

Rosa Parks Elementary

As a person with many dreams, I feel preventing alcohol use is the most important thing for making the world a better place for all people everywhere. Here are some facts from the National Institute of Health.

- 18,000,000 Americans have an alcohol use disorder.
- Alcohol problems cost the USA 224,000,000,000 dollars in 2006!

I want to help alcoholics recover in order to improve their lives and their families as well.

My experience with alcoholism relates to my dad. He was a serious drinker. He drank on and off since he was a teen. It became a major problem when I was a baby because I was a big responsibility. When you drink you don't care much about anything. That's why he started drinking again. My dad and my mom divorced because he was drinking so much. My mom took care of me for most of my life. I missed him a lot.

Alcoholism can also create violence such as getting into fights. A few times, when my dad was drinking, he came to our door and called my mom stupid and screamed at her for not letting me see him. It was really scary and he would never do that if he had been sober.

Another consequence of alcohol abuse is disease of the liver. The National Institute of Health says that 26,000 people died last year of a liver disease known as cirrhosis. Both of my dad's uncles died of cirrhosis. Another problem with drinking is drunk driving. The organization, MADD, says that in 2012 10,322 people died of drunk driving in the USA.

The situation may *seem* hopeless, but no fear Alcoholics Anonymous is here! Alcoholics Anonymous is a way of talking through your urges to drink with other people that used to drink too. I would like to lead fund raisers for them. Other people besides Alcoholics Anonymous workers

RP 1

can help too. The person who helped my dad stop drinking was the man at the bar! Maybe I can talk to people about stopping drinking.

Another extremely effective thing is meditation. Meditation is the art of just feeling our feelings. This practice can help alcoholics understand their feelings without alcohol use. I sometimes practice meditation. I want to teach meditation to alcoholics sometime in my life. My suffering from my dad's drinking makes me not want other people to feel that pain.

EPILOGUE

My dad FINALLY STOPPED DRINKING LAST YEAR! My dad and I live in Emoryville. I live with him part time. My mom and dad are both remarried (not to each other) but they are friends. I am very proud of my dad.