

KEYS TO RECOVERY — NEWSPAPER, INC. —

SPREADING THE MESSAGE OF HOPE AND RECOVERY



It is our duty to
Love the Unloved,
to Help the Helpless &
**Bring Hope to
the Hopeless.**

— A.D. Williams

We Are The Journey

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About Us

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Visit our website for more detailed information on Keys to Recovery Newspaper.

Mission/Vision
 ATS is dedicated to an abstinence-based model of recovery. Our approach is whole-person-centered tending to the mind, body, and spirit. We believe in the power of human nature and respectfully meeting our clients where they are. We aspire to be an important chapter in their journey to becoming whole, healthy, and happy.

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Hope for the Hopeless

When I first decided to come on board with Keys to Recovery Newspaper I had no idea how much of my heart this job would require - all of it and a little more some days.

First a little about me. I'm 21 years sober, in my 40's - and a Jersey girl at heart, I have over 25 years of sales and marketing experience -16 of those years I was a Bartender. For Eleven of those bartending years I was SOBER.

While we were distributing our first issue of Keys to Recovery Newspaper I had the unique experience of visiting some of the most elite treatment centers in Southern California along with the depths of Los Angeles' skid row. I could write an entire column about skid row and the need for recovery there but that is not my objective today.

While I was distributing the newspaper in Beverly Hills I ran into a former customer from my bartending days (Pat's Cocktails in Valley Village) who was now working at this upscale treatment center. Then we went downtown to the skid row missions to deliver our recovery there as well. I heard a voice saying. "Hey you use to work at Pat's right?" To my surprise yes - it was another customer from my old bar. His name was Bobby and as you can imagine he was not "a vision for you". It touched my heart when he asked for a hug, took a newspaper and said "you have no idea how much it meant to see you today ... you gave me hope."

Years ago I knew I wanted to help people. I got a degree in science so I could join a nursing program but was unable to finish due to an injury. Since then I have had different "jobs" - some making a lot of money and some making just enough. But none of them felt like my "forever job". Since the first issue of Keys to Recovery Newspaper came off the press my life was changed forever. This is not a job. This is a labor of love. Never in my wildest dreams did I think I could combine a career and my passion for giving "hope to the hopeless".

I never expected to find my purpose between Beverly Hills and Skid Row. No matter where people start off or end up we all need to know that there is hope... "no matter how far down the scale we have gone" ... "that we can recover from a seemingly hopeless state of mind and body."

Being cofounder of Keys to Recovery Newspaper I found my passion and a beautiful platform for carrying the message of recovery to as many people as possible. Our newspaper is distributed for free so that there are no barriers or requirements to who can receive the message of hope. I love that idea and I love showing up for work each day.

We are currently waiting for our non-profit status to be approved - which means we can be a tax deduction for all donations next year. Our newspaper will always be funded through paid advertising and soon with help from paid single subscriptions we can reach further and further. We are dedicated to the content of this newspaper, filling it with vital information about addiction, alcoholism, eating disorders and recovery from all addictive behaviors.

We have made a commitment to never allow the ads to outweigh the columns and editorial information that we provide monthly. This means that we can stay true to our mission and create a highly effective advertising platform for all of our customers.

I have never worked at a business where everyone wants to help so much. Thank you for all your support and encouragement. Thank you for opening the doors to this special recovery community and receiving me with such warmth.

Beth Stern-Dewey - C.E.O. & Cofounder



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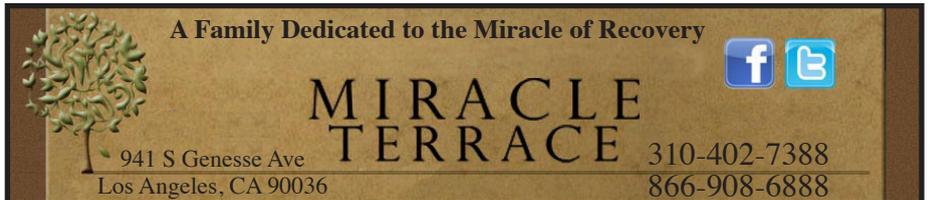
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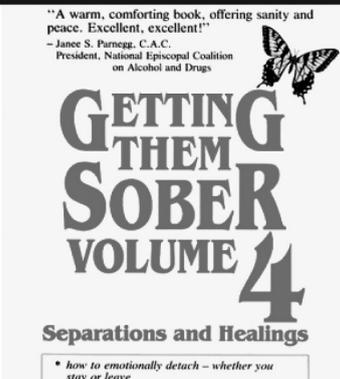
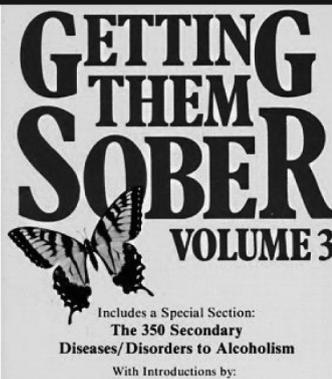
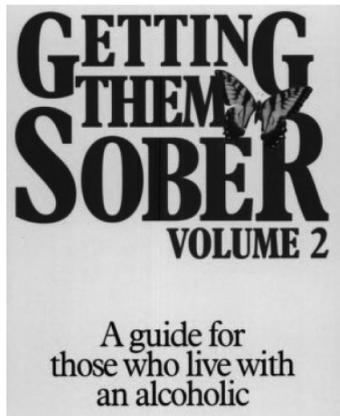
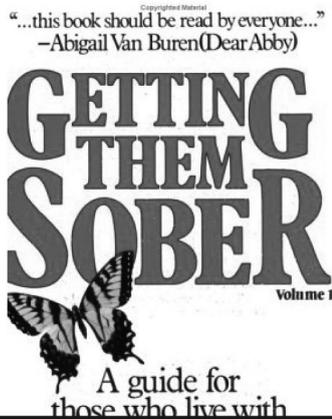
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We Are The Journey

Addiction is a prison and the journey to freedom is finding and positively transforming what is painful, shameful, fearful, oppressive and destructive within us. Recovery begins by surrendering alcohol and other drugs and continues with the surrender of all that imprisons and poisons us. Humans are the species that have the longest dependency period and sometimes we get stuck in thinking that someone or something is responsible for our health, happiness and fulfillment. This is especially likely when our childhood years are fraught with trauma or significant stress. We increasingly lose conscious awareness of our true self when it is not seen, respected, understood and validated. Then our mind gives us defenses to protect us from unbearable pain. Defenses lead to character defects and more problems. And this makes us vulnerable to addictions as we search for something to "fix" us. Addictions and defenses create delusions or distractions, diminish or deaden awareness of pain and problems, and generate new problems. These survival and coping strategies ultimately create a false self which we begin to think of as our real identity. Addictions use all that is unhealed, immature, dysfunctional and fear based, within us to increase their power. In this way, we become a closed system on autopilot. We lose logic, reasoning, intuition and impulse control, and we typically avoid, judge or argue with people who challenge our beliefs and behaviors.

Eventually addictions and defenses backfire, flooding us with all the pain and problems of our entire life. Ideally this stimulates us to ask for assistance and begin to re-evaluate how we are living and who we are. Honesty, open-mindedness, willingness, courage, and trust in others to help us, are required to look deeply inside to investigate the basic needs and aspects of our true self. We must discard everything which interferes with this process and its growth. We must walk through the darkness, emptiness and confusion of not knowing what will happen, in order to experience something new outside the parameters of addictions and autopilot living. We increasingly gain conscious awareness of our true self, as we identify and transform what is not authentic. As we work together in a shared fellowship, we heal past unhealthy relationships with ourselves, others and life, and develop enriching, mature, loving relationships.

The more our happiness depends on people, places and things being how we wish them to be, the more insecure we are. The more we run away from a stressful or traumatic past and chase after a future of fantasized fulfillment, the more stuck we get in repeating negative patterns. The solution lies in the present moment and our willingness to surrender what harms, and gratefully acknowledge and experience what heals. When we spend time feeling what is uplifting, peaceful and joyful, we can increase our awareness of this state deep within us. When we spend time with people who support our recovery, we learn to transform our defenses, defects and unhealthy habits into positive thoughts and behaviors. When we spend time feeling the unlimited love and support from our Higher Power, we have a foundation for resilience, and trust in learning and growing through all conditions in life.

We can feel impoverished, inferior and insecure. We can pursue power, prestige and possessions. We can be miserly, merciless and malicious. And this is the misery of life. We can heal trauma, torment and terror. We can surrender cravings, conflict and competition.

Con't Page 14

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Bondage of Approval

This month, the topic is the bondage of “approval” or “people-pleasing”. We need to understand that when we seek approval from anything or anyone outside of ourselves for acceptance, assurance or to fill up a void within us, we are not being authentic. The validation that we long for cannot be dependent on what other’s may or may not offer, such as security, friendship, love, protection and acceptance. Depending on others comes across as needy, empty, wishy-washy and indecisive.

Instead of being “real” or authentic we end up pretending or masking who we are in order to appease someone else. This is not fair to us and is an injustice to others. Discovering who we really are and becoming genuine is a long and tedious task and well worth the effort. We have been accustomed to living in survival mode and doing whatever it took to not only continue using but to be loved and accepted no matter what the costs. In the process of recovery we deal with our own dependencies, which include placing too much worth on the opinions and direction of others.

Survival skills such as masks (or walls), do not serve any good purpose. They are used: to keep others out or keep ourselves protected – in prison. Our own little prison of fear and pretension. Instead of trusting and believing in ourselves or making a commitment to change, we hide, deny or pretend. If we could pause and ask ourselves “what am I really looking for right now, or what am I afraid of” we will be able to get to the place where we can be quiet and reaffirm the divine qualities within ourselves.

Feelings of inadequacy, unworthiness and low self-esteem will continue to surface until we deal with the real issue of our need for others to make us feel whole, wanted and needed. When we begin to take care of ourselves and make healthier personal choices, we will not become so exhausted, controlling or resentful. Instead of turning our will and life over to the care of another, we become empowered and confident trusting in the love and care of God. Transformation naturally happens as we grow each day, doing the best we can in working the steps, being of service, and trusting God.

We didn’t have many choices as children, and most people in recovery did not have anyone to pour love, worth and value into our lives. So it makes sense that as adults we carry these flaws into our choices of bad relationships, low-esteem, and addictions. It is ok to be wrong, imperfect, make mistakes and to be different. More importantly it is OK to be broken, hurt and wounded; we need to embrace those parts that have been hurt and move toward healing and restoration. As adults we can no longer blame others for our negative attitudes and poor choices. Depending on the level of neglect, abuse and hurt, it could take a long time to heal... and we do heal. It is vital however that we take action to recover, work with a sponsor and/or seek wise counsel.

As adults we are responsible for our choices, recovery, and relationship with God. Diligent 4th Step inventory work is one of the spiritual tools that we are given to help us break the bondage from our past destructive behaviors while at the same time, reveal to us the awesome qualities and gifts that we all have – given in grace.

As long as we are trying to please others at the expense of our own sanity and peace, we are out of balance and have placed a higher value of their opinion of us rather than trust God in who He made us to be. Remember, WE are all messed up. No one is perfect.

As we recover and grow, peace begins to dominate our lives. We can release everything and everyone to the care of God and not worry about what might happen.

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NEXT EXIT
RECOVERY

Written by: Robert Weiss LCSW, CSAT-S

Sex, Tech and Addiction

In today's world, the Internet is pretty much everywhere. Nearly everyone owns a laptop, tablet, smartphone, etc. And all of these devices provide a level of access to people, information and entertainment that was almost unthinkable as little as a decade ago. Unfortunately, the nearly unlimited, highly affordable, mostly anonymous online access that we now have to pleasurable online experiences can, for some people, become addictive. Put simply, digital technologies can and often do play into the formation and maintenance of various addictions – gambling, shopping, video gaming, social media, sex, love and more. Even drug addicts and alcoholics sometimes use digital technology to aid and abet their disease (making plans with fellow addicts via text and social media, ordering drugs online, etc.)

The Internet is especially problematic for sex and love addicts, who can easily get hooked on any number of digital “sexnologies” – everything from online porn to hookup apps to webcam sex to virtual world sex games to just about else you can think of.

Usually for sex addicts, online porn is the “gateway drug.” This is hardly a surprise, as pornography of every ilk imaginable is now easily and anonymously available to anyone, anytime, on pretty much any digital device. And more often than not it's free. The days of expensive, credit card-driven pay sites are long gone. As such, the barriers to obtaining and using intensely arousing sexual imagery that were in place as little a few years ago (age limitations, cost limitations, social taboos, lack of variety, etc.) no longer exist. It's like the local liquor store opened its doors and screamed, “Hey all you people with a drinking problem, everything is free and nobody needs to know what you're up to!” Except this is porn, not booze.

And pornography is merely the tip of the iceberg when it comes to the potentially addictive temptations of sexnology. In today's world, it is entirely possible to meet a potential sex partner on a social media site or an “adult friend finder” app, to flirt with that person via text and sext, to go on dates and be sexual with that person via webcam and teledildonic devices (Internet-enabled sex toys), and then to brag about the experience by posting on Twitter, Instagram, Facebook and the like. In other words, it is possible to digitally experience the entire gamut of a highly sexualized relationship – all without ever being in the same room as the other person, or even on the same continent.

The more one looks at digital sexnology, the more obvious it is that anyone looking for pleasurable and potentially escapist (and therefore potentially addictive) sexual content and/or partners can find an unending, easily affordable supply online. Needless to say, this does not bode well for addicts.

For most people, of course, things like online pornography and hookup apps are not a problem. The vast majority of people are able to go online and temporarily engage with porn and other digital sexnologies without becoming addicted or experiencing negative consequences. (In similar fashion, most people are able to occasionally drink alcohol, sometimes to excess, without becoming addicted or experiencing negative consequences.) For people predisposed to addiction, however, sexnology poses a clear risk, and it should therefore be approached with caution. In short, when it comes to digital sexuality, people who are predisposed to addictive behavior patterns can easily “lose themselves” in an escalating, obsessive quest for the perfect image, the perfect partner, or at least for something new, different and super-stimulating. Instead of using sexnology for fun and amusement, these individuals rely on the neurochemical rush that sexnology provides as a way to avoid and/or dissociate from stress, emotional discomfort, and the pain of underlying psychological conditions like anxiety, depression, unresolved childhood or severe adult trauma, attachment deficits, low self-esteem, etc.

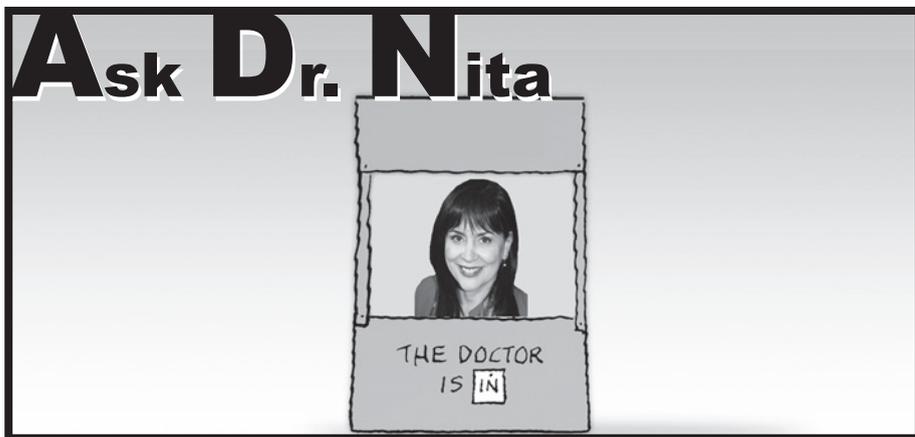
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Dear Dr. Nita,

I am with my boyfriend, living together, for four years and am sober for 2 years. Jay will not go to Al Anon, and I am noticing that he puts me down a lot and recently in front of some friends, he made a joke about my sobriety and it was very uncomfortable for me and a few others that heard him. I feel so hurt and mad I don't understand what is going on and my sponsor said go to therapy, but we are broke. Thank you, Angie

Dear Angie,

Thank you for writing and for letting yourself have your feelings about what happened instead of shoving it under the rug, I applaud you for that! Let's talk about what's going on. Sarcasm or "put downs" whether in front of others or not, is verbal abuse. It may be subtle as compared to physical abuse or loud fighting, but abuse is still abuse. Here are some examples: withholding affection or giving the "silent treatment", a joke in disguise (What you wrote that Jay did), name calling, dirty looks, the "eye roll" or being impatient with you, discounting or trivializing you or your efforts, trying to control you by berating you and putting you down, criticizing or humiliating you. (for more, see the book by Patricia Evans, "The Verbally Abusive Relationship").

I want you to think back over the four years and ask yourself if this is new behavior or if it has always gone on. I suspect that when you got sober, you began to wake up to things in your life that you may not have been truly aware of previously. It's also common for us to tolerate behaviors from others in the home, family or workplace that really are not serving us. Once we get present to these, some difficult decisions may be in front of us. Underlying all addiction issues is usually a layer of untreated co-dependency, which we heal by beginning to set boundaries. A boundary is a line in the sand of what is tolerable and what is not. I want you to clearly tell Jay that you were hurt and mad by his put down of you in front of others. If by chance you experienced any other feelings, such as humiliation or alienation, those feelings need to be processed with someone other than Jay, until you have created better communication with him.

Meanwhile, tell him what your boundaries are and use this 3 part statement to get started:

1} When you _____; 2} I feel _____; 3} What I want or need is _____

You might start with: "When you make derogatory remarks about my sobriety in front of our friends, I feel hurt and angry. What I want is for you to be kind and respectful of me in your behavior and words."

Don't let Jay make light of this or not take you seriously. Notice how you feel when you are around him. Do you feel supported? Energized? Happy? Content? Or, do you feel disconnected, disempowered or drained?

Then, I want you to start journaling daily, if you aren't already doing so, and write about your relationship. I do recommend counseling for you whether he will go or not. There are resources at the back of this newspaper that may help you find low cost services.

Through the use of the 12 steps, we learn to live a life of integrity and we attract "like minded" people as a result. This process takes time and I ask you to be diligent in your recovery and also be patient with yourself as well. I don't know enough about your situation to offer a prognosis, but I can't stress enough that everyone in recovery needs to put loving ourselves and taking better care of ourselves at the top of the list.

Dr Nita Vallens is a counselor and hypnotherapist in Sherman Oaks and can be reached via www.DrNitaVallens.com Dr. Nita's Inner Vision radio show can be heard on Tuesdays at 1:00 pm on KPFK Los Angeles, 90.7 FM or stream at www.KPFK.org

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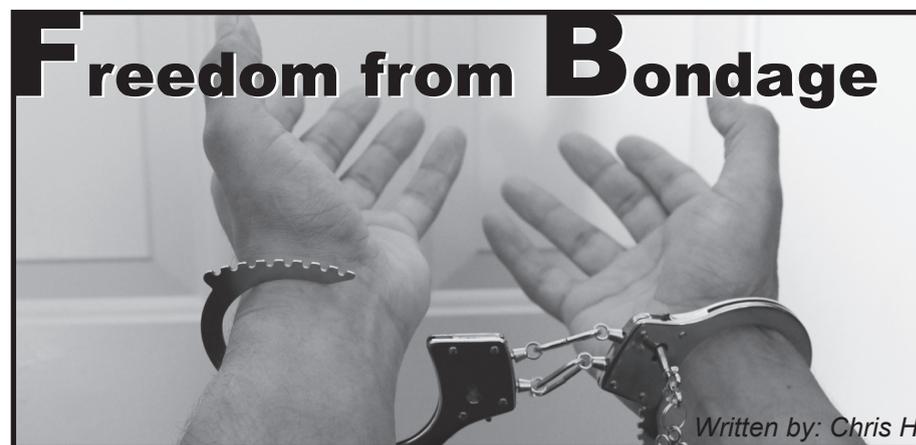
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Written by: Chris H

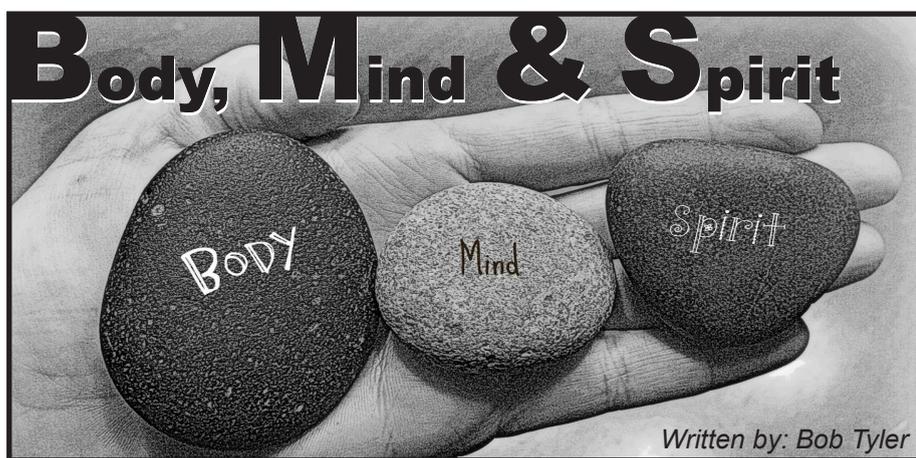
Recovery & Hope

There was a time, when I had no recovery, no hope, no passport, no name, I was just a number, and the property of the California Department of Corrections. My recovery started from the first time I saw the judge at my preliminary hearing, and it continues through today. Twenty plus years later, one day at a time, I have not found it necessary to pick up a drink or drug since August 1994. Although I have had every reason known to man, to pick up and use the last 20 years (death of a parent, death of friends, getting a job, losing a job, relationships gone right, relationships gone wrong, I could go on and on with reasons to use and or drink and if I did not have a good enough reason, my head can create one). I am currently in the Philippines, traveling, surfing, and shooting photos.

How did I get from a prison cell to basically retired in my 40's? A simple question with a complex answer. To simplify the answer I would say Recovery & Hope. I lost everything when I went to prison, and when I finally did get out of prison, I had nothing but recovery and hope. I was unemployable, I was confused, I was not speaking to my family. What I did have was some friends in recovery who basically took me in, and like humpty dumpty put me back together again. I had to take a look at myself, I had to do some writing, I made amends and cleared up the wreckage of my past. I became self supporting. I bought a used car. I bought a used surfboard. I took direction and I became a productive member society.

In the past 20 years, I walked away from 3 careers (that many people would be satisfied to keep for life). To me, they were not as fabulous as they look from the outside. When I was a teenager, all I wanted to do was surf, and shoot photos, now that is what I do. I make a daily decision to stay clean, to cherish my recovery, and to be open to what the universe has to offer for me. During the 2006/2007/2008 economy downturn I ran my company into the ground, and decided to take a break, have a sit down, so I moved to Bali to surf. I picked up a DSLR camera (I've been a photographer since the 80's) a water-housing and have been surfing/shooting and shooting surfing ever since. I spend 6 months of the year in the Mentawai Islands, which are an island chain off the coast of Sumatra in Indonesia, during the months of April-October some of the best waves in the world are found in this island chain. I sometimes shoot photos on surf charter-boats although, lately I've been shooting pictures for a resort in the central Mentawai's. I am so lucky and grateful to live and surf some of the best waves in the world. All my friends are in recovery, and are like minded. I always wanted to travel, when I was using I wanted to travel, but I could never get out of the bathroom. Once I got off parole, I got a passport, and have since traveled the world. I had to add pages to my passport, twice, because I filled it with stamps and visa's from all the countries I've been to. I am able to connect with other recovering people in most countries as well.

I have known the President of this newspaper for a long time. I was sent to my first 12 step program in 1981 (where Jeannie was my counselor), I had a few relapses, then she had a relapse, then I had a few more, needless to say our friendship has spanned over 40 years. It's nice to see her is so passionate about "Keys to Recovery Newspaper". For me recovery is a gift, a gift I cherish deeply and hold on to NO MATTER WHAT. The rewards and promises with recovery, outweigh, the price and wreckage that active addiction brings with it, to myself and others around me. It's easier to stay clean then it is to get clean - I know this from personal experience. www.facebook.com/chris.hoy.338



Do You Have the Disease of Addiction?

If you are an alcoholic or a drug addict, it is very important you eventually come to this conclusion yourself. We who work in the addiction profession often refer to it as the only self-diagnosed disease. I can tell you that you are an alcoholic “until the cows come home”, but unless you believe it, you will not seek help. I hope the following will help you decide whether or not you have this disease.

An important indicator of addiction is whether or not you continue to drink or use despite negative consequences. These consequences can involve the following:

- Marital or relationship problems • Work problems
- Health problems • Legal problems
- Dishonesty • Emotional turmoil
- Emotional absence or neglect of children
- Giving up hobbies or recreational activities
- Financial difficulties • Acting against your personal morals
- Social isolation • Poor hygiene
- Becoming irresponsible • Breaking promises

Non-addicted people will look at all these bad things happening, realize they are hurting themselves or others, and simply stop using. Addicts and alcoholics will look at such consequences, make a decision to stop using, and eventually return to use despite the consequences.

Failed attempts at quitting use are also strong indicators of addiction. Most addicts who eventually seek outside help have had repeated attempts at quitting. Often they have some success at remaining off their drug of choice for extended periods of time. Such apparent success is often mistaken for non-addiction. They say to themselves, “See, I have proven that I am not an addict because I have remained off drugs for ‘x’ amount of time.” Having mistakenly proven non-addiction to themselves, they return to use and create more consequences. Others have very little success at quitting for any significant period of time. Such people may actually be better off because they recognize the need for help sooner and get busy seeking ways to recover.

Another strong indicator of addiction is using more than you intended. Almost every time I used drugs or alcohol, I intended to use an amount that would result in minimal consequences. I failed almost every time at sticking to such a plan. Despite having proven repeatedly that I could not limit my use, I was surprised every time I failed. Once I began using, the phenomenon of craving kicked in and I was utterly powerless over continued use. Therefore, I firmly believe complete abstinence can be the only successful way to be relieved of addiction.

What Kind of an Alcoholic or Addict are You? To continue our discussion of whether or not you are an alcoholic and/or addict, it is important for you to know there are many different types of alcoholics and addicts. Are you the type who drinks or uses all day, every day, and/or must do so to avoid withdrawal symptoms and stay well? To most, this is the stereotypical alcoholic. Some such alcoholics end up unemployed and homeless. However, some alcoholics of this type are able to keep their jobs and family. They often fool themselves into believing they are not alcoholics because they compare themselves to “gutter drunks.” But they are very much alcoholics because alcohol has control over their lives.

Are you an alcoholic/addict who is in denial because you only drink at night after work to unwind? You appear to have the ability to abstain during the day, but are compelled to drink every night. Not every person who does this is alcoholic, but if you have some of the consequences mentioned previously and you do not (or cannot) stop this pattern, you are certainly an alcoholic. You might also compare yourself to the gutter drunk, which keeps you sick until you face the truth about your condition.

Are you a person who uses only on weekends, but you use enough to result in negative consequences? Despite such consequences, the disease will also have you believe that you are not alcoholic because you don’t drink every day or because you are able to hang onto your family or job.

Finally, are you a “periodic” or “binge” drinker who can go weeks, or even months without drinking? You have periodic sprees in which you binge for days or weeks and have many consequences. It is particularly difficult for you to come to terms with your addiction because, every time you stop using after a binge, you view such temporary success as evidence of non-addiction – especially if you compare yourself to the gutter drunk.

I hope this discussion on the types of addiction prevents you from being fooled about your drinking or using. No matter what your pattern, if you continue to drink or use despite negative consequences, you are most assuredly addicted. If you have come to the conclusion that you are, in fact, addicted to drugs or alcohol, I implore you to seek out help – it will not go away on its own.

God Bless, Bob

(Excerpts taken from Bob Tyler’s EVVY award-winning book, Enough Already!: A Guide to Recovery from Alcohol and Drug Addiction. Available at amazon.com)

Sober since 1988 and working in recovery for over 20 years, Bob operates an addiction private practice, provides consulting services to treatment programs, is an accomplished speaker, and teaches in the Alcohol and Drug Studies Program at Loyola Marymount University Extension. He is also Past President of the California Association of Alcoholism and Drug Abuse Counselors (CAADAC) and author of the EVVY Award-winning book: Enough Already!: A Guide to Recovery from Alcohol and Drug Addiction • www.bobtyler.net • staysober@bobtyler.net



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JOHN BRADSHAW

Recovering Addicts & Post-Romantic Stress Disorder



Recovering addicts are at a great risk for Post Romantic Stress Disorder (PRSD). In my soon to be released book, Post Romantic Stress Disorder, subtitled: New Discoveries Related to lust, “being in love” and attachment, I describe the sexual breach that lovers feel when they inevitably fall out of love as well as the many other breaches they will feel when the in-love romance programs wanes.

One of the exciting recent research discoveries, made by the anthropologist Helen Fisher, using fMRI’s of the brains of people in-love and those experiencing unrequited love, was that the brain in love has a unique blood-flow circuitry which is different from the brain in lust or the brain circuitry supporting attachment (the program that is triggered as lovers decide to settle down together). The attachment program is especially present when one or both partners desire to have offspring. Fisher has established that lust, in love and attachment are three distinct innate brain programs. The purpose of all three programs is to move us to meet a partner, mate, and create a family in order to nurture offspring.

The in-love romance program evolved to help us meet and select a compatible sexual partner. Fisher’s research found that the Romance Program lasts 17 months (other

*“Once the sexual
breach takes place,
most addicts...believe
they no longer love
their spouse and
often throw away
what could have
been...a perfectly
good marriage.”*

research puts the time span of the innate buzz at 12 to 18 months). The Romance Program did not evolve to insure long-term compatibility. It evolved to insure that each of us would find a desirable emotional and chemical match. Part of the intensity of being in-love comes from the chemical dopamine, which triggers testosterone, the source of the sex drive. Couples in-love often engage in “amazing sex.” When the “in-love program” wanes each party returns to their normal testosterone level. This results in the sexual breach. What had been a regular and ritually automatic sexual embrace end with a “let’s just cuddle.” Dr. Jay Wagoner describes a breach as moving from what had been a safe haven that created a sense of union, transformed into a lonely moment of I. The “we” union has been replaced by an I and I. A reasonably healthy person who has built some degree of self-esteem and is not dependent on the sexual love of the other, can move on and accept the challenge of attachment and mature love.

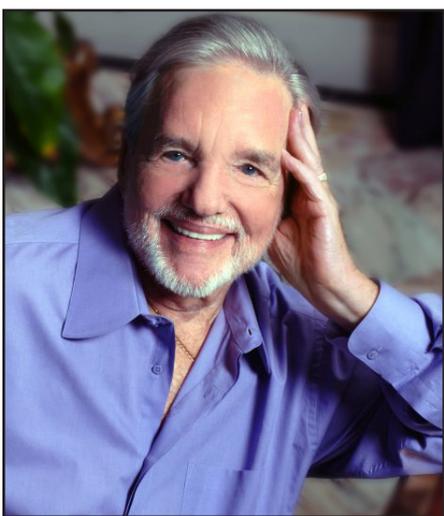
Elsewhere in my writings, I’ve presented the root of addiction as toxic shame. When the affect of shame is toxic, a person feels flawed and defective. Addicts cover this absolutized feeling with their addiction, no matter what it is. Addicts move towards darkness and

isolation because they are so afraid of being exposed as the imposter they think they are. The first step in healing addiction is to come out of hiding. To show oneself to the other wounded addicts, like in embracing the 12 steps of A.A. In chapter 6 of the revised edition of my book, *Healing the Shame That Binds You*, I show exactly how a shame-based person can recover their fractured sense of self. But even after taking a first step and admitting powerlessness over a certain substance, person, activity, or thing and abstaining from a substance altogether (like in using alcohol, cocaine, and any inherently addictive substance) only a first order change has been achieved. The “disease” of the disease has still to be grappled with. The “disease” of the disease is the toxically shamed personality. Recovering addicts have severe difficulties in relationships. They are sitting ducks for Mother Nature’s Black Magic, the in-love program that is clinically described as an “altered state of consciousness.” Person’s in-love are drunk; they fill up their inner loneliness with their beloved, especially sex with their beloved. Once the sexual breach takes place, most addicts (as well as 50% of the population) believe they no longer love their spouse and often throw away what could have been (if given more time) a perfectly good marriage. At this point many turn to love and sex addiction. Many addicts begin

their addictive life as sex and love addicts. Alcohol or drugs only fuel and exacerbate the depth of their addiction.

I’m 49 year sober now and in the beginning I was told to avoid relationships, especially with any other addicts. After several painful breakups, I started dating non-addicts (so called “civilians” in AA). Thankfully, I’m happily married and I’ve avoided hurting others.

If you’re a recovering addict of any kind—your greatest danger is getting into a relationship. The therapeutic slogan that says, “we don’t have relationships, we take hostages,” is a strong warning to all recovering addicts. Part II of my book, *Post Romantic Stress Disorder*, offers you a model for building your sense of self and offers exercises to hone your skills for communicating and arguing effectively. Most addicts are from mild to severely dysfunctional families. I present several ways to deal with what I call the family of origin “blockade”—and your wounds from the past. If you don’t deal with issues (abuse, abandonment, neglect and enmeshment) from the past you will remain an adult child. All couples have some childish conflicts; recovering addicts who fail to work on their “inner wounded child” issues will have them all the time. There is lots of hope if you’re willing to work for it.



John Bradshaw, called one of the greatest philosophers and communicators of our time, continues his research and writing. His newest book, “Post-Romantic Stress Disorder: What to Do When the Honeymoon Is Over”, Released November 2014

In his books, John deals with the unprecedented opportunity to live, teach and leave a legacy of virtue. Besides his work, John’s passions include his family, friends, sports, fishing and exploring the World with his beloved artist/wife Karen.

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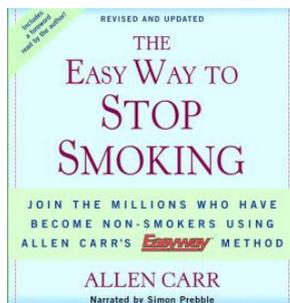


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Book Reviews



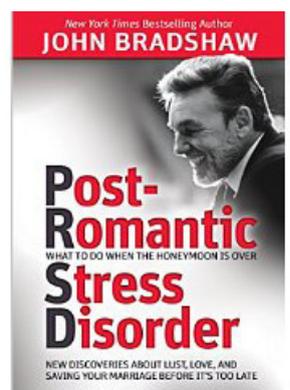
THE EASY WAY TO STOP SMOKING: Since 1983 Allen Carr's Easyway



To Stop Smoking Method has helped millions of smokers quit smoking and find freedom from cigarettes and nicotine. Allen Carr's Easy Way To Stop Smoking is one of the biggest selling self-help titles in publishing history having sold 13 million copies worldwide, in 57 countries in more than 38 languages. Their reputation has been established almost entirely by word of mouth and personal recommendation - they rarely advertise. You can read thousands of unsolicited quit smoking stories from happy non-smokers on their website. If that alone doesn't inspire you to give this book a read - let me try.

Seven years ago I read this book along with one of my best friends. After 25 years of smoking from one to two packs a day - I QUIT - once and for all. Oh and my best friend she quit too. One of the last chapters in the book talks about helping others quit as well, that is a concept I can get behind. Available at Amazon.com

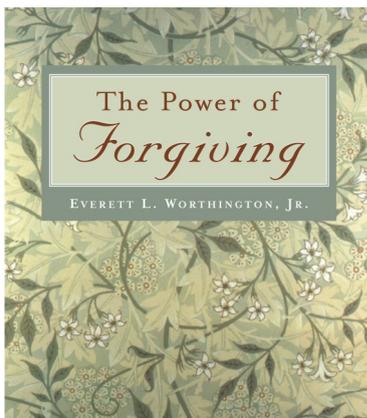
POST-ROMANTIC STRESS DISORDER: WHAT TO DO WHEN THE HONEYMOON IS OVER: by John E. Bradshaw. John



Bradshaw is arguably the most accomplished and well-known leader alive today in the addictions field. He taught us about functional and dysfunctional families, showed us how shame could become toxic and poisonous to our core selves, and helped us understand and heal the wounded, vulnerable "inner child" conceived by, and thriving in, that environment.

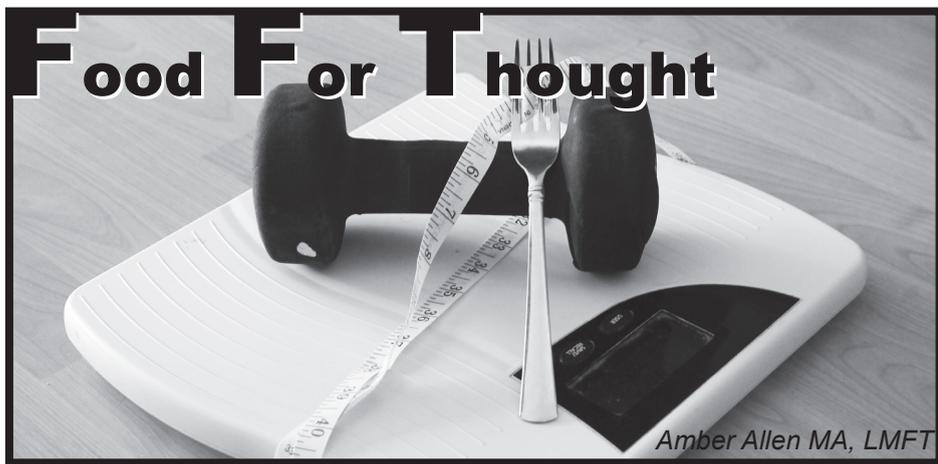
In Post-Romantic Stress Disorder (PRSD), Bradshaw gives readers a clear explanation of the difference between falling in love, lust, and true love. Based on his research, PRSD is a deeply serious psychological disorder and the cause of 40% of all divorces – divorces that could have been prevented. Every day people throw away perfectly good relationships because they just don't know how to navigate the tides, but if they could learn and understand the concepts Bradshaw presents in this book, the portrait of the family unit could have a whole new landscape. Available at Amazon.com

THE POWER OF FORGIVING, by Everette L. Worthington, Jr. Forgiving is



a choice; when we forgive, memory is transformed, not erased, Worthington says. He describes how we begin the transformation process of forgiving—how to prepare oneself for the rigors of the journey; the resources and supports that are needed; how those who betrayed us once can continue to betray; and how unruly angry emotions can arise. "The quest will not leave us unchanged. In fact, if we forgive with a pure heart, we will find the treasures we sought at first—health, happiness, peace, and harmony, but the surprising treasure—the virtue that we hadn't set out to find—is the priceless gift of blessing another

person through the power of forgiving, and it will change us forever." Available at Amazon.com



Restoring The Family After Treatment

Eating Disorders affect families. That is the reality. It is not just the client that goes through a barrage of emotions as they navigate the disorder and treatment, but the family as well. The following is a letter to families as they seek to restore their relationships after eating disorder treatment. This is based upon years of experience as a therapist working in the eating disorder field and running multi-family groups. The letter is used to simply provide families with additional support as they seek to heal and restore.

Families: Yes it is OK to say to yourselves "I don't know how to even begin to get back the trust that was lost with the eating disorder." Most likely at some point you received the brunt end of the challenging emotions that your loved one was experiencing at the height of the disorder. These emotions may have included anger, resentment, isolation, manipulation, denial, depression, anxiety or a combination of all of them. In fact you may still be on the receiving end of these emotions even after discharge. Recognize it may be this way for awhile as your loved one continues to get nutritionally stabilized (i.e. consistent meal plan compliance and stabilization/maintenance of food intake). Your loved one cannot be in a position to communicate effectively with you until stabilization and maintenance has occurred. After stabilization, the real family work can begin. It is important to recognize that your loved one still needs patience from you as they continue to learn how to communicate their emotions in a healthy way. You yourself may still experience some overwhelming fear, resentment, frustration and overall sadness in reflecting on how much damage the eating disorder has done to the family.

To support you, it's pertinent for you to communicate with your loved one (it may feel safer in family therapy) how they may begin rebuilding the trust they lost in the throes of their eating disorder. I would also support you in continuing in your own therapy if you haven't done so already, so that you can express, uncensored, what you are struggling with as your loved one transitions back into the family. Research to find support groups in your local community that specifically cater to parents/families of those whom suffer from eating disorders. Try not to minimize your own emotions and know that there are resources out there to support you to continue to heal. Recognize that your loved one may not be "the same," because with recovery comes changes in your loved ones' overall identity. That is how they experience the world and people, including family. He/she is still working through who they are without the eating disorder and how they can manage possible depression, anxiety, trauma, perfectionism, anger or other feelings which may flair in their interactions with you. It may feel harder before it feels easier. Just remember that ongoing willingness and openness to the process through time is what will get you to the healing.

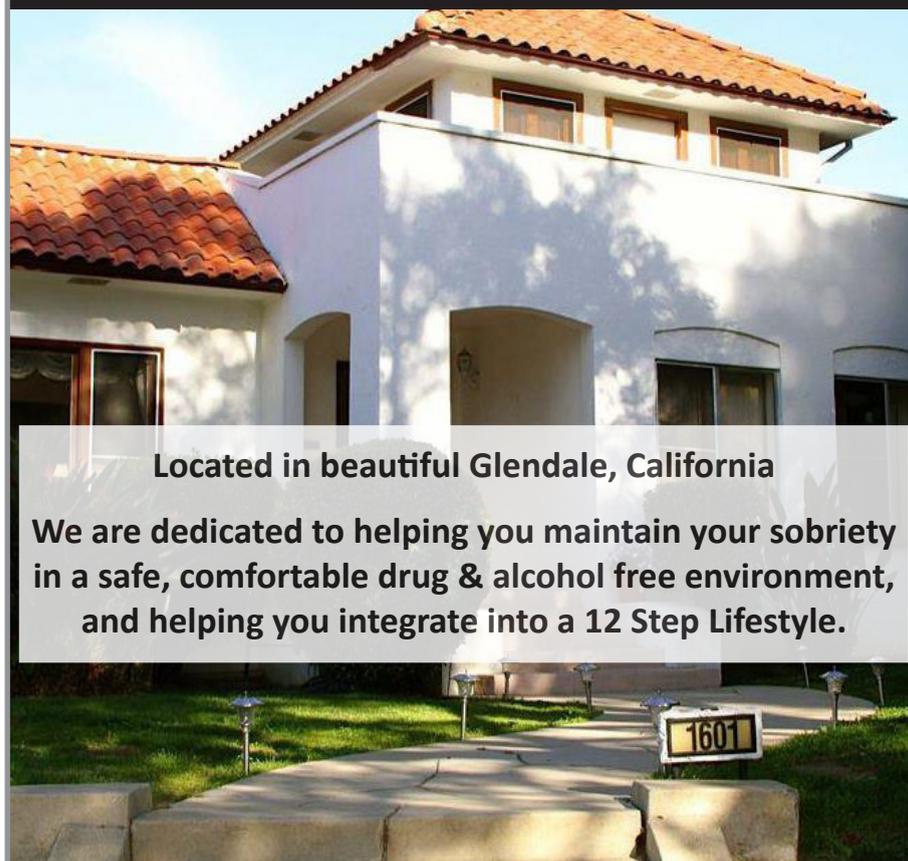
Healing the family after discharge can look like a wave of the ocean. There will be moments in healing that you feel pretty good (i.e. "My son/daughter is following his/her meal plan, we're communicating with each other, and are utilizing each of our own professional support team as we go"). This could be considered the wave going up and in mid-point. The wave also however can come crashing downward, in which for example you may feel, "I said the wrong thing and my loved one is upset," or even "We aren't communicating at all, I think that the eating disorder is getting stronger just when we thought it was over." Know that the crashing or downward wave will still rise up again. It ebbs and flows, at times intense, at others very slow and fluid. The good news is as long as there is a willingness on both ends to ride the wave, this process is not in vain. As a family you will become stronger, little by little, moment by moment in



time. Healing within the family is gradual. There is no time limit or constraint. Be comfortable with not knowing the exact future or time in which this will all be behind you, but that you are all in this together doing the best you can in this moment.

Amber Allen, MA, LMFT, is currently a Licensed Marriage and Family Therapist and Program Director at Shoreline Center for Eating Disorder Treatment. She is also a Certified Family Wellness Instructor that facilitates the Multi-Family Groups held monthly as part of treatment.

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Grace Lost & Found

Con't from Page 4



We can be grateful, gentle and generous. And this is the grace of life. Recovery teaches us through paradox. Strength is discovered when we admit weakness. Healing begins when we compassionately embrace our suffering. Wholeness is recognized by relinquishing ego identity. Sustainable happiness is present when we surrender selfishness. True wisdom arrives when we stop listening to our mental chatter. Serenity is realizing the blessings we already have. We are impoverished from what we hoard and withhold. We are rich from what we give away. And this is the journey from the prison of addiction to the freedom of faith and the miracles of love.

WWW.MARYCOOKMA.COM

Mary Cook is the author of "Grace Lost and Found: From Addictions and

Compulsions to Satisfaction and Serenity", available from Barnes & Noble, Amazon.com, etc. www.amazon.com/Grace-Lost-Found.

Mary has 38 years of clinical practice and 29 years of university teaching experience. She has a Master's degree in Psychology and is a Registered Addiction Specialist. Mary is available for telephone and office counseling, guided meditation, speaking engagements, workshops, and officiant services.



Next Exit Recovery



Con't from Page 6

So instead of playing with online sexuality to feel better, they do it to feel less. And, in case you're wondering, these are the same reasons that alcoholics drink and drug addicts use. Addicts (of all types) are not looking to party and have a good time, they're looking to control what they are feeling.

Prior to the Internet, sexual addiction manifested mostly in adult men (who were usually hooked on things like adult movie theaters, VHS porn, phone sex, prostitutes, serial affairs, etc.) However, recent research suggests that more people than ever are dealing with this issue, and that the problem is becoming more evenly distributed among males and females. Adolescents are also susceptible. Furthermore, there is little doubt that this increase in the incidence of sexual addiction is directly related to the affordable, anonymous, 24/7/365 access to highly arousing im-

agery, activities and willing sexual partners that digital technology provides.

Robert Weiss LCSW, CSAT-S is Senior Vice President of Clinical Development with Elements Behavioral Health. A licensed UCLA MSW graduate and personal trainee of Dr. Patrick Carnes, he founded The Sexual Recovery Institute in Los Angeles in 1995, and has written *Closer Together, Further Apart: The Effects of Technology and the Internet on Parenting, Work, and Relationships*; also being released 1/2015 *Always Turned On: Sex Addiction in the Digital Age*. For more information you can visit his website, www.robertweissmsw.com.



Sunlight of The Spirit



Con't from Page 5

by: Kay B.

Our fear of what other's think is replaced with assurance, hope and love through knowing that God made us as He desired and determined...free to live a rich and full life.

Being released from the bondage of people-pleasing is liberating. When we place value on ourselves and our life, we begin to heal. Our choices will not be to please others but to make the best choice for all concerned, including ourselves – unselfishly and with humility. We are not trying to win someone over but are living life based on the truth of who we are – through God's eyes and heart. Perfect and divinely made. We want to grow and trust our own value and worth as it develops through working the steps and deepening our relationship with God.

This article is not giving permission for people to do whatever they want in the name of freedom...it is inviting those who have been stuck in seeking approval from others to live life more fully and in the freedom that one has from letting go of all fear.

Freedom from this bondage means that I can give and serve without any strings attached. It means that I can give more than I receive and not become resentful, that I am at peace with who I am knowing there is nothing to fear. It is believing that all of my needs are being met – with God and the program of recovery. It is accepting that I am loved, valued and never forgotten.

"If we accept ourselves, we will no longer be burdened by needing others to accept us".

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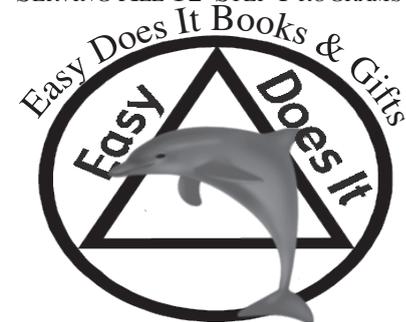
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Keys to Recovery Newspaper, Inc. is printed and distributed in California and the surrounding states. Having a current print run of 20,000 newspapers and a readership expected to exceed 70,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we will be distributing our recovery newspaper to:

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A.A. L.A. Central Office 4311 Wilshire Blvd., #104 Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722
A.A. 8752 S Broadway Los Angeles, CA 90003, www.aa.org (323) 750-2039
A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.
A.A Santa Clarita Valley Central Office:, http://www.aascv.org (661) 250-9922
Al-Anon Family Groups www.al-anon.alateen.org 1-888-425-2666
Al-Anon/Alateen LA County WWW.ALANONLA.ORG (818) 760-7122.
Al-Anon/Alateen Spanish, LA County, (562) 948-2190.
A.C.A. (Adult Children of Alcoholics) World Service Organization: www.adultchildren.org (562) 595-7831
Addicts for Christ Los Angeles www.addictsforchrist.org (310) 452-4328.
Anaheim Alana Club, 202 W. Broadway, Anaheim, CA 92805 - Meetings 7-days a week 714-535-0900
California Dept. of Health Care Services - www.dhcs.ca.gov (800) 735-2922
California Hispanic Commission on Alcohol & Drug Abuse - www.chcada.org (916) 443-5473
Cocaine Anonymous of the SFV, (818) 760-8402
Cocaine Anonymous World Service Office - www.ca.org. 1-800-347-8998 or (310) 559-5833.
Clutterers Anonymous (866) 402-6685.
Co-Dependents Anonymous (CoDA) Los Angeles (323) 969-4995.
Co-Dependents Anonymous (CoDA) San Fernando Valley (818) 379-3300.
COSA for friends and family of Sex Addicts, www.cosa-recovery.org - (866) 899-2672
(HOW) Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.
Crystal Meth-Anonymous (CMA) (855) 638-4373
Debtors Anonymous www.SoCalDA.org 310-822-7250.
Emotional Anonymous -www.emotionsanonymous.org - World Services (651) 647-9712.
Food Addicts Anonymous www.foodaddictsanonymous.org - World services (772) 878-9657
Food Addicts in Recovery Anonymous (FA) - www.foodaddicts.org (781) 932-6300 Families Anonymous - www.familiesanonymous.org (800) 736-9805.
Gamblers Anonymous (GA) www.gamblersanonymous.org - (626) 960-3500
Problem Gambling 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.
Love Addicts Anonymous (LAA) www.Loveaddicts.org
MADD Mother Against Drunk Drivers, www.madd.org - 877.MADD.HELP
Marijuana Anonymous - www.marijuana-anonymous.org - World Services (800) 766-6779.
Marijuana Anonymous - www.marijuana-anonymous.org Los Angeles 310.494.0189
Marijuana Anonymous - www.marijuana-anonymous.org Van Nuys (818) 759-9194.
Narcotics Anonymous (NA) www.todayna.org Regional Office (800) 863-2962.
Narcotics Anonymous of the San Fernando Valley - www.nasfv.com (818) 997-3822.
Nicotine Anonymous - www.nicotine-anonymous.org - (877) 879-6422
Nar-Anon Family Groups - www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188
National Council on Alcoholism and Drug Dependence Headquarters, (All NCADDs provide help & info and other alcohol/drug related services). www.ncadd.org - (800) 622-2255
National Council on Alcoholism and Drug Dependence - San Fernando Valley www.ncadd-sfv.org - (818) 997-0414

International OCD Foundation - Obsessive Compulsive Disorder - www.ocfoundation.org (617) 973-5801
Overeaters Anonymous -www.oa.org - World Services 505-891-2664
Overeaters Anonymous Meeting Hotline 24 Hour (323) 653-7499.
Overeaters Anonymous LA Intergroup - www.oalaig.org (323) 653-7652.
Pills Anonymous (PA) www.pillsanonymous.com
Rageaholics Anonymous - www.rageaholicsanonymous.org
Recovering Couples Anon. www.Recovering-Couples.org - 781-794-1456
RumRadio.org the most comprehensive Twelve Step sponsorship informational resource website in the known and in the unknown Universe. 512-267-4707
Secular Organization For Sobriety (323) 666-4295.
Sex Addicts Anonymous (SAA) https://saa-recovery.org - (800) 477-8191
Sex & Love Addicts Anonymous (SLAA) - www.slaalos-angeles.org (323) 957-4881
Sexaholics Anonymous (SA) - www.sa.org (866) 424-8777
Sexaholics Anonymous (SA) www.sasocal.org (310) 491-8845
Sexual Compulsive Anonymous www.sca-recovery.org 1-800 / 977-HEAL
Sexual Recovery Anonymous (SRA) - www.sexualrecovery.org (323) 850-8565.
S-Anon (Friends and Families of Sex Addicts) www.sanon.org (800) 210-8141
SHARE - www.shareselfhelp.org - (310) 846-5270
Survivors of Incest Anonymous (SIA) (410) -893-3322. www.siaawso.org
The Other Bar: free. 12 step based peer recovery network for lawyers & law students 800-222-0767; www.otherbar.org
Workaholics Anonymous - www.workaholics-anonymous.org - (510) 273-9253

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792
Battered Women/Children Hotline, (818) 887-6589.
Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790
Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).
Center for the Pacific Asian Family 1-800-339-3940
Chicana Service Center (English, Spanish) (323) 268-7564
Child Protection Helpline, (800) 540-4000 (24 Hour).
Children's Institute International (walk-in center only) (213) 385-5100
Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.
Domestic Abuse Center (walk-in center only) (818) 904-1700
East Los Angeles Women's Shelter (walk-in center only) (323) 526-5819 - 24 Hour Hotline (800) 585-6231
Family Crisis Center (South Central) - (323)737-3900
Glendale- YWCA Domestic Violence Project (818) 242-1106
Haven Hills, www.havenhills.org - (818) 887-7481 (818) 887-6589
Helpline Youth Counseling (walk-in center only) (562) 864-3722
House of Ruth - (909) 623-4364
Human Services Association (walk-in center only) (562) 806-5400
Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250
Jenesse Center www.jenesse.org (323) 299-9496
Jewish Family Service of Los Angeles/ Family Violence Project/Tamar House www.jewishla.org (818) 789-1293
Foothill Family Services (walk-in center only) - (626) 338-9200
Legal Aid Foundation of Los Angeles (LAFLA) (323) 801-7991

Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352
Project: Peacemakers, Inc.(walk-in center only) (English, Spanish) (323) 291-2525
Prototypes (walk-in center only) (323) 464-6281
Safe Horizons 800.621.4673 (HOPE)
San Pedro- Rainbow Services - (310) 547-9343
Santa Monica- Sojourn - (310) 264-6644
So. California Alcohol & Drug Program/ Angel Step Inn - www.scadp.org (562) 949-5358
The Good Shepherd Shelter - (323) 737-6111
YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995 - 24 Hour Hotline (626)967-0658

EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.
Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.
Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org
County of L.A. Depart. of Mental Health has complete listing of mental health providers at www.dmh.co.la.ca.us/providers/allprov.htm, (800) 854-7771
Fetal Alcohol Syndrome Information (626) 793-7350.
HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov - (877) 696-6775
National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free
National Runaway Switchboard (800) Runaway. Meetings (818) 994-6747
Pasadena Mental Health Center-Low fee counseling www.pmhc.org, (626) 798-0907 1495 Lake Ave. Pasadena
San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living 310-631-1600
Back To Life Community Living House Transitional Housing 626.277.8135
Beyond Shelter - Homeless Services (562) 733-1147
Casa Youth Shelter (562) 594-6825
Centennial Place Permanent Housing 626-403-4888
Children of the Night (818)908-4474 ext. 0
Children's Hunger Fund (818) 899-5122
City of Refuge Rescue Mission Personal Good Service (323) 759-2544
Dimondale Adolescent (323) 777-6258
East San Gabriel Valley Coalition For The Homeless (626) 333-7204
Ella's Foundation Homeless Services 323-761-6415
Emmanuel Baptist Rescue Mission - 231-626-4681
Fervent Heart LLC 626-319-7479
Family Promise of Santa Clarita Valley 661-251-2867
Family Rescue Center 8188847587
Global Childrens Organization (310) 581-2234
GRCN Connecting Communities (562) 293-7595
Glendale YWCA Domestic Violence Project 818-242-4155
Global Human Service Inc (818) 507-6026
Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.
Family Promise (818) 847-1547
First Step Transitional Living Foundation (323) 830- 6517
HPRP Los Angeles Homeless Assistance (213) 683-3333
HPRP Pasadena Homeless Services (626) 797-2402
HPRP Huntington Park - Homeless Services (323) 388-7324
HPRP Lynwood - Homeless Assistance (310) 603-0220
HPRP - COMPTON - Homeless Assistance (310) 605-5527
Habitat For Humanity (818) 899-6180
Harbor Rose Lodge (310) 547-3372
Hazel Transitional Housing 213-327-7986
Higher Goals Inc. (323)755-9702
Homeless Health Care Los Angeles www.hhcla.org, (213) 381-0515

Vital Services Resource Guide

Keys to Recovery Newspaper, Inc. publishes this monthly "Vital Services Resource Guide" FREE as a community service to assist those in need of help or information. You are welcome to submit listings and volunteer needs.

HOMELESS SHELTERS & RELATED con't

Homeless Adult Center 626-403-4888
Hope for Homeless Youth (213) 353-0775
House of Hope (323) 663-1215
Hope of The Valley - www.hopeofthevalley.org - 818.392.0020
Jenesse Center (323-299-9496
Joshua House For The Homeless 323-759-1625
Jordan's Transitional Shelter 323-577-5941 or 424-785-7781
Lillie of the Valley Homeless Shelter Transitional Shelter 323-971-4432
Lamp Community Homeless Drop In Center (213) 488-0031
Los Angeles Mission 213-629-1227 x305
Long Beach Family Shelter (562) 733-1147
Los Angeles Youth Network (323) 957-736
Mitchell House Substance Abuse Treatment Veterans (310) 398-0191
Nancy Painter Home Transitional Housing For Women (818) 246-5586
New Image Emergency Shelter (323) 231-1711
New Directions (Veterans) Res. Drug Treatment (310) 268-3465
NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org
OPCC Safe Haven 310-883-1222
Passageways Homeless Intake Center 626-403-4888
Pentecostal Outreach 5623131257o
PATH - People Assisting The Homeless Hollywood (323) 644-2200
Rochester House Transitional Living (213) 986-5599
Runaway Homeless Youth Shelter (310) 379-3620
Rainy Day Emergency Shelter (562) 733-1147
The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.
Salvation Army The Way Drop in Shelter for Youth (323)469-2946
Salvation Army Westwood (310) 477-9539
Sunshine Mission for Women (213) 747-7419
Salvation Army Glendale Chester Village For Homeless Families 818-246-5586
St Joseph Center Homeless Services And Meals (310) 399-6878
Sanctuary of Hope 323-786-2413
Samaritan House 562-591-1292
San Fernando Valley Rescue Mission - call (818) 785-4476
The Midnight Mission 213-624-9258
The Children's Life Saving (310) 450-3701
TEAM HOUSING 310-631-9516
Union Rescue Mission (213) 347-6300
Union Station Homeless Services 626-240-4550
United States Mission Canoga Park Transitional Housing 818-884-4409
Volunteers of America Homeless Support Services (626) 442-4357
West Side Homeless Outreach, Inc. 310-570-9065
WLCAC Homeless Access Center (323) 563-4721

FOOD AND FINANCIAL ASSISTANCE

Los Angeles County Department of Public Social Services, Info on General Relief, Aid to Families w/Dependent Children (AFDC), Food Stamps, MediCal and other forms for financial assistance, (800) 339-6993

MEALS SERVED

Call the Homeless Shelters as most have food programs. Hope of The Valley 8165 San Fernando Road, Sun Valley, CA 91352 - weekdays 12 noon to 1pm (expect Thursday Dinner 6pm to 6:45) call for more info 818-392-0020
The Midnight Mission meals served 3 times a day 213-624-9258
San Fernando Valley Rescue Mission - call (818) 785-4476

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., North Hollywood Thursday 10:30am to 4:00pm, (213) 201-1600
As You Are Church, 7855 Lindley Ave., Wednesdays & Fridays, call for hours, (818) 758-1700
Catholic Charities/Guadalupe Community Center 21600 Hart St., Once a month, or on emergency basis. Food recipient must register (818) 340-2050
Children's Hunger Fund 12820 Pierce St., (818) 899-5122
Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474
First United Methodist Church 18120 Satcoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135
INFO LINE of Los Angeles Phone: (800) 660-4026
Los Angeles Food Bank (323) 234-3030
North Hollywood Interfaith Pantry - 4390 Colfax Ave., M & F open from 9:00am to 1:00pm - (818) 980-1657 (818) 760-3575
Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:00am to 12:15pm, (818) 776-9696
Our Redeemer Lutheran Church 8520 Winnetka Ave., WINNETKA, CA (818) 341-1629
St. Jane Frances Food Pantry 13001 Victory Blvd, North Hollywood, CA (818) 766-7393
St. Bridget of Sweden Catholic Church - Tuesday 11:am to 4:00pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294
Shepherd's Nest, Feeding the Homeless 9237Crebs Ave., NORTHRIDGE, CA (818) 557-6247
SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Van Owen St., (818) 988-7682
West Valley Pantry - 7304 Jordan Ave, Canoga Park, CA (818) 887-6101
West Valley Food Pantry (Prince of Peace Episcopal Church) 5700 Rudnick Ave., WOODLAND HILLS (818) 346-5554

INFORMATION & REFERRAL SERVICES

24 Hour DayCare, Referrals and Crisis Intervention Services 310 669-5933 or 310 427-4022
California Rehab Guide: Free On-Line Rehab Directory - www.calrehabguide.com
The Sober Living Network referral service (800) 799-2084.
Sober Living Network (310) 396-5270.
The San Diego Sober Living Homes Association: (858) 483-5866.
INFO LINE community service referrals, shelter, food, medical, (800) 339-6993 or simply dial 211.
AVYFS, Antelope Valley Youth And Family Services (661) 949-1069.
The Council of Alcoholism and Drug Abuse (CADA) Drop-In Center (805) 962-6195, www.cadasb.org
CCBCDC: California Certification Board of Chemical Dependency Counselors www.CaliforniaCertificationBoard.org (562) 927-5143

INFORMATION & REFERRAL SERVICES con't

CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org
CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.
CCPG California Council on Problem Gambling www.cal-problemgambling.org (800) 522-4700.
Center for Living and Learning - employment and supportive services Job Search Preparation Program 818-781-1073. 14549 Archwood Street #221, Van Nuys. www.center4living.lle.org

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) 800-656-HOPE.
Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, www.jasonfoundation.com, (888) 881-2323
National Suicide Prevention Lifeline 1-800-273-TALK
Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).
Suicide Prevention Center (877) 727-4747

DISABILITY SERVICES

Job Accommodation Centers, Toll Free 1-800-526-7234 (voice & TDD).
RIDE INFO Paratransit Referral Service, transportation voucher program, (800) 431-7882.
Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Drive Los Angeles, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line
California HIV/AIDS Hotline (800) 367-2437.Spanish (800) 400-7432.
Clean Needles Now/Harm Reduction Central L.A. (323) 857-5366.
Friends of Aids Foundation (310) 401-4755. Referrals to HIV/AIDS programs and services in Los Angeles County.
Hepatitis C Task Force For LA County: 2330 Beverly Blvd. Los Angeles, CA 90057 (213) 381-0515, www.HepCTaskForceLA.org
National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)
REACH (risk reduction education and community health) FREE HIV Prevention education and testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH, (714) 834-7926.
On-Line Resources for Hep C: www.hepcsource.com
www.hepcstraightup.com • www.hepatitusc.org • www.hepatitusfree.com •
www.hepnet.com • www.hepcnet.com

Organization/Company Name: _____
Services offered: _____
Address: _____
Phone: (____) _____ Cell (____) _____
Contact person: _____
What you would like us to print in the resource guide: _____



The SoberScopes are for entertainment only because we live by Rule 62.

Capricorn: December 22 - January 20

You feel somewhat bored and antsy lately, and you're figuring that by changing the scenery your mood would be better. Get out of your head when it tells you that your avoiding responsibilities, release those feelings to your higher power, meditate and if need be, talk with your Sponsor about it, this in turn, can truly rejuvenate you. Take a long walk with a good listener—a person who could be objective and supportive of your needs. Someone that will help you find solution to help uplift you.

Aquarius: January 21 - February 18

You're feeling so close to your higher power right now that it feels somewhat unreal -- to you at least. It's like you've known each other all your lives. Maybe it's because you're releasing all of your cares, and character defects to your higher power. Regardless, you owe it to yourself to spend as much time as possible looking into the matter while thoroughly enjoying the new since of freedom.

Pisces: February 19 - March 20

You respect authority figures, though you have your limits. You admire how much time and energy members invest into expanding their wisdom and experience through the 12 steps, and you're plenty willing to give them the esteem they deserve. When someone offers you their advice in a somewhat disrespectful manner, you still listen to them and understand that we all have short comings. If someone you're advising isn't quite sure what to do, take them to the big book, its information should help enlighten them in what direction to take.

Aries: March 21 - April 20

Everyone needs to do a serious character cleansing every now and then. It's your turn now, so you probably want to get serious and apply the principal's full force. If you have the desire to get rid of things-- even if you're emotionally attached -- do so. Consider it as a new start, and move on. After all, if you don't discard the old, then welcoming the new would not be appreciated. You've got nothing but good things a head when in gratitude.

Taurus: April 21 - May 21

Fortunately, it happens -- you find yourself surrounded by individuals needing help finding the path to recovery, one of them captures your interest. You think hard about sponsoring them, even though you have limited time already. Are you ready to get to know them better? If they haven't asked you to be their sponsor it's not because they haven't been thinking about it-- they might just be shy.

Gemini: May 22 to June 23

Being an intellectual, cerebrally focused individual doesn't mean you don't have deep feelings -- it's that you have better control keeping them at bay than most when under similar circumstances. That is a vital talent that's needed now, as well as your ability to remain diligent in applying the 12 steps and under fire. You should do just fine, and might even uplift those around you in the process! If you're at all tempted to criticize a loved one, stop and think about giving them inspiration instead.

Cancer: June 24 to July 22

Something special is headed your way today. It might not arrive in the package that you're expecting-- but it might be something you've been wanting for a long time. It has something to do with love, acceptance and contentment, and it's something you may have read in the 12 & 12 or heard in the rooms. It is introduced gradually, but at the end of the day the understanding you'll receive will be encouraging as never before.

Leo: July 23 to August 23

You're thankful for your loved ones and everything your higher power blessed you with, and that goes double for those that are close to you. Whether they're newly acquired or you have known them since childhood, equally keep them nearby and spend time with your most beloved people and truly appreciate your possessions. The material objects are beneficial when there not obsessed over, spending time with your people as well staying in the present moment, brings lasting breakthroughs.

Virgo: August 24th to September 22

You don't often do something unpredictable or, rarely out of the ordinary, but here you are. You don't want to do anything that appears mundane and routine. You're after changing your stinking thinking, a change of perceptions and some new experience you've never had before. You might have to wait until your head is quiet, after prayer or meditation, since you're probably quite busy. Once it's all behind you, go for it!

Libra: September 23 to October 23

Sleep has been eluding you for a couple of days now, mostly because someone you care about is under fire and you're trying to figure a solution how to help them handle it. Bring it to your Sponsor who may provide the advice you need, relax and search for the answer. In the meantime, if you're still staying up not being able to sleep, offer it up in prayer and patiently wait for the answer. When one relays more on their higher power and less on self, sleep should be easier to obtain.

Scorpio: October to November 21

You are well known for your willingness to go the extra mile when someone you love, are in need of your assistance. That appears to be happening right now, and the indications will continue coming your way, until you find a solution in regards to maintaining their anonymity, and being able to get outside help to resolve their dilemma. You can pull it off, of course, but that might result in telling everyone a bit more than you'd like. Trust your instincts.

Sagittarius: November 22 to December 21

You have always felt that your own perceptions could be trusted compared to anyone else's. Trusting your own judgment solely can be right, it being usually a good plan, seeing your instincts are ordinarily right on, but it might not work out as you'd like it to this time. You need to rely and confide in someone else (Sponsor, confidant or higher power) and trust their judgment if you want your plans to succeed. Choose the one who you know can help you find a happy medium between the rules and their own instincts.

Calendar



December 2014

SATURDAYS - ARTIST IN RECOVERY- Saturdays starts at 9:30pm. The new recovery music & arts share meeting. If you're looking for a weekend night late meeting or if you are a musician, singer, artist or just a music lover, this is a great meeting for you to check out & stay sober. Open Speaker Meeting Everyone Welcome! Radford Hall 13627 1/2 Victory Blvd., Van Nuys, CA

12/19/2014 SOBERAOKE (karaoke) December 19th & 26th - Every Friday Night 10:pm to closing, Anaheim Alana Club, 202 W. Broadway, Anaheim, CA

12/24th to 12/26th, Dec. 24th to Friday the 26th, 2014 Dec.24, 2014 5:pm – 11:45pm Northridge United Methodist Church 9650 Reseda Blvd. Northridge, CA 91324. The N.A. San Fernando Valley & West End Area present December Holiday Marathons. Kick off 5pm on the 24th, closing meeting 9am on the 26th. Potluck dinner at 5pm on the 25th. Event hall is behind the church. Don't be alone on the holidays. Bring a friend!

12/26/2014 - XMAS DAY - Club is Open . Pot Luck or just hang out . Meetings and Football. Anaheim Alana Club 202 W. Broadway, Anaheim, CA

12/27/2014 - SOBER BINGO (last Saturday of each month) 8:pm To 10:pm Win Gift Cards! \$1 a game. We play 8 games. Anaheim Alana Club 202 W. Broadway, Anaheim, CA

2015 January

12/31/2014 - 1/01/2015 - Clean & Sober New Year's Eve Party at Miracles in Action on Wednesday December 31st at 9PM - 1601 N Pacific Ave, Glendale, California 91202. Refreshments will be served. Music/dancing/games and more. Put your party shoes on and get ready to bring in the New Year with some amazing people!!!

12/31/2014 NEW YEARS EVE DANCE - 10:00pm To Closing. Anaheim Alana Club, 202 W. Broadway, Anaheim, CA

1/04/2015 PANCAKE BREAKFAST 9:00am to 10:30am(1st Sunday of the month)\$3 a Plate Anaheim Alana Club, 202 W. Broadway, Anaheim, CA

1/17/2015 Comedy Show Sat. January 17th: Radford Hall Comedy Show Fundraiser. Doors open at 7:30pm Show begins at 8pm - Tickets Still only \$5 per person. Radford Hall 13627 1/2 Victory Blvd., Van Nuys, CA

1/17/2015 - The Meeting Place Reunion 11am to 5pm Live Rock N Roll Bands, Vendors & food. Anaheim Alana Club, 202 W. Broadway, Anaheim, CA

1/16- 1/17 - 1/18/2015 - Jan. 16, 17 & 18, 2015 The San Fernando Valley Area N.A. Convention XX in Burbank, Ca. Online registration is open! Register Now and purchase or make deposits on pre-sale shirts, purchase banquet tickets (online only this year) and make that early hotel room reservation. Don't forget the Newcomer, we all started there.

1/24/2015 Saturday, Jan. 24, 2015 N.A. Eastern Counties 46th Anniversary Potluck at Trinity Lutheran Church, 11716 Floral Dr. Whittier, CA 90601. Quarter Dip 4:30-6:30 pm, Meeting 7-8:30 land Dance 9pm,-12:30am. Dance donation: \$7 or 12/couple (under 13 free).

February

2/14/2015 Valentine Dance - Sat. February 14th: Radford Hall - Van Nuys, CA Starts at 10pm Tickets Still only \$5 per person. Radford Hall 13627 1/2 Victory Blvd., Van Nuys, CA

2/27 - 2/28 - 3/1/2015 Feb 27 thru Mar 1, 2015 The Greater Los Angeles Area N.A. Hosts Circle of Sisters XVIII "Diversity is our Strength" Womens Convention at the Hilton Los Angeles Airport Hotel, 5711 West Century Blvd., Los Angeles, CA., 90045. Hotel Reservations & Pre-Registration is available online now. This is a traveling women's convention and kicks off with a Meet & Greet Potluck & Speaker Jam on Thurs. Feb. 27, 2015.

7/2/2015 2015 International Convention of Alcoholics Anonymous. July 2-5, 2015 - Atlanta, Georgia. <http://www.aa.org> - for more information.

September 2015 - Nikko & Michele T.'s Super Sober Saturday Celebration... Date - Time - Location to be announced

Send us your upcoming SOBER event. We will list it for fun and for free. Email events to: info@KeystoRecoveryNewspaper.com

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YOUR BRIDGE

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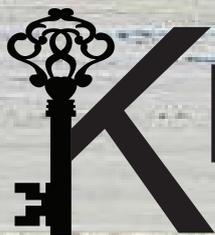
Jeannie

Beth

Marcus

Peggy

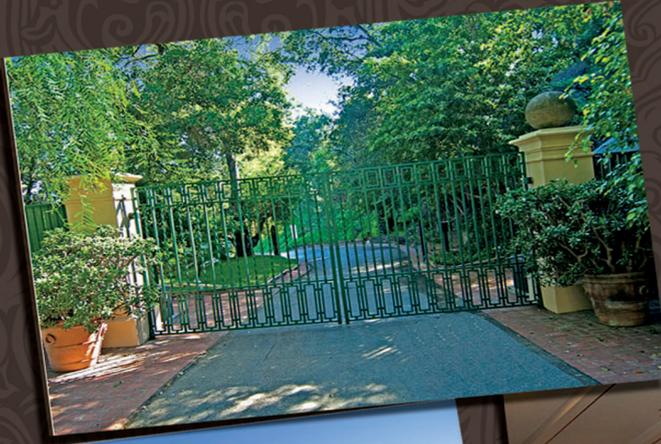
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