

# Features



## Ask Louanne

The Collegian's Advice Column

by Louanne Barton, Staff Psychologist

Dear Louanne,

My father is a recovering alcoholic. I know he is not practicing still, but people have told me that his disease may still have effected my life. I'd really like to understand his problem more and maybe help mine; do you have any suggestions. I've heard about AA, Al-A-Non, and ACOA, but does my father have to be still drinking, and what are they (AA, Al-A-Non, ACOA) all about? Are there any close by or on campus?

Signed, Full-of-questions!

Dear F-O-Q,

Your letter finally motivated me to get on the ball and get something going on our campus for students like you. Last September I responded to another letter from an "Adult Child of an Alcoholic" (ACOA), and you're absolutely right! Growing up in a family with an alcoholic can have profound effects on your life now and your relationships with other people even though the problems at home seem to be resolved. Some of the problems you may be experiencing are low self esteem, difficulty with intimate relationships, a feeling of being different from other people, and a excessive need for approval from others. Janet Woititz in her book, "Adult Children of Alcoholics," outlines these and other problems. I would recommend getting a copy (or you can borrow mine.)

Back to ACOA and Al-Anon groups- You can call 454-4730 for information. These are groups associated with Alcoholics Anonymous (AA). There is an orientation meeting for newcomers at St. Vincent Hospital on Monday nights at 8 pm but what I'm really excited about is our very own group starting right here on campus! The group is open to students, staff, and faculty who are currently dealing with a significant other who has an alcohol problem as well as those who have lived with alcoholism while growing up, and no, your father does not have to be still drinking for you to attend. The group meets at 7 pm Sunday in the Library Conference Room. I hope you'll come.



# Krynock Wins First Annual Sonnenberg

by Millicent F. White  
Collegian Staff Writer

The first annual Sonnenberg Poetry Award, a Behrend based award, was recently won by recent graduate Kim Krynock. Ellen Goldberg was the 2nd prize winner and Susan Lavrey won honorable mention.

Kim Krynock was a 1988 graduate of Behrend College. Kim majored in English with a concentration in creative writing. Of Kim's three poems: "My Father is Made of Smoke", "He and She", and "William of the Street eyes", Ms. Kumin found "My Father is Made of Smoke" to be quite outstanding.

Ms. Krynock agrees that it may have been the best of her three submissions. It was her first sestina and it was written for her father. She explained that it was the tightest in form pertaining to the syllable count stressed.

Krynock said it is very hard to be objective about any one particular poem because she has a great passion for all of her poems.

Krynock is currently working as the Publicity Director for the Erie Art Museum. In her spare time she does free lance work for the Kangaroo Court. She also gathers literary information for the American Poetry Center. Kim added that graduate school is a possibility in her future.

As far as her poetry is concerned, Kim plans to continue writing, but adds that she misses the workshop atmosphere of Behrend. She believes Behrend has very unique workshops with good, hard-working writers.

For Krynock, the Sonnenberg represented her second major poetry award. In 1986 she won 1st prize in the Penn State University wide Lehman Award. Kim also added that if anyone would like more information on poetry they should contact the American Poetry Center clearing house at 1-800-ALL-MUSE.

Ms. Krynock is very pleased to have won the Sonnenberg Poetry Award and she feels it is great tribute to Ken. she is proud to be the 1st recipient.

The Sonnenberg Poetry Award is a project of the Sonnenberg Memorial Fund, instituted in honor of Kenneth Jonathan Sonnenberg. Sonnenberg was a poet and a 1985 graduate of Behrend who died in 1987. His widow Ardin Sonnenberg established the award in 1987 with the help of Behrend Professor Dr. Diana Hume George. George describes Sonnenberg as a "fine apprentice poet."

A book of Sonnenberg's work entitled Moving the Dunes, published by Kangaroo Court Press in 1988 and edited with an introduction written by Dr. George, can be purchased for \$6.00 by calling the Division of



Kim Krynock  
Winner of Sonnenberg Award

Also, all submissions are automatically considered for publication in Tempus.

Each poet is encouraged to submit no more than three poems for consideration. Poets submitting entries must be a Behrend student at the time of in Tempus, and a copy of Dunes. The awards will be formally presented at convocation ceremonies in the late spring.

Humanities and Social Science.

The Sonnenberg award will be given annually to a Behrend poet whose work demonstrates a high level of achievement. The award winner will receive a \$100.00 prize, a certificate, publication in Tempus (a college literary magazine), and a copy of Sonnenberg's Moving the Dunes. Honorable Mentions will receive a certificate, publication

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