



Starting Point

By Wayne and Tamara

My husband and I have been married over 26 years. He was my dream come true. He has been drinking since age 16, but it never occurred to me he was an alcoholic because I thought alcoholics were bums drinking out of brown paper bags on street corners. My husband graduated from law school, then joined the Air Force where most activities he chose centered around drinking. Later he worked to establish a private practice and was successful. The nightly drinking continued, and he would blow in later and later. I sought counseling and the therapist told me he is what is called a functioning alcoholic. I was in total disbelief. My husband turned to the counselor and admitted he was an alcoholic, though he later denied that admission. The next session he came in wasted and was asked to leave. Since then the alcoholic has filed for divorce and refuses to speak to me. I know of at least one affair. He has acknowledged he is an alcoholic, but he has absolutely no intention to stop. I can't believe this is really happening. How do I start over?

Robyn

Robyn, a study in the Archives of General Psychiatry reported 76 percent of alcoholics in the U.S. never seek treatment. The 24 percent who do get treatment wait an average of eight to 10 years before seeking that treatment. Even then, it will be years more before the alcoholic stops drinking for good, and additional years before they stop acting like an alcoholic, if they ever do. Alcoholics have a smugness about the castles in their mind. In that domain they set the rules and they make the laws. Like any absolute monarch, they are unwilling to give up their power. It doesn't matter whether you think alcoholism is a disease, a moral failing, a chemical addiction, or the aftereffect of a lousy childhood. The prognosis for successfully living with an alcoholic is poor. If children are present, the consequences are dire. Human development follows a predictable pattern. To develop their own brain, children need to be around mature brains--brains working from reality, brains meeting challenges and facing facts. Observing those brains and patterning themselves after them, give children what they need to master life. Child abuse is the term which most accurately describes what children in an alcoholic home endure. The effects of an alcoholic home on children are well-known: depression, inability to form close relationships, relentless self-criticism, inability to complete projects, and constant approval seeking. Even the non-drinking spouse is changed. That person is co-opted into making excuses, covering up, and pretending what happened the night before never happened. That's what's so striking about your letter. You left nearly everything out. The fears, the arguments, the spoiled occasions, the conversations which he didn't remember are all missing. It's as if you still don't want to go there. That's understandable because denial is a powerful defense mechanism; it keeps us from having to face pain. Denial operates in two ways. On an internal level, denial keeps us from having to confront our fears and the loss of our hopes and dreams. On an external level, denial keeps us from difficult confrontations with events and other people. But the cost of denial is high. That is why it is so dangerous. When a person fails to prepare for the consequences of what they seek to deny, those consequences escalate. You feared the dismantling of your marriage and becoming a single woman again, but what you feared you must now confront. So it's time to go back to your therapist and tell him or her what you didn't tell us. You need to talk through why you did what you did, and why you couldn't admit what was before your eyes. It will feel embarrassing and humiliating at first, but that is where you must begin.

Wayne & Tamara

The House That Sparked Social Media With Questions...

OSHAWA - Citizens of Oshawa have just had enough of the city not being accountable to no one. The City fails to keep the population informed and do as they please with resources and tax money spending. One such citizen took it to social media. She posted:

Kristina Harris
I cannot believe that this new build was passed by our City Representatives. Anyone with family history in Oshawa should be appalled at this being allowed to be constructed beside a Historical Home. " The White House", was built in the 1920s, it was originally owned by prominent families like the Rogers and Dr. Maroosis. This is absolutely disgusting and very distasteful for this area of Oshawa!!!

Meghan Power
These comments are alarming. We have only a handful of nice historical residential streets in Oshawa... where nice old homes are still intact.. and then the city allows this to be built in the middle of one. Completely ruining the historical patina of the entire area... Now oshawa has one less nice strip of history. This whole build is a joke and the city should feel embarrassed. Meetings were had, people fought to preserve the area, over 400 people signed a petition to stop this build and it didn't matter. They cut down trees over a hundred years old to build that stupid eye sore.

Amanda May Brabender
Meghan Power why the importance placed on old 'historical' homes. Like what does it matter? Can we let go of past builds and move forward to things that serve more purpose etc?
Honestly you just cant please everyone. People cry out to build more homes because of a housing crisis, yet if you build more homes, people complain.

Chelsea Léstrange
Meghan Power - You know, I'm not even surprised by these comments anymore. Our world is truly going to shit and no one seems to give a flying f. Build build build, money money money. It's not even a fact of 'we need more places to live so this is a good thing' because that ugly house isn't going to 'someone in need' it's either being rented out, sold or just another rich idiot residing.

Michael Hughes
Meghan Power the Mayor was a Crackhead. The town gets what it deserves and elects sadly. Outside of Hamilton and it's probably a tie, the true Armpits of Ontario.

Melissa White McNamara
There needs to be better bylaws and building codes so the every new build needs to



A Candid Conversation

By Theresa Grant
Real Estate Columnist

Without question, it is a very different world today than the one I grew up in. I remember being a child living in what was then called uptown, it was actually the Yonge and Eglinton area of Toronto. It was a very modest upbringing. My parents worked hard to give their three daughters what they could. We all helped around the house, took turns doing the dishes and things to help our mom. We were respectful and obeyed the rules set out by our parents. We had one bathroom, one television and therefore had to agree on what to watch. Our parents set out most of the viewing schedule and I remember the whole family sitting around the living room watching Carol Burnett, The Waltons and many other entertaining programs. We as children didn't use the phone much,we waited for someone to come knocking on the door to see if we wanted to play or we went door knocking ourselves. It was simple, stay close, come home as soon as the streetlights came on. At the time, we could not have imagined it being any different than it was. Progress to us (and to our delight), was returning to school in September to find a new piece of equipment added to the playground. For the many that grew up as I did in the sixties and seventies it is very hard to fathom what is going on with our youth today. Years ago, we thought that older people were looking to recruit the younger ones for their crimes and misdemeanors by telling them that they could not get into any serious trouble due to the young offender's act.It would often be the case that a couple or a few named young adults would be arrested and we would see on the news that there was a young offender involved who could not be named. It seems that that is not even the case anymore. We see on the news on a regular basis, children as young as eleven and twelveare involved in horrific crimes and there are no older adults involved. Which begs the question, what the hell is going on with our youth?Where are the parents is one of the biggest questions that I hear posed when these stories hit the news. What is going on in homes across our region that would make these children think that it is okay to go out and commit the crimes they do? The most recent that comes to mind is the smash and grab at the Oshawa Centre involving a group of boys aged from 13-19. Then there are the 8 kids involved in the armed robbery of another youth on William Lott Dr. in North Oshawa. Here we had12-, 13-, and 15-year-old girls and boys. Back in the summer there was the swarming of a Pizza worker in south Oshawa that involved an 11-year-old boy and 3 girls aged 13,14, and 15. Most heinous of recent youth criminal acts is the elderly woman killed in frontof her home in Pickering by a 14-year-old boy in an absolutely unprovoked attack. Something needs to change. Now. People need to speak up.



fit with basic standards like not allowing tall mcmansions to be built in areas with modest bungalows or not allowing new builds to overshadow other homes by building them so close. We're just allowing people to cram their ugly monstrous homes in without caring about whether it greatly depreciates another person's living experience. I'd be so angry if some asshole bought the property next to me and built their new home right up against mine and took away my privacy and natural light. I blame the city planners and the Province for this. It is their job to set standards and they are failing the communities they serve. I guess they have more important things to deal with like whether people's decks are too high or lining the pockets of their greedy developer friends. Apparently most people voted for this.

Glenn Duplessis
Beautiful my ass! Looks like they don't even know what they're building?? The lot is a mess with structure being held up by leaning 2x4's. Is it an oversized garage or what?? Looks like our Dan Carter and city officials could care less about Oshawa's heritage!

Linda Tullock
I have lived there my whole life...just moved to a small town where everyone is kind to each other. Oshawa isn't what it once was...all about tax dollars. That house is just plain ugly! Historical means nothing to our city.

Steven Stewart
Houses are being put up every where in Oshawa. In the smallest of places. Tore down 4 houses near me and built 4 duplexes 8 homes. Little further they built a giant home on a lot beside this tiny bungalow.Down a bit further built 4 huge homes on what was small house on corner with good size lot. Its happen-

ing everywhere in Oshawa. Companies making money and Municipality making tax dollars.

Ernst Friderichs
I totally agree! It's an abomination that this was allowed. Clearly a tax grab by the city with no consideration for mandating the builder to put up a home that was in keeping with the style of The White House. What an eyesore!

Bullyz Maclean
Every time I go by this I think how was this even possible. I'm glad to see other people think the same. Oshawa will let you do whatever you want if you pay the rate amount of money

Denise Harkins
It's absolutely disgusting.. I live in the area and drive by daily. Does not fit the neighborhood of century older homes.. such an eye sore. Another example of the lack of accountability and leadership at the City of Oshawa.