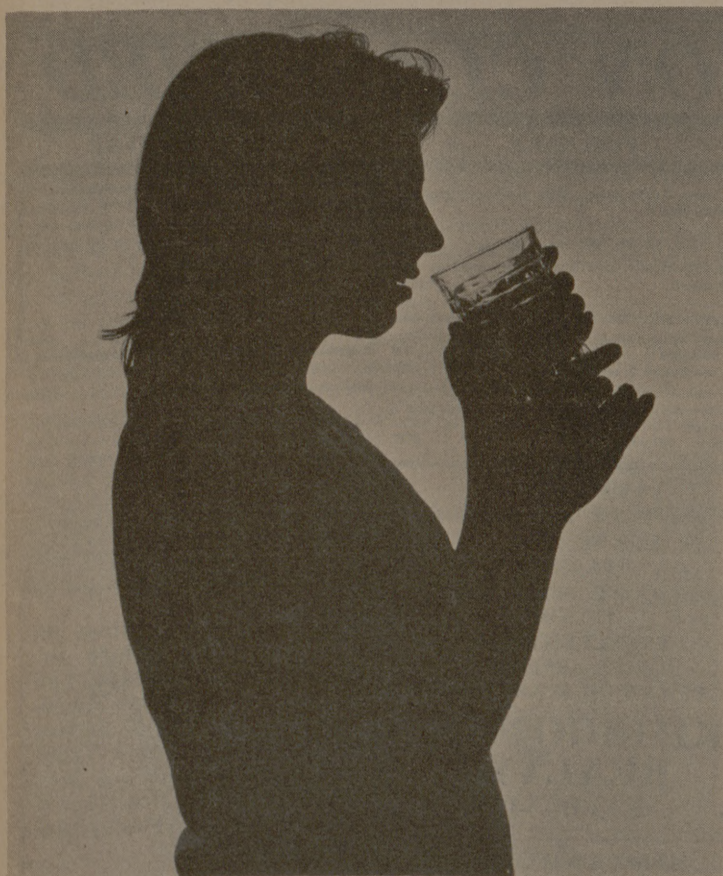


# AA treatment program has high success rate



Will Betsy stop before it's too late?

**Ed. note.** Betsy is not the actual name of the person interviewed but all the accounts are factual. This is in accordance with the policy of Alcoholics Anonymous to protect its members' names.

By **JIM CRAWLEY**  
Staff Writer

Betsy is a working woman with grown children. Betsy is just like other American women with only one exception, Betsy has been a recovering alcoholic for 15 years. This was after 10 years of battle with the disease. What does she attribute her recovery to? Alcoholics Anonymous (AA).

AA has been in existence since 1935 and presently has approximately 450,000 members throughout the world.

The AA treatment program has the highest success rate of any of the present forms of alcoholism treatment. Many professionals agree that AA's high degree of success can be placed on his belief in a higher power.

"AA is the purest and simplest form of behavioral modification, but we don't call it that because it's more of a way of life," said Betsy.

"We feel that anything containing alcohol is poison to the alcoholic."

Betsy also described AA as a spiritual, but not religious program. She added that each person within

This is the eighth part in a series.

AA has his own way of thinking and is not forced to do anything.

AA has 12 steps that form the basis of the organization.

Some of the steps to AA's cure of alcoholism are:

- "Admit we are powerless over alcohol — that our lives have become unmanageable.
- "Come to believe that a Power greater than ourselves could restore us to sanity.
- "Make a searching and fearless moral inventory of ourselves.
- "Make a list of all persons we have harmed, and become willing to make amends to them all.
- "Make direct amends to such people wherever possible, except when to do so would injure them or others.
- "Continue to take personal inventory and when we are wrong promptly admit it."

Betsy said these steps are used daily by the members of AA to remind them of their need to keep from taking the FIRST drink.

How does AA work? Betsy explains.

"The main idea behind AA is that you, an alcoholic, give up alcohol for one day at a time. It's not all that easy, but the idea seemed to be too simple to me."

Should a person call AA they will try to arrange a meeting between one of the members and the person in need. Regular attendance at meetings is encouraged. During the first weeks and months the new member will be contacted by phone everyday. Many long-term members call each other during the week to talk over their problems.

"You can't fool yourself and think you can take the first drink," said Betsy, "and not take the next and the next."

The average AA group meeting begins with the reading of AA's preamble. This is followed by a reading from "Alcoholics Anonymous" the "Big Book" on how AA works. The members then describe their problems, thoughts and emotions. This self-expression also includes how they became alcoholics.

"Together we learn how to cope without alcohol, because the alcoholic uses his drinking to cope with his problems," added Betsy. New members are "sponsored" by other AAers. These sponsors help the new members if necessary.

Another unique aspect of the AA program is the emphasis on a higher power. Different members will describe this higher power by different names, but all agree that this higher power is needed for their recovery from the alcoholic illness.

Currently the Bryan-College Station group holds three meetings each week. Two of the meetings are only open to AA members, while the third is open to all interested people. The meetings usually last approximately an hour and a half.

The closed meetings are on Sunday, 8 p.m. at the A&M Presbyterian Church and Tuesday at the Faith United Church of Christ in Bryan at 8 p.m. The open meeting is held at Faith United on Friday at 8 p.m. The telephone number for AA is 822-0933.

As Betsy left she had one last comment.

"You can keep from drinking by placing a phone call, it only costs a dime."

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## Soleri poses mega-cities as solution to expansion

By **DON MIDDLETON**  
Staff Writer

Miniature "mega-cities" were the order of the day Thursday as philosopher-architect Paolo Soleri presented his theories of architectural design.

The lecture was a part of Ecofair

### Wheelmen take first

The A&M Wheelmen won the top places in the racing event of the second annual Bike-A-Thon April 5 in College Station.

David Champlin crossed the finish line first after covering the 30-mile route in one hour and 45 minutes.

Placing second through fifth were Gerry Guthrie, Todd Kratz, Doyle Gougler and Kent Douglas.

The 390 cyclists represented sponsors who pledged more than \$12,000 for The Boys Clubs of Bryan.

75, and dealt with the problems and possible solutions of our rapidly expanding cities.

Soleri, a former student of architect Frank Lloyd Wright, presented his ideas with a series of slides depicting models and sculptures.

The native Italian bases his theory of design on the premise that as a city grows in population, it must begin to shrink in size in order to keep its inhabitants in a state of interaction with each other.

As a result of his studies of the urban nature of man, Soleri has designed an experimental complex called "Cosanti." Cosanti consists of free-form buildings and revolutionary earth structures which serve as studios, offices and residences for Soleri and his staff.

Cosanti is located in the Arizona desert. Most of Soleri's work is oriented to existence in the arid environment.

His models predict the use of solar energy to grow crops, heat the cities and provide energy for other power needs.

Soleri has coined the word "Arcology" to describe the blending of

architecture and ecology in designing his current project — Arcosanti.

Arcosanti is a village located on ten acres of desert which will eventually house 3,000 people.

The village contains residences, greenhouses, amphitheaters and a swimming pool, eliminating roads and other unused open spaces which increase a city's size and decrease its efficiency.

The structure is being built by students who come from all over the country to spend six weeks and over \$300 to work with Soleri.

Soleri's other designs include dams which are also cities, cities which are also super-airports, and megalopolises which support up to a million people in and above in a five square mile area.

## Bulletin board

**TODAY**

**CHESS CLUB** meets at 7 p.m. in the MSC. Check the bulletin board for room.

**PHI SIGMA** meets at 3 p.m. in room 103 Zachry to hear Dr. O. T. Howard of Baylor University speak on "Urban Ecology."

**CLASS OF '76** is having a "Blow Out" from 8 to 12 p.m. at Indian Lake. Admission is \$2 for girls, \$3 for guys. All the beer you can drink.

**ANIMAL SCIENCE DEPARTMENT** sponsors a graduate lecture by Dr. Jim Coffman of the University of Missouri-Columbia. He will speak at 4 p.m. in room 601 of the Rudder Tower on acute inflammation of horses' leg tissues.

**AGGIE PLAYERS** present a night of theatre at 8 p.m. in the Forum. Admission is 50 cents.

**TAMU FLYING CLUB** meets at 8 p.m. in room 229 of the Chemistry Bldg.

**MUSLIM STUDENTS ASSOCIATION** meets in room 502 of the Tower at 8 p.m. for a discussion of current affairs.

**THE COMMITTEE** meets at 8 p.m. in the Student Government office. All new members are invited.

**AMERICAN ASSOCIATION OF UNIVERSITY WOMEN** meets at 7:45 at the Faith United Church, College Rd. at Williamson in Bryan.

**DR. JAMES COFFMAN** of the University of Missouri Middlebranch Equine Center will speak at 2 and 4 p.m. The first lecture, to be held in the Veterinary Medicine Science Building deals with abdominal ailments, and the second in the Rudder Tower focuses on acute inflammation of the leg tissues.

**SATURDAY**

**CHINESE STUDENT ASSOCIATION** meets at 2 p.m. in the All Faiths Chapel.

**AGGIE PLAYERS** present a night of theatre at 8 p.m. in the Forum. Admission is 50 cents.

**STUDENT Y** is sponsoring a Decathlon at Hensel Park from 8 a.m. till 5 p.m. The \$2 entry fee goes to charity. Pick-up forms in room 216 of the MSC.

**EL PASO HOMETOWN CLUB** meets for a picnic at Lake Somerville. All those going should meet at the MSC parking lot at 10 a.m.

**MONDAY**

**OCEANOGRAPHY SEMINAR** will feature Lamar Roemer speaking at 3:30 in room 112 of the O&M Building on the geology of the Beata Ridge.

**TUESDAY**

**ENGINEERING TECHNOLOGY SOCIETY** meets at 7:30 p.m. in room 305 Fernier to elect next year's officers.

**WEDNESDAY**

**BRYAN COUNCIL OF STUTTERERS** meets at 8:15 p.m. at the Brazos Valley Rehabilitation Center.

**PRE-LAW SOCIETY** meets at 7:30 p.m. in room 607 of the Rudder Tower to elect officers.

**MICROBIOLOGY SOCIETY** sponsors a symposium on cancer from 9 a.m. till 9 p.m. in the MSC and on the 3rd floor of the Rudder Tower.

**THURSDAY**

**A&M COLLEGE STATION AMERICAN LEGION** meets at 7 p.m. in the lobby of the Bank of A&M for officer elections.

## Campus briefs

### Blow-out and class ball

The Junior Class will hold a Blow-Out tonight from 8 to 12 p.m. at Indian Lake and the Junior Class Ball from 8 to 12 p.m. Saturday in the MSC ballroom. The price for the Blow-Out is \$3 for guys and \$2 for girls, with all the beer you can drink.

### Basement auditions

The Basement Committee has a meeting scheduled at 8:00 p.m. in the Basement Coffeehouse. Anyone wishing to audition at this time should contact a committee member.

### India Association movie

The movie "Abhimaan," complete with English subtitles, will be shown by the India Association at a meeting at 7:30 p.m., April 12, in Room 102 of the Zachry Engineering Center. Admission is free for Americans and \$1.50 for others.

### Chinese memorial

A special memorial service for Chiang KaiShek will be held in the All Faiths Chapel at 2:00 p.m., April 12. The service is sponsored by the Chinese Student Association.

### CPA review course

A Certified Public Accountants Review Course will be conducted this Saturday morning from 9 to 12 in Room 219 of the Old Engineering Building. Beta Alpha Psi, the accounting honor fraternity, is sponsor.

APPLICATIONS FOR MEETING ROOMS IN THE UNIVERSITY CENTER COMPLEX FOR RECOGNIZED STUDENT ORGANIZATIONS, CLUBS, AND GOVERNING BODIES WILL BE ACCEPTED FOR THE 1975 FALL SEMESTER (AUG. 16 — DEC. 31) IN THE SCHEDULING OFFICE, 2nd FLOOR, RUDDER TOWER BEGINNING AT 8 A.M. TUESDAY, APRIL 15, 1975. APPLICATION FORMS MAY BE OBTAINED IN THE SCHEDULING OFFICE. REQUESTS WILL BE CONFIRMED BEFORE THE END OF THE SPRING SEMESTER.

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