**ALCOHOL FACTS AND FICTION**

By Thomas C. Tucker, Ph.D., CAP

What do we know about alcohol? Is our knowledge based on fact or fiction? Do we have real evidence or misinformation to back us up? Have we fallen victim to many of the widely circulated falsehoods which distort our thinking? Do we have real evidence or misinformation to back us up? Have we fallen victim to many of the widely circulated falsehoods which distort our thinking?

**FACT:** Alcohol is a stimulant and a social lubricant and this is why we think we need a couple of drinks to be more socially at ease.

**FICTION:** Alcohol is a central nervous system depressant and it sedates the brain. Our inhibitions are lowered; we do things more freely and without reservations.

**FACT:** Ethyl alcohol, drinking alcohol, is a liquid drug of the sedative-hypnotic class, which is the same class as barbiturates and tranquilizers.

**FICTION:** Alcohol does not get people into trouble, but drugs will.

**FACT:** Alcohol does not get people into trouble, but drugs will.

**FICTION:** Alcohol is bad, weak, and stupid; or even crazy.

**FACT:** Alcoholics are sick people who have a disease which can be treated.

**FICTION:** Alcoholics are people who get drunk often.

**FACT:** Alcoholics cannot be identified by the frequency or amount of drinking. They can be identified by what happens when they drink.

**FICTION:** To allow an alcoholic to do harm is negligent. To seek help for someone with an alcohol problem is the most loving and caring thing that can be done. Experienced professionals are the best source of help, not inexperienced amateurs.

--Learning To Drink is not a part of growing up. Learning the truth about alcohol, is, however, an important part of being mature and responsible.

**POEM**

"THE BIG CHANGE"

Dear Jesus Christ, we would like to ask. If you would help us forget the past. So we could all start life anew. Learning to live more like you.

The drinks and drugs have brought us down. And, at the same time, made us the clown. It made us think that we were tough, stealing and dealing to get our stuff. But as we sit here at the session, We ask our Dear Lord to fill each lesson. So we can all go on our ways, And make our future all brand new days.

Open our ears, so we can hear, Just one little thing that will make it clear. No matter what we were before, We don’t have to be like that anymore.

Now as we end this little prayer, We always know that you are there. For strength and care and power too, Please, Dear Lord, make us more like you.

BY: JUDY LAVERCNE

**RESOURCES**

**SUPPORT GROUP LISTINGS:**

- Alcoholics Anonymous 234-7814
- Al-Anon-Alateen & ACOA 988-2861
- CODA 232-HELP 233-RAPE
- Codpendency Anonymous & Adult Children of Alcoholics call: Prevention Resource Center 265-5453
- Acadian Oaks: 837-8787
- A.A., Overeaters Anonymous, Delitos Anonymous University Medical Center: 261-6545

**Free Video Rentals:**

- Prevention Resource Center 400 St. Julien, Suite 1 265-5453
- Lafayette, La. 70506
- Health Information Center for Women & Children 988-1816
- Ambassador Caffery (Must be viewed on premises) 233-5288
- Blockbuster Video 2803 Johnston St. Approximately 10 videos on Alcohol & Drug Abuse in their “Community Service Videos” with Blockbuster membership
- Project Wellsprings 261-5674
- Phyllis Luke Diocese of Lafayette 124-B Immaculata Circle Lafayette, 70501
- Contact Stephanie Bernard

**IF we missed your group, please call. WE'LL gladly add your listing in our September 4th edition of "At Choice... In Print."**

**A MESSAGE FROM THE COUNCIL**

The Acadiaia Council on Addictions, formerly called the Acadiaia Council on Alcoholism and Drug Abuse began its work in the 1960's, This past year we have broadended our scope to include all aspects of addiction. Our mission is to educate the community concerning the diseases of alcoholism, eating disorders, codependency, gambling, to name a few.

We are currently producing our own television program called "AT CHOICE" which airs every Friday night at 9:00 p.m. on Cable Channel 5 (ACC).

In cooperation with St. Francis Foundation, we are presenting four professional workshops a year dealing with such topics as: "Cocaine Awareness, Dual Diagnosis Clients," "Cultural Aspects of Chemical Dependency," and on Oct. 18 and 19th, 1991 we will address "Sexual Addiction" with Terry Kellogg presenting.

Our video library is available to the public by contacting the Prevention Resource Center at 265-5453.

Our next newsletter is scheduled for September 4 and December 18th.