys' Offices to insure effective processing of the increased case loads. Several members of the judiciary have been acquainted with ASAP goals and objectives and the alternatives available for sentencing drinking drivers have been reviewed. In particular, the availability of schools for drinking drivers has been stressed, as well as the advisability of specifying

counseling for problem drinkers.

Pre-sentence investigators play a major role in assessing the severity of an individual's drinking problem and making recommendations for probation programs. Pre-sentence investigation capacity will be increased in the Salt Lake City Rehabilitation Probation Division under Ken Odell; a new program is being established in Ogden under Mr. Bill Boyington of Adult Probation and Parole; and we will continue to work with the Misdemeanor Services Program in Provo, headed by Grant Farnsworth.

All three of the above programs will be using the newly devised University of Michigan Highway Safety Research Institute Test, which discriminates between problem drinkers, presumptive problem drinkers, and non-problem drinkers.

Schools for drinking drivers are operating presently in Provo and Salt Lake and the Ogden school will begin October 1, 1972. The schools will present information on the physiological effects of alcohol, the risks involved with drinking and driving, and the laws regarding driving under the influence. Facts on alcoholism will be presented in an attempt to create an introspective attitude. The courses will dispel myths about drinking and encourage responsible decision-making concerning driving after drinking.

Problem drinkers will be referred into existing community programs such as the University of Utah Alcoholism Clinic, the V.A. Hospital, and Mental Health Centers. Continued follow-up is important to insure that the individual is responding to his particular probation program. This phase of the project could be a significant step in interrupting destructive drinking patterns and directing individuals to rehabilitative programs while they still have resources.

Social sanctions have impact on drinking-driving patterns. The Public Information and Education activities are designed to acquaint the public with the severity of the drinking-driving problem. Increased awareness will provide support for ASAP activities and create an atmosphere unfavorable to drinking and driving. Information on alcohol and driving will be added to Driver Education programs in public schools. Specific situations involving alcohol will be portrayed and realistic social solutions suggested.

Roadside surveys conducted throughout the Wasatch Front five-county area during May revealed that drinking and driving approached serious proportions. 836 interviews were conducted: 1 out of 6 drivers had been drinking and 1 out of 26 exceeded the legal limit: .08% BAC. Utah ASAP intends to counteract these trends. Other ASAP sites throughout the country have shown reductions in the number of alcohol-related fatal crashes. With continuing cooperation and support, Utah ASAP will have the same impact in the Wasatch Front five-county area!

\* \* \*

W I N N E R S

Ogden A.R.C. Golf Tournament  
BOUNTIFUL SPRINGS GOLF COURSE  
August 20th

The TEAM trophy was won by the Salt Lake City team.

(Determined by adding total gross scores, divided by the number of team members.)  
OGDEN 55  
S.L.C 50

*MEN'S*  
LOW GROSS: Hal Daniels, Ogden

*WOMEN'S*  
LOW GROSS: Geniel Kelly, Ogden

*MEN'S*  
LOW NET: Keith Cooper, Ogden

*WOMEN'S*  
LOW NET: Sarah Bigler, Ogden

HIGH SCORES:  
Men: Archie Walker, Ogden  
Women: Rene Stober, Ogden

T O D A Y

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is Yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control.

All the money in the world cannot bring back Yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is Tomorrow with its possible adversities, its burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control.

Tomorrow's sun will rise, either in splendor or behind a mask of clouds - - - but it will rise! Until it does, we have no stake in Tomorrow, for it is yet unborn.

This leaves only one day - - - TODAY! Any man can fight the battles of just one day, it is only when you and I add the burdens of those two awful eternities - - - Yesterday and Tomorrow that we break down.

It is not the experience of Today that drives men mad - - - it is remorse or bitterness for something which happened Yesterday and the dread of what Tomorrow may bring.

Courtesy of Eddie LeBaron.....

HAPPENINGS IN AND ABOUT THE A.R.C.'S

A FIRST !



Mrs. Porter John Porter Jim Hale

The Provo Alcoholism Recovery Center Council hosted a wedding reception in honor of the Assistant Manager, John Porter and his lovely bride, Kathy Welch, held August 7 at 7:00 p.m. in the Recovery Center in Provo.

The ceremony was performed by Bishop John Matthews.

The bride chose her sister, Leah Snelson as her Matron of Honor and the bride's two children, Wanda and Gary were attendants. The A.R.C. Director, James Hale, stood as Best Man for the Groom.

More than 100 were in attendance to congratulate the bride and groom and wish them well.

The Utah Alcoholism Foundation sincerely joins them in these well wishes !!

\* \* \*

The Salt Lake City Alcoholism Recovery Center has recently acquired a new location for a Support Home to enable men who have completed their structured recovery program to progress in a less-structured environment.

The director wishes us to announce they will be holding Open A.A. Meetings at the Home, 209 Douglas Street, on Wednesday nights at 8:00 p.m.

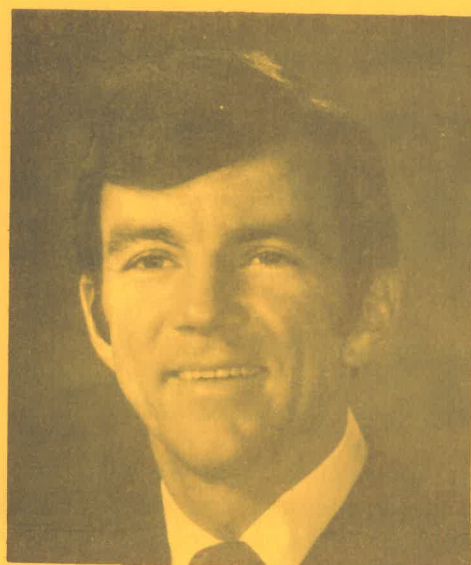
\* \* \*

The race is not to the swift,  
nor the battle to the strong,  
but to him who perseveres to  
the end.



THE COTTAGE

Salt Lake City's FIRST Community  
HELP CENTER



ARTHUR L. KIMBALL

Assisted in Acquisition

On behalf of the residents of Central City, we would like to extend our heartfelt thanks to Fred and Edith Fairclough for their generous contribution to the Cottage.

The COTTAGE is your new H E L P Center, located in the heart of Central Salt Lake City, at 736 South 5th East. It will be open to serve individuals and family members who are afflicted with, or recovering from, the illness of alcoholism (some 12,000 residents in Central City alone!)

Local community residents and unpaid volunteers will function as Hosts and Hostesses for the COTTAGE. They are here to serve you and provide a warm atmosphere helpful to you in solving your problems.

Group and individual counseling will be provided. Social activities in a non-drinking environment will be encouraged. We will learn to listen to each other. We will grow a little and have a lot of fun doing it.

The COTTAGE will be supported entirely through donations by concerned citizens within Salt Lake City.

To GIVE HELP or GET HELP -- CALL: THE C O T T A G E

364-2732

HEALTH PLAN REVIEWED at MEETING

...Excerpt from Salt Lake Tribune...

The plan would identify the need areas, list a program of achievement and a system to accomplish the goals. It would be updated continuously every two years.

Alcoholics and their families can now be helped before the problem becomes "critical", Bernie Boswell and Sandy Wright, Salt Lake resource specialists, told board members.

Using "cottage meetings" and informal get-togethers to educate the public on alcoholism, the Utah Alcoholism Foundation has been able to identify potential alcoholics, Mr. Boswell said.

Following a series of door-to-door contacts, cottage meetings are held in private homes, friends and relatives are invited, and problems of alcoholism are discussed, Mrs. Wright said. From these sessions early intervention has been possible, she added, a possibility rarely encountered

before.

"We deal with people associating with a drinking person," Mr. Boswell said. "By helping a family and friends cope with the problem, the alcoholic or potential alcoholic often becomes involved also, and then seeks treatment."

"The Foundation has strived to utilize every agency available," Mr. Boswell concluded.

\* \* \*

I SOUGHT MY SOUL, BUT  
MY SOUL I COULD NOT SEE

I SOUGHT MY GOD, BUT  
MY GOD ELUDED ME

I SOUGHT MY BROTHER  
AND I FOUND ALL THREE

AN OPEN LETTER TO MY FAMILY:

*I am an alcoholic. I need help.*

*Don't allow me to lie to you and accept it for the truth, for in so doing, you encourage me to lie. The truth may be painful but get at it.*

*Don't let me outsmart you. This only teaches me to avoid responsibility and to lose respect for you at the same time.*

*Don't let me exploit you or take advantage of you. In so doing you become an accomplice to my evasion of responsibility.*

*Don't lecture me, moralize, scold, praise, blame, or argue when I'm drunk or sober. And don't pour out my liquor; you may feel better, but the situation will be worse.*

*Don't accept my promises. This is just my method of postponing pain. And don't keep switching agreements. If an agreement is made, stick to it.*

*Don't lose your temper with me. It will destroy you and any possibility of helping me.*

*Don't allow your anxiety for me compel you to do what I must do for myself.*

*Don't cover up or abort the consequences of my drinking. It reduces the crisis but perpetuates the illness.*

*Above all, don't run away from reality as I do. Alcoholism, my illness, gets worse as my drinking continues. Start now to learn, to understand and to plan for my recovery. I need help from a doctor, a counselor or a psychologist, a recovered alcoholic, from God ---I can not help myself.*

*I hate myself, but I love you. To do nothing is the worst choice you can make for me.*

PLEASE HELP ME !

Your Alcoholic

\* \* \*

Those who live for self alone never succeed in satisfying themselves--- or anybody else.

\* \* \*

DISCRIMINATION????????

(From a recent job ad column....)

WANTED TO HIRE: 1 or 2 men to visit with livestock people, about livestock, not feed salesmen. Knowledge of livestock would be helpful. Good wages. Either full time or part time.

NO ALCOHOLICS MAY APPLY! Box.....

\* \* \*

.....the UTAH CONFERENCE on SOCIAL WELFARE is coming -- SAVE -- the -- DATE:

NOVEMBER 9th & 10th

This year's THEME:

CHANGE: BEYOND the CONFRONTATION

*A look at a kaleidoscope of problems facing and affecting the receivers of services. Mini-workshops are planned as showcases of new and innovative changes in the field of human resource delivery.*

*Major areas to be showcases are: neighborhood health centers, law and welfare, community school, community mental health, etc.*

*Remember, we hope to see you November 9th and 10th at the Hotel Utah. For those wishing to pre-register, please contact BRYANT EASTHAM at 486-1811, or, Delbert DelPorto at 299-7201.*

\* \* \*

ABOUT ALL ONE GETS FROM EXPERIENCE IS EXPERIENCE.

\* \* \*

In a recent issue of the Proceedings of the Royal Society of Medicine (Great Britain) the following tabulation appeared:

WHAT LIQUOR COSTS

- (1) America has 9 million chronic alcoholics.
- (2) Approximately 200,000 new cases of alcoholism occur every year.
- (3) Of the 50,000 Americans killed in traffic accidents annually, 28,400 have alcohol in their blood at the time of the accident.
- (4) Over half a million disabling injuries were sustained last year in crashes involving problem drinkers.
- (5) There are 2,000,000 arrests annually for public drunkenness.
- (6) Americans spent over \$21 billion for alcohol last year.
- (7) The time lost from work, the damage to property by drunks, and the cost in welfare was over \$15 billion in 1971.
- (8) Over half the states report that alcoholism is the most frequent diagnosis for first time admissions to state hospitals.
- (9) One third of all suicides are alcohol related.
- (10) Insurance statistics reveal a 10 to 12 year decrease in life expectancy among alcoholics.
- (11) Nearly one third of all cases handled in child guidance centers show one or both parents are involved with chronic alcoholism.

HOW LONG WILL IT TAKE BEFORE THE PUBLIC WAKES UP TO THE MENACE OF ALCOHOL? IS DRINKING LIQUOR WORTH WHAT IT COSTS !?!

\* \* \*



# Utah Alcoholism Foundation

2875 SOUTH MAIN • SALT LAKE CITY, UTAH 84105 • PHONE 487-3276

## NEWS LETTER

OCTOBER 1972

Volume 3, Number 5

### GOOD NEWS

#### UAF SUPPORT HOME

209 Douglas Street  
Salt Lake City, Utah



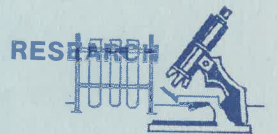
The late President Kennedy was fond of quoting the line, "Nothing is so irritable as an idea whose time has come."

The tremendous interest and activity in the field of alcoholism today clearly indicates that the "TIME OF OUR IDEA HAS COME." The idea of a Support Home, or a transitional house, call it what you say, is here!!

When one talks about a Support Home, or alcoholism, neither of these terms have in themselves, any meaning at all. Meaning grows when people become interested and develop a program that has direction. People put the "PULSE" into a Support Home. People are the Support Home---they are the program that develops within.

A Support Home is neither the beginning nor the end of treatment. It is not a service station---to refuel, recharge one's batteries in

---Cont'd Page 3, Column 1---



### WHO'S MINDING THE STORE

*Willing, cooperative, hard worker with a delightful sense of humor.*

Employment date:  
7 January, 1972



Judy Christopher  
SECRETARY

Office "Girl Friday". Has charge of the Addressograph plates for proper placement and mailing list correctness.

Operates copy machine. Handles the Admission and Discharge copies of Case History forms; replies to correspondence on Publications. Attends to many assigned "emergency"-type functions; participates in preparation of graphs and charts; sorts and distributes incoming mail; operates and trains others in the function of plate embossing and the operation of the Addressograph machine.

Judy says: "I think the Utah Alcoholism Foundation is just great! The program and the co-workers are all that could be desired---couldn't ask for a better place to work. I am happy and proud to be a member of the 'TEAM'!"

\* \* \*

HORSE SENSE is what makes a horse quit drinking when he's full--- while HUMAN SENSE allows "ONE FOR THE ROAD" in the same situation.

\* \* \*

### THOSE "DIFFICULT" FEMALE ALCOHOLICS

(NOTE: "They say" that women alcoholics have a much more difficult time staying sober than men, and have a harder time embracing an A.A. program. A survey of contact with women alcoholics shows no evidence that this sweeping generality is true.)

"Do female alcoholics differ markedly from their male counterparts, and are they more difficult to treat? Some controversy surrounds the matter. There is a widely held belief that female alcoholics are more abnormal, show greater personality disorganization than men, may have a more severe degree of alcoholism, and as a result, present more problems in management.

"However, there is little evidence to indicate that such is true of all female alcoholics, or even of most. The average woman attending an alcoholism out-patient clinic is, in fact, less likely to have been a public nuisance than the male outpatients, and more likely to have escaped arrest and hospitalization in the past.

"Aside from this, men and women outpatients of clinics for alcoholism are remarkably similar, particularly in terms of age, education and social and cultural backgrounds."

(Extracts from "Aspects of Alcoholism", published by J.B. Lippencott Co., Philadelphia, Pa.)

\* \* \*

### HOO BOY !

The Russian determination to lead the world in all areas may be reflected in their recent report that they have found a scientific way to make liquor quicker than most moonshiners. According to the Universal News Service:

"They claim they can age brandy and cognac by infusing the brew with oak shavings that have been exposed to radiation. This matures brandy in 10 to 15 days instead of the traditional three years of letting it mellow inside oaken casks. But U.S. moonshiners say the Russians have only refined something they have known for years: that throwing lumps of old furniture into the alcohol lends a certain distinct flavor."

\* \* \*

People go on vacations to forget things.....when they get there, they usually find out they did!

### HOSPITAL TREATMENT OF ALCOHOLICS

Physicians desiring to treat alcoholic patients have sometimes been frustrated by the refusal of hospitals to admit such patients on the grounds that in the intoxicated state they are difficult to handle, that they require special facilities, and their over-activity disrupts hospital routine.

In a recent official statement, the Council on Mental Health, American Medical Association, pronounced alcoholism an illness "which justifiably should have the attention of physicians". While recognizing the problems faced by hospitals in some cases, the Committee noted that many alcoholic patients are cooperative and urged that prospective patients be considered individually rather than with a negative attitude toward alcoholics in general.

The Council emphasized that alcoholic symptomatology and complications are clearly within the scope of medical practice; that severe alcohol intoxication is often a serious medical emergency; that knowledge of how to treat this kind of patient is an important part of intern training; that improved understanding has placed the alcoholic in the category of a sick person; and that admission should depend on the patient's history, his cooperativeness and the opinion of his own physician and of the hospital staff.

(Extract from article in Quart. J. Stud. Alc. Copyright, Quarterly Journal of Studies on Alcohol, Inc. New Brunswick, N.J.)

### How's Your Language? Up With The Times?

- Remember when hippie meant big in the hips, and trip involved travel in cars, planes and ships?
- When pot was a vessel for cooking things in, and hooked was what Grandmother's rug may have been?
- When fixed was a verb that meant mend or repair, and to "be in" simply meant being somewhere?
- When neat meant well-organized, tidy and clean, and grass was a ground cover, normally green?
- When the lights and not people were switched on and off, and the pill might have been what you took for a cough?
- When groovy meant furrowed with channels and hollows, and birds were winged creatures like robins and swallows?
- When fuzz was a substance fluffy like lint, and bread came from bakeries, not from the mint?
- When a roll was a bun and rock was a stone, and hang-up was something you did with the phone?
- When chicken meant poultry, and bag meant a sack, and junk trashy cast-offs and old brick-a-brack?
- When a cat was a feline, a kitten grown up, and tea was a liquid you drank from a cup?
- When swinger was some one who swung in a swing, and a pad was a sort of cushiony thing?
- When way out meant something was far, far away, and a man couldn't sue you for calling him gay?
- Words once so sensible, sober and serious now make the freak-out with Psyche-Delirious.
- It's groovy, man, groovy, but English it's not, me thinks that the language has sure gone to pot.

Author Unknown

CONGRESS DOES STRANGE THINGS....IT PUTS A HIGH TAX ON LIQUOR AND THEN RAISES OTHER TAXES THAT DRIVE PEOPLE TO DRINK,



## DEATH BY OUNCES

preparation for the next drunk. To avoid this, careful screening is needed ---to find those who are "SICK OF BEING SICK", who feel they must learn to live and work without alcohol.

It is not a clinic to provide professional treatment for the alcoholic sickness. A client does not diagnose or treat himself---and must accept the diagnosis for him: *I am an alcoholic and my life has become unmanageable,* therefore, *"I am willing to enter a Support Home and make common cause with other alcoholics, etc."*

Our Support Home is a SUBSTITUTE FAMILY where one may gain the fine art of living---without alcohol. A home, where the creature comforts, room and board, are provided.



A dry environment conducive to sobriety where men may have a better than average chance to learn to live and work without alcohol.



When a Support Home and the community perceive themselves as part of the same team, only then does the Support Home become a true transitional Center in the continuum of the recovery process.

Any success of our Support Home will depend on the quality of our ideas and programs and how well we do our homework. **TEAMWORK!** *The men in the Home, the community and the Utah Alcoholism Foundation*

"Death by Ounces" is the title of the 1972 edition of The Travelers Insurance Companies book on highway accident statistics. The 'ounces' are the 80 proof variety.

Consumption of such drinks by motorists in the United States in 1971 caused death for 27,000 men, women and children and injuries for 2,350,000 others, according to statistics in the book.

All studies undertaken so far point up that alcohol taken in any amount immediately before driving impairs the operator's ability to some degree. This has long been recognized in many foreign countries and is reflected in extremely stringent legislation, notably in the Scandinavian nations.

Finland, for instance, jails a person caught driving with any detectable trace of alcohol in his blood. Even with no accident involvement, he faces up to five months imprisonment. Hard labor is added if the drunk driver injures or kills someone.

We in the United States are a long way from taking such unequivocal stands. Convictions of drunken drivers are extremely difficult to obtain. Of the 350 drunk-driver cases surveyed by The Charlotte (N.C.) News, only two ended in trials. In one, the defendant was found guilty. In the other, the jury could not reach a verdict.

The solution to this dilemma is obvious: **THERE ARE LAWS AGAINST DRUNK DRIVING---IT'S UP TO EACH OF US TO LET OUR ENFORCEMENT OFFICIALS KNOW THAT WE WANT THE LAWS TO WORK!!**

\* \* \*

You don't find life worth living  
---you make it that way.

\* \* \*

The Soviet government has ordered a reduction in the production of vodka. It's part of a campaign to reduce drunkenness. It has also tried to encourage the use of soft drinks, beers and wines.

Russia's Ivan has taken increasingly to vodka and other drink during leisure hours. The alcoholism problem has affected Russian industrial production.

Some Russians have used liquor as an escape of anesthetic from some of the drab and hopeless facets of life under communism. Making vodka harder to get may turn out to be something like the United States' experiment with prohibition.

An increase in consumer goods and greater individual freedom, which are the yearnings of average Russian citizens, would be a more effective step for Russian well-being than the crack-down on vodka.

GOOD NEWS !!

SALT LAKE COUNTY ALCOHOL AND DRUG  
DETOXIFICATION CENTER

The Salt Lake County Department of Social Services is pleased to announce the opening of the Salt Lake County Alcohol and Drug Detoxification Center. The Center will be administered by the Salt Lake County Rehabilitation Probation Division which currently offers outpatient counseling referral services to persons experiencing problems related to the use of alcohol or drugs.

The Center is funded by a Grant from the Utah Law Enforcement Planning Agency and by Salt Lake County.

The Alcohol and Drug Detoxification Center will establish an effective program for the detoxification of alcoholics and abusers of other drugs in the Salt Lake Metropolitan area. The Center will include a total of 16 beds; it is planned that 12 beds will be used for alcohol detoxification, with the remaining 4 beds to be used for drug detoxification. (2 beds are reserved for women.)

Services of the project will be available to persons experiencing alcohol or drug withdrawal symptoms, and in some instances, individuals who are intoxicated but not experiencing withdrawal symptoms may also be admitted.

Patients will remain at the Center for a period of approximately 7 days, during which time they will receive necessary medical and nursing services. A social worker will help patients plan for their release from the Center, and wherever possible will make referrals to long-term alcohol and drug treatment centers. Once a patient has been detoxified, it is more likely that he or she will be effectively involved in a continuing treatment program.

The Center will be administered by Mr. Kenneth Odell. Additional staff includes registered nurses, licensed practical nurses, orderlies, a social worker, and a secretary. The staff has been hired and has completed two weeks of orientation and education provided by the Veterans Administration Hospital. Medical coverage will be provided on a contract basis.

In addition to offering adequate detoxification services, it is anticipated that this program will reduce the burden and expense that alcoholics and other drug abusers currently place on law enforcement and jail personnel.

The Detoxification Center is located at 175 East 21st South, in the old County complex. TELEPHONE: 328-7045  
328-7046

\* \* \*

A promise is like a baby crying in  
a theatre --- BOTH SHOULD BE CARRIED  
OUT !!

....D.N.S. NEWS

The Oquirrh Target Area is bounded on the North by 21st South, on the South by 45th South and the Area extends from Magna on the West to the Wasatch foothills on the East.

In this, the largest school district in the State, live 87,118 persons. The area is 180 square miles.

The cost of ALCOHOLISM in Oquirrh area is calculated by estimating (conservatively) that one out of fifteen are victims of alcoholism. Thus, we divide 15 into 87,118 and come up with an alcoholic population of 5,808---now, if we multiply this figure by \$900 (which is the cost to taxpayers per alcoholic) we arrive at the stupendous sum of \$5,227,000.00 This is the "money" cost only and does not include suicides, deaths and other alcohol-caused problems.

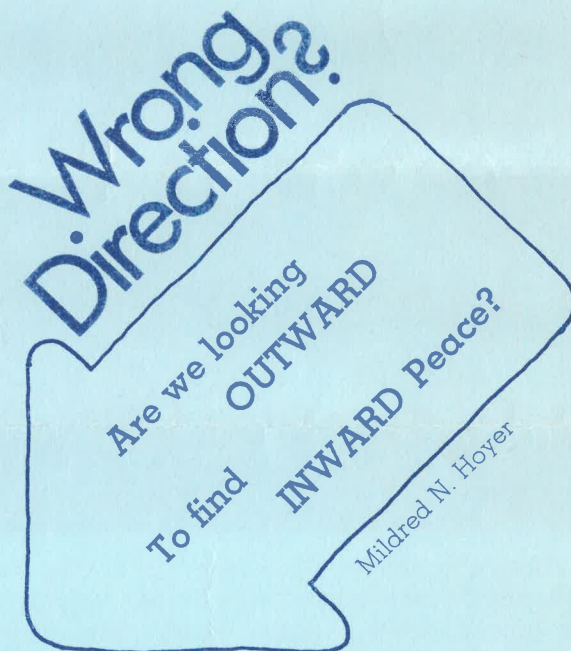
Well, there it is folks !!

If you think it is "JOE'S PROBLEM"  
THINK AGAIN---ALCOHOLISM IS EVERY-  
BODY'S BUSINESS !!

.....Mel Smith  
Resource Specialist  
Oquirrh Target Area

\* \* \*

JUST STAND ASIDE AND WATCH  
YOURSELF GO BY.  
THINK OF YOURSELF AS "HE"  
INSTEAD OF "I"



Be such a man, and live such a life  
that if every man were such as you,  
and every life a life like yours,  
this earth would be God's Paradise.



# Utah Alcoholism Foundation

2875 SOUTH MAIN • SALT LAKE CITY, UTAH 84105 • PHONE 487-3276

## NEWS LETTER

NOVEMBER 1972

Volume 3, Number 6

### NEW DIRECTOR FOR UTAH ALCOHOLISM FOUNDATION



DOUGLAS M.  
DINSMORE

Douglas M. Dinsmore, Evanston, Wyoming, has been appointed Executive Director of the Utah Alcoholism Foundation.

Mr. Dinsmore will assume duties on December first and will replace Dr. Kimball S. Van Sant, who resigned.

Mr. Dinsmore is the Associate Director of the Department of Alcoholic Treatment services in the Wyoming State Hospital. He holds a B.A. Degree in Business Administration from the University of Wyoming and has completed Graduate work in the field of Business Administration at the University of Indiana.

He has attended the University of Utah School of Alcohol Studies, the Washington University, St. Louis Alcoholism Training Program for Professionals, and the University of Colorado School of Alcohol and Drug Studies.

Mr. Dinsmore says: "I have been apprised of some of the problems facing the Utah Alcoholism Foundation by members of the Executive Committee of the UAF Governing Board and sincerely hope that some of the ideas and techniques I can bring into my new position will serve to realize my ultimate objective: to work in this field in a 'community atmosphere' where abilities and previous experience could best be utilized to fulfill policies and objectives such as those of the Utah Alcoholism Foundation."

### WHO'S MINDING THE STORE

*Quiet  
Self-confident  
Capable*

Employment date:  
1 September, 1972



Jan Wheeler

"Print this is the function that produces in final form, the Newsletter, various brochures, a variety of publications and sundry other printed items. She has the faculty of analysis and understanding of things mechanical and appears to be always in control of the situation of the moment.

Employing a quiet, efficient manner, Jan organizes and conducts Print Shop activities in a very business-like fashion. Any misgivings that we may have originally had about a female printer were quickly dispelled as Jan proceeded to get the presses running and production started.

In addition to her demonstrated talents and ability, her pleasant personality traits make her "a very nice person to be around."

Jan says: "I thoroughly enjoy working at the Utah Alcoholism Foundation and now better appreciate the work the Foundation does which, in turn, creates a desire for even greater personal involvement."



## CHANGING ATTITUDES

"If we take habitual drinkers as a class, their heads and hearts will bear an advantageous comparison with those of any class."

...ABRAHAM LINCOLN...  
Springfield, Illinois  
February 22, 1842.

Attitudes toward alcoholic employees haven't caught up entirely with Abraham Lincoln but there's more and more progress in understanding this often disabling affliction.

However, it has taken a quarter century of research and education to develop a greater awareness and there is still a long way to go in bringing this problem under control and taking steps toward solution.

Unfortunately, much of the United States' population is ambivalent toward drinking and its consequences. Socially, drinking has rather general approval---about 80 to 90 million Americans use intoxicating liquors. Since only a small percentage of drinkers become alcoholics, it appears to many citizens who can take it or leave it alone that there is something fundamentally wrong---physically, mentally, emotionally---with individuals who become dependent on alcohol to meet major or minor crises or need it to get through the day. And since it is obviously self inflicted, some Americans find it hard to accept alcoholism as an illness, much less agree that it is a disease.

The American Medical Association Manual on Alcoholism describes it as a "specific disease entity". It is an illness "characterized by preoccupation with alcohol and loss of control over its consumption such as to lead usually to intoxication if drinking is begun; by chronicity; by progression; and by tendency to relapse." As an old Japanese proverb put it:

First the man takes a drink  
then the drink takes a drink  
then the drink takes the man.

The manual goes on to observe: "It is a common disorder, with serious and far reaching consequences and it will be encountered by the physician regardless of the type or location of his practice. It is not limited to particular groups or areas. There is no single cause. Instead, a complicated inter-play of physiological, psychological and socio-logical factors leads to its development.

None of these has been identified as most important . . . Neither is there a single recommended approach to the alcoholic patient, nor just one effective kind of management technique. As elsewhere in medical practice, the most important features will derive from the

---Next Column

physician's interest, concern and desire to help."

The medical profession now recognizes alcoholics are "treatable patients.... suffering from a type of drug dependence of pathological extent and pattern, which ordinarily interferes seriously with the patient's total health and his adaptation to his environment."

\* \* \*

## UNIFORM ALCOHOLISM TREATMENT ACT

In February of 1972 the State of Washington was the first to pass the Uniform Alcoholism and Intoxication Treatment Act drafted by the National Conference of Commissioners on Uniform State laws. This Act declares that: "It is the policy of this State that alcoholics and intoxicated persons may not be subjected to criminal prosecution because of their consumption of alcoholic beverages but rather should be afforded a continuum of treatment in order that they may lead normal lives as productive members of society." As of May, 1972, the following states have enacted the "Uniform Act" or an Act similar to it: Arizona, Alaska, District of Columbia, Hawaii, Florida, Maryland, Massachusetts, Minnesota and Oregon.

\* \* \*

The way some people stretch it, you'd think there was a shortage of truth.

\* \* \*

## NOW, CONSIDER THIS .....

Alcoholism tends to be most widespread in such countries as Ireland and the United States, where drinking is socially acceptable. It is much less a problem in China, Israel, and Italy, where drunken behavior is frowned upon. Now the National Institute on Alcohol Abuse is attempting to reshape American thinking on the subject. One of the film shorts it has prepared suggests that the GOOD TIME CHARLIE who keeps his guests' glasses constantly filled is not a genial host--but a **PUSHER**.

THAT IS A TITLE NO ONE COVETS !!

\* \* \*

A good leader inspires confidence in his people in himself.

A GREAT LEADER inspires confidence in his people in themselves.

...Disraeli...

# REHABILITATED UTAHNS FACE REBUFFS IN FINDING SUITABLE EMPLOYMENT

SALT LAKE TRIBUNE  
Editorial Page  
11-19-72

Rehabilitation is a key word in dealing with many of modern society's ills. But there is reason to believe that too many employers and individuals don't really believe in it.

Their skepticism is costing millions of dollars and contributing to a mountain of frustration and financial hardship for the rehabilitated who can't find employment.

By definition, a rehabilitated person, be he physically handicapped, alcoholic, mentally retarded or whatever--is made whole again, ready to work at jobs within his capability limits. Utah spends some \$4 million a year rehabilitating handicapped citizens to enable them to hold jobs and become self supporting. Yet there are still employers unwilling to accept even the state's certification that such persons are capable and work-ready.

This reluctance raises a hard question: Why should taxpayers spend millions on rehabilitation programs when employers will not accept the fact of rehabilitation?

Utah State Board of Education, division of Rehabilitation Services, is carrying 340 work-ready rehabilitated Utahns on its rolls. Many have been turned down for jobs because prospective employers will not accept the state's word that they are capable workers.

*FOR EXAMPLE:* A railroad engineer with 17 years seniority lost his job because of a drinking problem. He underwent alcoholism therapy and was pronounced fit to return to work. He was certified as rehabilitated by the Division of Rehabilitation Services. His union and fellow employees testified in writing as to his capability and new sobriety. As far as the State of Utah was concerned he was as good as new. BUT HIS FORMER EMPLOYER REFUSES TO REINSTATE HIM. The engineer is not an isolated example.

Though many Utah firms are eager to hire anew or reinstate rehabilitated former employees, many are not. As a result the state, which spent millions in medical and training programs, is further forced to spend additional millions on welfare payments to people ready and willing to work.

It comes down to this: It makes no sense to rehabilitate if the rehabilitated are going to be cold shouldered just the same. The solution is not to end rehabilitation but to accept the fact that a rehabilitated person is just as good as anyone--AND MAYBE EVEN BETTER.

\* \* \*

## THINK ABOUT IT

"....I am suggesting that we drop the word 'alcoholic' from our vocabulary, because just the word itself is killing people. In spite of all our efforts for a quarter of a century toward trying to remove the stigma and the stereotype from the word 'ALCOHOLIC', they still prevail to such an extent that they prevent early identification of alcoholism and the seeking of treatment. They even contribute to its prevalence.

"Rather than wasting time and confusing the issue by trying to diagnose precisely who is an 'alcoholic' and who is not, we need to come to some commonly accepted understanding about which responses to alcohol contribute to human dignity and which do not. And, if alcohol is causing any kind of continuing problem, the drinker must learn to live without drinking."

....David C. Hancock  
St. Paul, Minn.

\* \* \*

## A POINT TO PONDER....

"Perhaps more American motorists would take an interest in the accident rate on our highways, if they knew that 50% of their insurance premiums are used to subsidize DRUNK DRIVERS!!

\* \* \*

## ALCOHOL....

Alcohol presents a special case of drug usage because of its widespread social acceptance and use. Some churches are asserting a fundamental concern with the problems of alcohol and affirm their conviction that the choice to abstain from the use of alcoholic beverages is sound and is a wise witness to God's liberating and redeeming love for mankind.

This witness is especially relevant in a pluralistic society where drinking is so uncritically accepted and practiced; where excessive, harmful, and dangerous drinking patterns are so common; where destructive reasons for drinking are so glamorized that youthful immaturity can be exploited for personal gain; where alcohol contributes to a great proportion of fatal accidents industrial and traffic; where millions of individuals and their families suffer from alcoholism and countless others from various drinking problems; and where alcohol is a factor in many other social problems such as crime, poverty and family disorder....

Abstinence is considered an instrument of love and always subject to requirements of love. Persons who practice abstinence should avoid attitudes of SELF-RIGHTEOUSNESS which break fellowship with those who do NOT abstain.

\* \* \*

SEVEN-TENTHS OF A SECOND . . .

Following is a slow-motion, split-second reconstruction of what happens when a car, traveling 55 mph, crashes into a tree:

1/10 of a second - The front bumper and chrome of the grillwork collapse. Slivers of steel penetrate the tree to a depth of 1 1/2 inches or more.

2/10 of a second - The hood crumples, smashing into the windshield...Spinning rear wheel leave the ground...Car's heavy structural parts begin to act as a brake on the forward momentum of the 2 1/2-ton car...Driver's body continues to move forward at the vehicle's original speed...His legs, ramrod straight, snap at the knee joints.

3/10 of a second - Driver's body is now off the seat, torso upright, broken knees pressing against the dashboard... His head is now near the sun visor, his chest above the steering column.

4/10 of a second - Car's front 24 inches have been demolished...Rear end is still traveling an estimated 35 mph ...Driver's body still traveling 55 mph ...Half-ton motor block crunches into tree.

5/10 of a second - Driver's fear-frozen hands bend steering column into almost vertical position...Force of gravity impales him on steering shaft ...Jagged steel punctures lung and intercostal arteries.

6/10 of a second - Driver's feet ripped from his tightly-laced shoes... Brake pedal shears off at the floor boards...Chassis bends in the middle, shearing body bolts...Driver's head smashes into windshield.

7/10 of a second - Entire body of car forced out of shape...Hinges tear, doors spring open...Seat rams forward, pinning driver against steel of steering shaft...Driver is now dead...

TOTAL LAPSED TIME. . . . !!  
SEVEN-TENTHS OF A SECOND !!

\* \* \*

*In "A FEW BUTTONS MISSING": The Case Book of a Psychiatrist, Dr. James T. Fisher, one of the country's foremost psychiatrists, writes:*

If you were to take the sum total of all the authoritative articles ever written by the most qualified of psychologists and psychiatrists on the subject of mental hygiene, if you were to combine them and refine them and cleave out the excess verbiage, if you were to take the whole of the meat and none of the parsley, and if you were to have these unadulterated bits of pure scientific knowledge concisely expressed by the most capable of living poets, you would have an awkward and incomplete summation of the SERMON ON THE MOUNT.

\* \* \*

## INDUSTRY STILL DRAGGING ITS FEET ON ALCOHOLISM PROGRAMS

The corporate battle against the disease of alcoholism still lags, a study shows. Only 350 to 400 of 1.5 million U.S. Corporations have anti-alcoholism programs, a survey by American Society for Personnel Administration and Prentice-Hall, Inc. finds.

Fewer than 50 of them can be termed real working programs. Only 12 are considered effective by the National Institute of Alcohol Abuse and Alcoholism.

About 4.4 million workers are alcoholics and about 90 % of them have been on the job for 10 to 20 years. The report figures these alcoholic workers are costing employers eight to ten billion dollars a year.

Data on drug programs are hard to find. Only a handful of companies have publicized their drug abuse programs. One company has reported the cost of turnover due to the release of addicted employees as \$75,000 in one year.

\* \* \*

*YOU'LL ALWAYS STAY YOUNG - If you live honestly, eat slowly, sleep sufficiently, work industriously, worship faithfully, and lie about your age.*

\* \* \*

## ANOTHER 'NEW' HAS BEEN ADDED

Representatives from the South Valley area, comprising the towns of Midvale, Sandy, Murray, West Jordan and South Jordan, have applied to the Governing Board of the Utah Alcoholism Foundation to establish an Alcoholism Recovery Center in the South Valley area. This application was made to the Board of Trustees in their regular meeting of October 25 and was accepted and we welcome the area into the Foundation.

A new Council is to be formed in the area and the representatives present at the Board Meeting were asked to proceed in inviting people to serve on the Board of the newly-formed South Valley Alcoholism Recovery Center Council to govern the affairs of the Center.

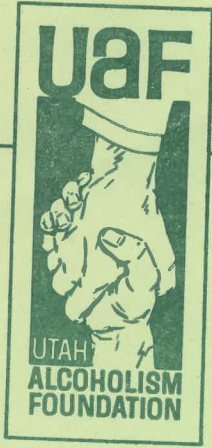
Representatives are at present looking for a suitable location--both geographically and large enough to accommodate 20 men.

\* \* \*

STATISTICS, LIKE FOOTBALL OR POLITICAL POLLS, ARE AUTHENTIC ONLY WHEN THEY AGREE WITH YOUR THINKING.

\* \* \*

*When one realizes his littleness, then his greatness can appear.*



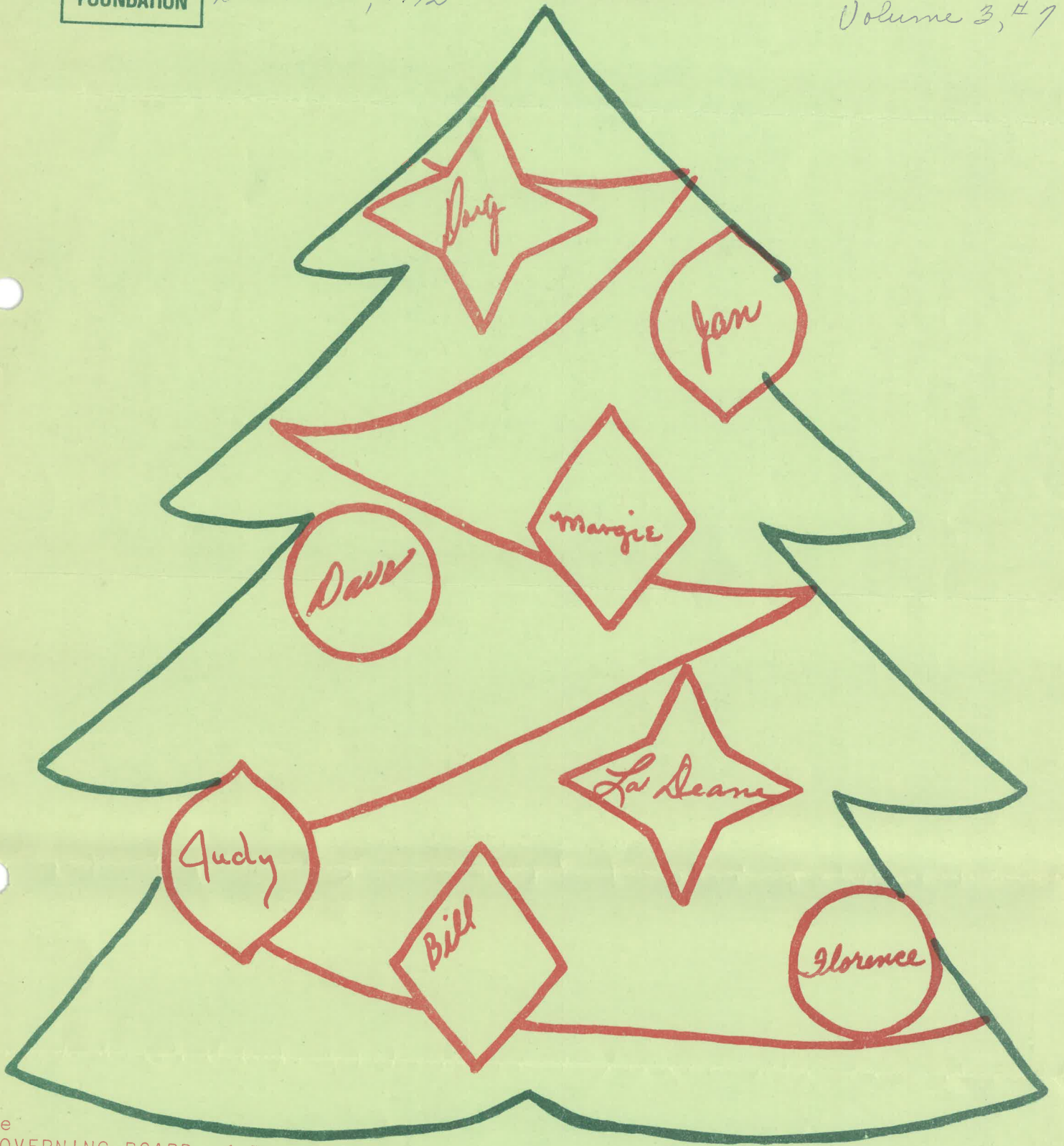
# Utah Alcoholism Foundation

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## NEWS LETTER

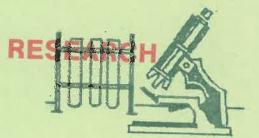
December, 1972

Volume 3, # 7



The GOVERNING BOARD of TRUSTEES and U A F STAFF

....Send warmest wishes for happiness and cheer All through the Christmas Season and a wonderful New Year



The search is yours and mine.  
Each finds his way with help,  
But yet alone.

Serenity is the goal.

It comes to those who learn to wait  
And grow;  
For each can learn to understand himself  
And say, "I've found a  
Joy in being I,  
And knowing you;  
A knowledge of the depths I can descend,  
A chance to climb the heights above my head."

The way is not so easy all the time.  
Our feet will stumble often as we go.  
A friend may need to give some extra help,  
As we once gave to others  
When in the hour of fear.  
This is no picnic path that we have found;  
But yet compared to other days  
And other times,  
It seems a better route.  
We lost our way before;  
In fear,  
And guilt,  
Resentments held too long.  
Self-pity had its way with us;  
We found the perfect alibi  
For all our faults.

We do not know what life may bring  
From day to day.  
Tomorrow is a task not yet begun,  
And we could fail  
To pass its test.  
But this will wait,  
While in Today we do the best  
We can.  
Today we try to grow.  
Today we live,  
We seek to know,  
To give  
To share  
With you.

. . . .From "SEARCH FOR SERENITY"  
By Lewis F. Presnall.