



Signs can indicate a serious problem with alcohol

With our major holidays just over, we have recent memories of office and family parties, entertaining or seeing guests at social outings, and participating in or observing others having a "toast of good cheer" to celebrate festivities.

We may have seen some who are "tee-totalers" and don't use alcohol, some who in characteristically have overindulged and gotten "tipsy," and seen others who are predictably "under the influence" when it comes to the consumption of alcoholic beverages. This time of year can be a good opportunity to examine our own attitudes and the habits of loved ones as they relate to the use of and relationship with alcohol.

ALCOHOL USE

A person who drinks alcohol in a nonproblematic way would be characterized by drinking in moderation, not very frequently, and with common sense.

One or two drinks on occasions now and then does not result in impairment or distress. There is not a pattern of recurrent drinking that results in drunkenness. There is not a maladaptive pattern of failure to fulfill obligations at work, school, or home as a result of drinking. There is not a recurrent use of alcohol in situations that are physically hazardous, for example, driving an automobile.

Some researchers have even said that a regular or near daily consumption of small amounts not greater than one ounce of alcohol can have favorable results, mainly in cardiovascular and gastrointestinal functioning. This could be characterized by a small glass of wine or beer with a meal or one cocktail not containing more than one ounce of alcohol.

An ounce of 80 proof alcohol and an 8 ounce glass of wine or a 10 ounce glass of beer are chemically equal in terms of the alcohol content and physical effect on the body. The liver is the main organ that processes the alcohol, at a rate of about one-ounce per hour for an average weight person.

ALCOHOL ABUSE

When alcohol consumption increases in frequency and amount, a pattern of substance abuse will lead to significant impairment or distress. There will be failures to fulfill major obligations at work or school or home as a result of drinking. Usually, continuation of physically hazardous activities such as driving is seen. Drinking will continue despite recurrent social or interpersonal problems caused by or worsened by the effects of alcohol.

ALCOHOL DEPENDENCE

In this phase, there is an escalation of frequency and amount of alcohol consumed and a persistence of a pattern of drinking that leads to significant impairments and distress. The same problems in the alcohol abuser are seen more frequently and to a more drastic degree in the drinker who has now become dependent.

In addition, tissue damage can occur. **PLEASE SEE MCCULLOCH, C5**



Lee McCarthy of Farmington Hills has promised to quit smoking.

PHOTOS BY PAUL HUSCHMANN | STAFF PHOTOGRAPHER

New Year's Resolutions

From the profound to the prosaic, area residents reflect on how they'll do better

Louise Cadlaon, 72, of Redford Township knows where she's been in life and knows where she wants to go. Her New Year's resolutions no longer include such promises as losing weight, joining a walking club or even wearing more purple. Instead, her one resolution for this year is all about heart and soul.

"I would say I want to separate the wheat from the chaff. There are things that are less important to me now. I want to have more of a relationship with the church," she said.

Cadlaon talked about her experience attending mass at St. Valentine Catholic Church on Christmas Eve. There was a family with a baby girl sitting across the aisle to her right and a family with a baby boy to her left. The babies stared at her, she said, perhaps seeing their reflections in her glasses. And because mass was so crowded, people were standing. When it came time for the sign of peace, Cadlaon found herself in a sea of extended hands.

"That was so heartwarm-

ing," she said. "St. Valentine is the warmest, most wonderful parish. As our families move away and leave us, the church is our family. I'm thinking of volunteering at church or at a shelter. I have to be part of a group. I have to belong."

A captive audience was found at Wal-Mart Mall the day after Christmas. When a co-worker at the Venture Communications wireless phone kiosk hesitated about sharing his New Year's resolutions, Mohammad Mathieu, 23, manager, volunteered.

"I plan to improve on my job. Since I'm a district manager, I plan to offer more incentives to my staff. On a personal level, I plan to quit smoking. That's a big one for me. I'm also going to work on having a baby ... and work on getting married to my fiancé, Meagan."



Lisa Barker of Livonia, 23, shopping with daughter Kaitlyn, 5, who wants to schedule fewer activities and spend more time with Kaitlyn.

Larry Bee, 56, of Garden City was sitting on a bench waiting for his wife. "Matter of fact, I just told my wife I was going to make a New Year's resolution to be more tolerant," he said.

"To be more tolerant to everybody, people in traffic, young people with the loud music. It's just life. I was young once. That's about it."

BETTER HEALTH

Farmington Hills resident Lee McCarthy, 66, was shopping with her daughter Diane Respondek and granddaughter Crystal Matchett.

"I will try to quit smoking. I haven't tried before. I've been smoking for 40 years. This is a huge resolution. I'm just going to do it. Cold turkey," she said. "I'm tired of my house smelling. What I'm going to do from is hairspray. I keep spraying my house because of the smell. Besides, it's the money."

Respondek, 44, of Garden City offered the same resolution. "I'm going to quit smoking because my other daughter, Ashley, 14, told

me every cigarette takes seven minutes off your life. She learned that in health."

Respondek then nudged her daughter, Crystal, 19, who is pregnant with her second child. "And she's going to ease up on the baby-making," she said. Matchett accepted her mother's chiding good-naturedly. Her own resolution was simple, but significant: "I'm just going to be a good parent for my children. Just set a good example in life."

Lisa Barker, 23, of Livonia was walking through the mall with daughter Kaitlyn, 5, in tow and packages in hand.

"I think resolutions are a good thing, but I think people don't always keep them," she said. "I'm going to try not to be so busy all the time. I will try not to schedule so many things, be more at home and hang out with Kaitlyn more."

YES, DEAR

"My wife hasn't come up with them for me yet," said Mike Ohtonen, 36, of Canton, when asked about

PLEASE SEE RESOLUTIONS, C6

BY RENEE SKOGLUND STAFF WRITER

Local need increased in 2002

BY PAUL R. PACE
STAFF WRITER

Need was up this holiday season. But, fortunately, so were the many caring people willing to help out.

According to Dick Tupper of the Farmington Area Goodfellows, 177 families needed a helping hand with gifts of food and presents, an increase from last year's 146. Donations came from all areas of the community.

"We had 32,000 cans of food from the schools," Tupper said. "And the toys (donated)

were up as well."

While the Goodfellows are still counting cash donations that go toward gift certificates for needy folks, at last count the number was around \$52,000.

Tupper, who has been a Goodfellow for 31 years, said Farmington Area Goodfellows have dozens of good folks helping sort and pack donations each year.

"We've got a lot of retirees that help us and they come back each year," he said. "It's just a great bunch of people willing to give their time and help this organization."

Local businesses also did their part.

At the Healthy Touch Massage Center on Grand River in Farmington, a massage-athon on Dec. 6 raised \$1,600. Owner Melanie Parker and other massage therapists donated 100 percent of their time and tips for the cause.

"Last year we did the same thing for the victims of Sept. 11, 2001 and Melanie picked the Goodfellows this time," receptionist Katherine Shriner said.

The Goodfellows are still accepting cash and check

donations, because throughout the year they help people with rent and utilities and work with the Salvation Army. The Farmington Hills Salvation Army dealt with an unusually cold late fall season this year, but that didn't stop the many volunteers who braved the elements to ring bells for the Army's annual kettle drive.

"We feel we did well," said Karen Guerrero, office manager. "Even though with the cold weather, we did very well." She said volunteers make

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