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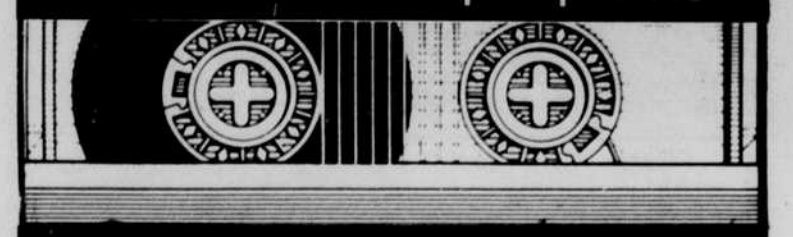

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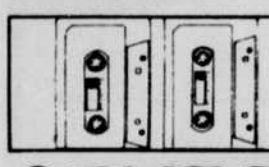

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Help

Continued from Page 5

alcoholic wants it to work."

However, the hardest thing for an alcoholic to do is to take that first step and admit that she or he has a problem, Earl said.

It was at AA that Randy admitted he was powerless over alcohol, which was the most difficult part for him, he said. "I didn't know how to act without drugs in me," he said.

"Anne," who asked that her entire name be withheld, said her problems with substance abuse began with alcohol during her summer between high school and college.

After arriving at the University, Anne joined a sorority, where her problem worsened.

"There's a lot of social pressure to drink in sororities," she said.

Anne said she often experienced blackouts and remembers times when she woke up in unfamiliar places, not knowing who was lying next to her.

"I'd lose from 7 p.m. to 11 p.m., and people would have to tell me what I had done, especially after the Beer Gardens on a Friday night," she said.

Anne soon left her sorority when she met a cocaine dealer, fell in love and dropped out of school, she said.

"Because I lived with a coke dealer, I didn't have to buy the stuff, and I always found enough money for alcohol," she said.

When she realized she had a problem, Anne left her boyfriend and enrolled at Lane Community College. The arrangement lasted three or four months, during which time she got her act together, she said — she only did cocaine twice, but her drinking tripled.

Thinking she could handle her life, Anne reconciled with her boyfriend. But when she returned to him, she returned to using drugs, especially cocaine, she said.

Around this time, Anne's boss mentioned to her that he suspected she had a drug problem, although Anne denied it, she said. It was not until later, while she was drunk and stoned, that Anne went back to her boss for help.

He made her an appointment to see a drug-and-alcohol specialist who recommended that Anne go through a treatment center, she said. But due to a lack of time, Anne decided against the recommendation and instead joined Narcotics Anonymous in September 1985.

A spokesperson for Narcotics Anonymous who requested anonymity said the organization was derived from AA. NA is different because it deals mainly with drug abuse, but it is run basically in the same manner, he said.

The goal of the spiritually based program is to aid the individual. And people shouldn't confuse the word spiritual with religious, he said.

"It is up to each individual to find a god or something they can believe in," he said.

"It involves the aspect of a power greater than oneself," Anne said.

"It helps to know there are people going through the same issues as I am," she said. "We share a bond because we've got a secret. Things can go unsaid between us because they know as well as I what the behavior of this disease entails."

Anne said a change in her social life became necessary. "I had to change all of my playmates, play-places and playthings," she said.

Randy said he no longer attends parties where alcohol is the central focus.

"Just like a guy with diabetes, you don't make fun of someone who can't eat sugar," Randy said. "People know he has a disease."

A number of AA and NA meetings are held throughout the Eugene area every week. For more information, call AA at 342-4113 and NA at 341-6070.

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NOMINATION FORM FOR 1987

FACULTY AWARDS FOR DISTINGUISHED TEACHING

Nominations are being accepted for 1987 awards to UO faculty members for distinguished teaching. This year there will be two Ersted awards and three Burlington-Northern awards made at the Spring Commencement exercise. Each of the Ersted awards will be accompanied by a gift of $1,000 and each of the Burlington-Northern awards will be accompanied by a gift of $2,000. Nominations may be submitted by students, faculty, staff, and alumni. *You may use the form below or send a letter of nomination to:*

Joseph Hynes, Vice-Provost, 103 Johnson Hall
Please send no later than February 27, 1987

ELIGIBILITY FOR AWARDS

Ersted Awards
Faculty members who are at relatively early stages in their teaching careers.

Burlington-Northern Awards
Faculty members who have held academic rank at the University for a least 7 years.

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