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'Hot' political races simmer quietly as summer heats up

By Stephen Maher
Of the Emerald

The weather turns warm, schools let out and families leave for vacations. But for the candidates involved in Oregon's top political races, the summer months mean work, not play.

In the hotly contested governor's race between Neil Goldschmidt and Norma Paulus, both candidates will travel extensively during the summer meeting voters, according to aides.

"Neil wants to spend the summer months by going around the state finding out how Oregonians work and live," said Virginia Burdick, Goldschmidt's press aide.

"You'll see a change of pace during the summer, but you'll still see a fast-paced campaign. We aren't going to be sitting back on our laurels," Burdick said.

Locally, the Goldschmidt campaign will staff booths at fairs, participate in the Butte to Butte Run and begin phone activity in August, said Greg Satchel, office manager of the Eugene Goldschmidt office. The former Portland mayor and Carter administration cabinet member also will be in town for the Lane County Fair and will work at a local business for an hour or two in mid-July, Satchel said.

"The one thing this campaign is trying to accomplish is to keep interest throughout the summer is word-of-mouth. The race could be close, and if it is, it could boil down to word-of-mouth," he said.

Goldschmidt's opponent, former Oregon Secretary of State Norma Paulus, will be making a concerted effort to get out and meet people, said Michael Neeld, her press aide.

"It's a continuation of what she's been doing. She'll spend two-thirds of her time out traveling the state," Neeld said.

Much of that time will be spent in Lane County, he said, citing the Lane County



Graphic by John Beck

Fair, Veneta, Cottage Grove and Junction City as places of interest.

"Obviously, Eugene and Lane County is a very substantial area of the voter base. It's an area we pay much attention to. Norma will spend a number of days in Lane County," he said.

One way to combat the summer political doldrums and heighten voter interest would be to hold a series of debates around the state, Neeld said. But chances of that occurring are slim because the Goldschmidt camp believes otherwise.

"We don't like the idea of summer debates. People are more interested in that in the fall," Burdick said.

In the U.S. Senate race, both Sen. Bob Packwood and Rep. Jim Weaver are currently in the midst of a two-and-a-half-week tour of the state. And once Congress reconvenes in July, both will be spending much of their time in the nation's capitol.

For Packwood, the summer months will be business as usual. Oregon's junior senator will continue to make appearances around the state much like he

has done since he was last elected in 1980, said Etta Fielek, Packwood's spokeswoman.

"Senator Packwood has done this for six years. It is a continuation of the status quo," Fielek said.

Fielek also discounted the influence vacations have on voter apathy in Oregon. "Oregonians travel year round. I feel we'll be able to keep up voter interest real well," she said.

The Weaver campaign will be marked by organizational work, preparations for

the fall and appearances by the 4th District congressman, said Glatton Kerans, an administrative assistant to Weaver and a candidate himself for a state Senate seat.

"There's a lot of work involved. I'm getting ready for the big push," Kerans said, adding that "there are appropriation bills to deal with, and I expect both Weaver and Packwood to be involved with that. So personal appearances will be limited to recesses."

The summer months are a time when political races are the last thing on the minds of Oregonians, Kerans said.

"The public takes a vacation from politics from about the day school lets out until the day school begins," he said.

In the 4th District race between Lane County Commissioner Peter DeFazio and Douglas County Commissioner Bruce Long, grassroots campaigning will be the center of summer activity.

"We'll be using volunteers to staff booths at various fairs and at parades. Peter will be doing a lot of personal appearances. We're taking advantage of the summer by having him talk to people in-depth," said Doug Marker, DeFazio's finance director.

The Long campaign also will be featured prominently around the district during the summer months, although it will not be as large scale an operation as can be expected in the fall, said Alan Franco, Long's finance director.

"You keep their attention obviously through one-on-one contact, through radio actuality and through people who come from out of town," Franco said.

Franco also believes voter interest will remain high during the summer because Long and DeFazio are running for Weaver's open seat.

Adult Children of Alcoholics deal with unique problems

By Barbara Shaw
Of the Emerald

Carol is a tall blond, an older student who had an alcoholic father. After a recent meeting for Adult Children of Alcoholics, a few blocks from campus, she talked about the effects of growing up in an alcoholic's family.

"I had zero self-esteem," she said. "I went from one career to another, being overqualified for each. And I dated only alcoholics."

Episodes of depression marked Carol's life for many years. Her old philosophy was, "Life is hell and then you die."

But since she discovered a support group for people like herself, Carol has begun to understand what went wrong in her childhood.

Eugene counselor Michael Bean specializes in the unique problems of people who grew up in an alcoholic's household. He says that Adult Children of Alcoholics (ACOAAs) are more likely than others to become drug or alcohol users, suicides or to suffer severe depression.

They also are five times more likely than others to marry someone with these behaviors or who will develop them later when life becomes discouraging, Bean says. Children having an alcoholic or drug-abusing parent suffer from effects similar to those experienced by children having a parent who was

chronically ill or emotionally unstable, he says.

Laura also attends ACOA meetings in Eugene. "I got involved in emotionally destructive relationships," she says. "I sought them out as being like what I had as a child."

To avoid trouble as a little girl Laura took the role of a super-good child, she says.

"I was a very good girl," she says. "But I am not good at being a woman. I don't have the survival skills to handle adult situations."

At ACOA meetings, participants learn that alcoholic behavior is a dependent way of relating to people that is learned in childhood and persists even when drugs and alcohol are not present. Spouses and offspring of an alcoholic adapt to the "user" with coping behavior that distorts their own personalities.

They learn to accept upsets, violent scenes, embarrassment in public, unrealistic demands for perfection and repeated cop-outs. They learn to cover for the "user." Later they choose relationships with people who treat them like they were treated at home, or who will depend on them as the alcoholic parent did.

Dave had an alcoholic mother. His father is a heavy drinker, too, and repeatedly insults him. Dave says, "Low self-esteem is a major factor. I look for recognition from other people rather than from myself."

An alcoholic mother creates more serious problems than does an alcoholic father, Bean says, because the mother is the primary care giver. Serious insecurity and an inability to trust will result if the child lacks loving intimacy and nurturing, he says.

Feelings of social isolation, alienation, a sense of guilt and shame, and a fear of abandonment plague the alcoholic's child, he says.

Karen stayed after the ACOA meeting to talk. She says her own pain came from her sense of isolation. She had a feeling of craziness and unreality.

"The other kids my age seemed so young, I had all these heavy things on my mind. I couldn't really enjoy my friends. They seemed like children and I was not."

Russ voiced enthusiasm for the ACOA group. He says it has helped him feel less isolated. "I've taken down a lot of barriers between me and other people," he says. "I didn't want people to know the truth about me before because I was afraid they wouldn't like me."

The feelings described by group members typify the experience of many ACOAAs. Often they express relief at realizing they are not alone, that others have similar emotions.

Bean says that in his counseling practice, many ACOAAs have a crisis in self-image about age 25. Many college-age people who had an alcohol-

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