

Service counsels addicts, alcoholics

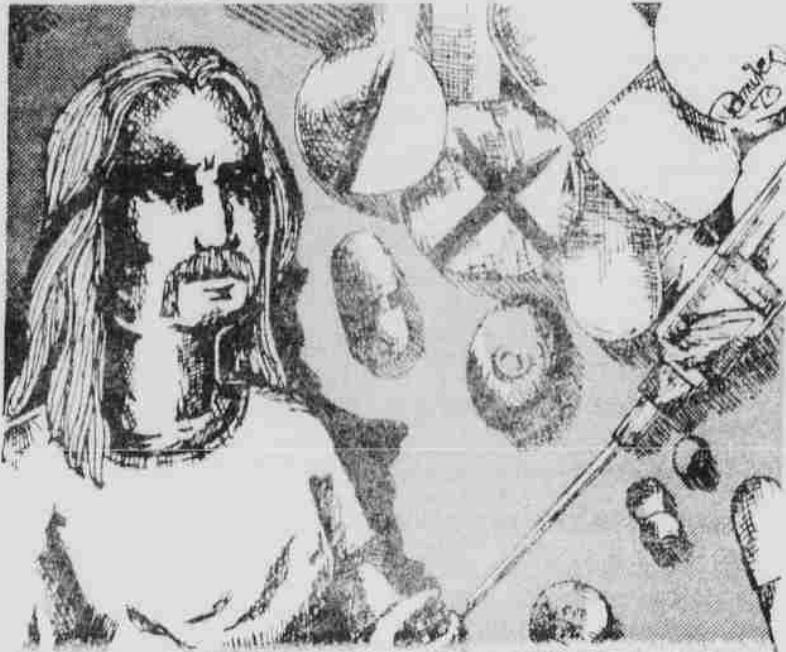
By Tam Mehuron

The new outpatient service at Lincoln General Hospital's Dependency Unit is doing well, according to Duane Engle, outpatient counselor.

Established in June, the service is designed to help people with nonadvanced cases of alcoholism and drug addiction cope with their problems.

More people are willing to come to the outpatient program because they see it as less threatening to them than the inpatient service, Engle said. Most people participating in the inpatient program are there because of a medical problem or because of a crisis with their family or the law.

"People whose disease is caught early and who show good motivation are doing well in the outpatient service," Engle said, but for those "well along" in the disease the new program does little good. These are referred to the more intense inpatient service.



Most of the 14 participants in the new program are young, although they range in age from 22 to 50, Engle said.

Engle said that an unusual aspect of the program is that it treats both the alcoholic and his spouse, to help each understand the other's problems and feelings. "The spouse has the same things to learn as the patient and is involved in the treatment with him," Engle said.

The treatment for drug addiction is the same as for alcoholism, the counselor explained.

"Most people are chemically interdependent, and use drugs as well as alcohol," Engle said.

He said two of the 14 participants have used drugs. One was on speed, the other was taking tranquilizers, and both drink, he added.

Participants meet three times a week for six to nine months. A lecture is presented once a week, usually given by an Alcoholics Anonymous (AA) member, he said.

The second meeting consists of group therapy, in which the patients try to identify their feelings, and how these feelings are covered up by various defense mechanisms, he said.

Individual and family counseling make up the third meeting. Engle said he first tries to alternate counseling sessions between the patient and the spouse, then counsels them together. He said he eventually hoped to bring in the participants' children to the counseling meetings.

"Children suffer as much as the spouse does, and hopefully this will help them too," Engle said.

After three months of treatment the participants are evaluated by Engle. If there is little or no improvement, the patient is transferred to the inpatient program.

Engle is the only counselor on the program, but he says he'll be getting help if the group gets larger than 25. The AA-oriented program will be on a trial basis for probably a year, he said, with regular hospital evaluations. But with the

Newsprint shortage pressures college papers

By Steve Arvanette

The newsprint shortage which has been plaguing the nation's newspapers appears to be affecting several college publications in the Midwest.

However, a spokesman for Arbor Printing Co., printer for the *Daily Nebraskan*, said the firm expects no problem supplying sufficient newsprint for the first semester.

Zean Carney, owner of Arbor, said he received 12 rolls of newsprint Wednesday which boosted his reserves to 35,000 pounds. Ideally, Arbor likes to have 50,000 pounds of newsprint in stock, he said.

About 65 per cent of all newsprint used in the United States is imported from Canada. Canadian production has been seriously reduced because of a series of paper mill strikes. A strike by Canadian rail workers cut all newsprint deliveries out of the country until Parliament ordered them back to work.

"Those 12 rolls were sitting in a train in Canada for over a month," Carney said. An additional 50,000 pounds should be loaded on a train car for Lincoln but could be held up in a paper mill still on strike, he said.

Carney said his most recent shipment should insure sufficient newsprint for the *Daily Nebraskan* into December. He said a 12-page paper requires 1,300 pounds of newsprint.

The *Kansas State Collegian* appears in more immediate trouble, however. Bill Brown, director of student publications, said the printer has only a three-week supply of newsprint. The problem is that their next shipment is expected to be three weeks late, he said.

A spokesman for the *Iowa State Daily* said the paper has not experienced any shortages yet. The paper's printer has said his newsprint allotment might be cut by as much as 20 per cent later in the year.

Should that happen, the *Iowa State Daily* might try a smaller type size and cut the number of pages.

The University of Missouri

Maneater has not had to cut back on the size of its paper. They were forced to change printing companies earlier in the year when their original printer ran out of newsprint.

Larry Hall, business manager for the *Colorado Daily* at the University of Colorado, said that paper is attempting to conserve

attempting to cut their 16,000-copy press run to 15,000.

Hall said the paper was fortunate their printer signed a two-year contract with a newsprint supplier. He added that they are using a lighter grade of paper this fall.

The editor of the *Daily Nebraskan* said they are

low on at the University of Iowa said his paper has had no shortage problems.

"We have not been limited in any matter," Lewis Dvorkin said.

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