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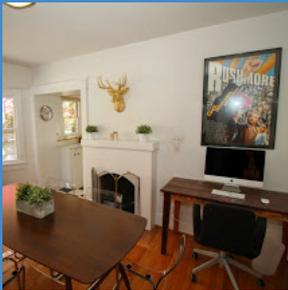
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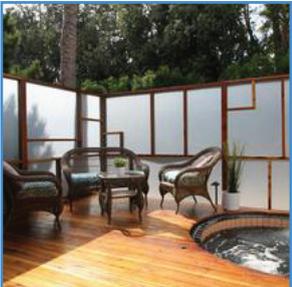
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About Us

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Hi everyone. Well, once again it's my turn to write the editors column. I have been waiting to write this column since we began the newspaper last year.

One of the reasons I was passionate to jump on board with Keys to Recovery Newspaper with Marcus and Jeannie was so that I could share the issues I feel strongly about. Besides my own journey in recovery and my personal struggle with drugs and alcohol – I have watched my entire family be affected by the disease of alcoholism and drug addiction, as far back as my great grandfather who died drinking hair sterno. My grandfather's last 5 years of his life were sober ones. My mother has 19 years sober. My father died when I was 27 years old and I lost my brother 4 years ago to this disease. God willing, I will take a cake November 1st for 22 years clean and sober.

I have a close up and personal experience with how drugs and alcohol will destroy a family. I know what kind of disease I have... one that tells me that I don't have it. A disease that is so cunning, baffling and powerful that it will tell me "taking a drink is a good idea". If I am not up on my program and doing the work I need to do in order to stay sober, I might just believe it.

So, if I can give anybody hope that we do recover and families do get put back together – not always with as many pieces as we had – then I have done my job – that is what Keys to Recovery Newspaper is all about, HOPE!

This month's feature is on Hepatitis C and we are dedicating it to my brother Eric Dewey. Eric died from liver disease, and we watched helplessly for three years as he suffered a horrible and painful death. It was devastating to watch.

He was diagnosed in 1984 with what was then called Hepatitis non "A" or "B". No one really knew anything at the time what it was, and they had not given it the name that would later be called Hepatitis C. He was an alcoholic and had lost the power of choice. Soon his Hepatitis non "A" or "B", turned into Cirrhosis of the liver. He couldn't stop drinking even when they told him he would die. He had periods of sobriety, but after his last relapse he was never able to abstain completely again, he never made it back. We hear that time and time again in the rooms, but to live it was heartbreaking – and it changed me forever.

I softened. I learned compassion on a whole new level, for that man or woman still out there. It taught me forgiveness is both for them and for me. I learned that I don't have to drink no matter how much life hurts. It built my character... all that good stuff that happens when we show up and learn how to live life with an attitude of acceptance. Still, my heart was broken and I learned where there is darkness there will be light. For me that light is what our Feature Article is about. "Hepatitis C – No Longer A Death Sentence" there are new treatments that are 96%- 98% effective, with little or no side affects. For people with Hepatitis C the past years have brought great hope read our feature for more details.

There is HOPE. Life can seem a bit disappointing sometimes. Even the greatest lives are full of profound loss and heartbreak. It seems that pain is inevitable. In the process one can easily lose hope, in life, in God, and in ourselves. It can all be a bit too much for our souls to handle.

As humans we need hope and we can't live without it. Hope is the lifeblood to our spiritual survival and sometimes it is the only thing that can pull us out of that "darkness", created by the pain. I believe God sends the least expected people and circumstances into our lives, to reignite our spirits and remind us how good life truly is. May you hear hope today and everyday, no matter what circumstances life has given you.



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a loving brother, father and son.



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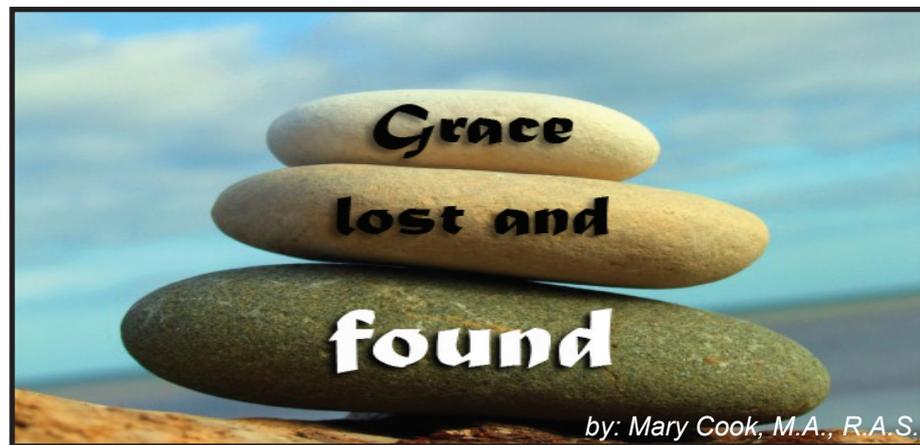
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HAPPINESS OF THE HEART

True happiness comes from the heart, not the mind. Our mind typically judges, compares and places conditions on happiness, pointing out what's wrong or missing even in the best of circumstances. In the midst of a wondrous experience, for example, the mind may remind us that a certain person is not present to share the wonder, and thus happiness is diminished. Yet, the mind tells us that when we receive abundant gratification of a desire, we'll be happy. It might be success, sex, money, power, leisure time, a partner, alcohol or other drugs. When we're chasing after happiness, we're also running away from problems, trauma, shame, loss and pain. And the mind tells us that these troubles will continue or reoccur at any moment. So we'd better capture and control the objects of our happiness. Addictions and compulsions are practiced with the intent to distract us from pain and stress, and artificially induce euphoria or relief. This keeps the false self-dominant rather than the spiritual self. This separation from an active conscious relationship with our Higher Power, means that no amount of anything we desire can lead to true happiness, for we have disconnected from the source of pure love, truth and joy. Only unhappiness comes from this illusion of separation. Fear attempts to control us and possess what we desire, removes the very possibility of happiness.

Real happiness is not dependent upon anything. It is our true nature. We can see it in young children before we teach them otherwise. They amuse and entertain themselves. They are sensitive and empathic. They love without fear, biases and prejudices. They experience joy watching a caterpillar, looking at ribbons of light coming through the trees, playing with dad's fingers, babbling to mom, and jumping up and down. Young children can experience more happiness from a box than the gift within it. A box after all, can be a hat, a boat, a drum or a house. Young children still feel the kingdom of Heaven within them. They can remind us of what we have forgotten. Happiness is right now, it's free, it's within us, it gives and shares, it's outside of time, space, distance and conditions. It's creative, uplifting and contagious. Having a sense of lightness, playfulness and humor about life, and ourselves contributes to heartfelt happiness and reconnects us to our true selves, others and life. It also gives us resilience, adaptability, hope, courage and strength in times of trouble.

Happiness arises from relaxing and surrendering mental focus, and allowing our hearts to open and expand for no reason. In this place we can remember that we were created whole and holy, and that we are interconnected with all of life. Correct bowing places the heart higher than the head. Rather than our minds' aspirations, it is humility and faith that leads us to our highest happiness. Feeling united with a healthy, loving Higher Power, allows us to experience the power within our heart. A bedridden patient in pain can forget his suffering when a beloved child visits. All of a sudden we're not sick, when someone needs us. A crippled, arthritic man can lose all symptoms of disease when playing the piano, because of his happiness in doing so. A petite, frail mother can lift heavy objects off her child, to save her in an accident. Spontaneous acts of heroism; altruism and love spring from the heart, whereas the mind would say this is impossible or problematic.

Allowing our attention to be in the present moment and appreciating what exists right now, counting our blessings, being in loving service, enjoying nature, music, art, people, animals, and seeing beauty around us, is happiness. We can have a daily practice of identifying and surrendering to our Higher Power, our small minded selfishness, harmfulness, willfulness and defensiveness, and ask for divine will to work through us. We can hold compassionate space for suffering and painful emotions, to be expressed and released. We can begin this process by feeling compassion for ourselves and loved ones. We can accept our ignorance and transgressions, and honor our desire for redemption and transformation. Then we can practice feeling compassion and acceptance for strangers and for those who are harmful in the world, believing that goodness exists in the soul despite human expression. In most situations as adults, safe boundaries, straightforward assertiveness and healthy behaviors on our part suffice to protect us from those who might harm us. Forgiveness is an emotion of the heart that releases trapped toxic energies within us, creating greater space for serenity, freedom and joy. This is a rejuvenating practice and additionally helpful in placing more positive energy into the world.

Con't Page 18

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MYOB!

MIND YOUR OWN BUSINESS...what a concept and principle to embrace and practice. A great reminder that many of us have heard from our sponsors as we divulged information, thinking that we were only "sharing". What business is it of ours to focus and talk about someone else's life or program?

The principles of patience and tolerance toward others is highly underestimated and ignored when we are gossiping. According to Merriam Webster; A gossip is a person who habitually reveals personal or sensational facts about others, rumor or report of an intimate nature, a chatty talker, a person who often talks about the private details of other people's lives. Gossip is defined as: idle, careless talk or rumors about the behavior and personal lives of other people.

We may not think that sharing information about another is harmful, but we learn from program materials that gossip and minding others business are defects of character. Underlying the air of superiority and low self-esteem is pride, fear and fault-finding. In Step 6 in the 12&12 of A.A., it states that "Gossip barbed with our anger, a polite form of murder by character assassination". Instead of focusing on ourselves, our program, and our lives, we somehow think that it is ok to assassinate someone by talking about them behind their backs. It doesn't matter if we are sharing good news or bad news with others, gossip is gossip – and the personal lives of others is none of our business. Underneath that is also judgmental-ism, an eagerness to correct others. We may think that we know just how someone is to conduct themselves, handle their life's issues, handle their money, who they should or should not be in relationship with and even how they are doing a service commitment... a form of arrogance dressed as intelligence. Once again, MYOB!

We've heard people share intimate information disguised as "concern", "prayer requests", or "caution", however the underlying motive is not genuine care; it is passing along information at the expense of another's privacy. A simple question – prior to spreading information is "would this person mind if we were talking about them or spreading this information around"? The answer is generally NO! Unless we have direct permission to talk about the private or personal life of another, we ought not discuss it.

Some people are impressed by the "name-dropping" and "the gift of knowing everything", but as one becomes healthy those qualities are no longer attractive and expose insecurity and immaturity. What a difference it makes when we stop focusing on others and work our own programs and develop our own lives. This is not new information, the Big Book states in regards to the principles, "Another principle we observe carefully is that we do not relate intimate experiences of another person unless we are sure he would approve. We find it better, when possible, to stick to our own stories". (BB, p 125) Keeping confidentiality makes the rooms safe for people to heal and for the newcomer to feel welcomed.

How absurd it is when we sit in judgment of others, we are all equal in the rooms – we are all recovering from addiction – equal playing field, we are all trying to stay clean/sober a day at a time. Need we be reminded, "In accordance with the principles of recovery, we try not to judge, stereotype, or moralize with each other." (Basic Text, p.11) We all have ups and downs and we need each other to heal, recover and keep the doors open for those struggling with life and death issues – namely the ramifications of addiction. We read it in Al-Anon, "what you hear here, who you see here, let it stay here". We can commit to our own healing and recovery by focusing on ourselves and minding our own business. When it comes to others, unless we are directly asked for an opinion or given permission to speak about someone else we may want to keep our mouths closed. What and who we see or hear in meetings is private – it's anonymous, it's the principle of anonymity that keeps the rooms safe.

We are taught to check our motives before acting on anything. That includes gossiping. What is the underlying motive of "tattle-tailing"? We know that whatever we do we need to check and see if it is selfish, self-seeking, or dishonest and if it is harmful to ourselves or others. It is not always easy to ask forgiveness once a word or situation has happened. It is easier to stop, use wisdom and discernment to assess the best possible action prior to engaging. We can ask ourselves "is what I am about to say – or – do helpful or harmful"? If it is not helpful or useful in building into the life of another then we might want to redirect our attention to what a loving God would have us do and be.

If we are focusing on ourselves, our own step work, and our relationship with God, we will not have time to focus on others. Gossip creates division and where there is division, there is no unity. Personal recovery depends on unity therefore we are all responsible to one another and for our rooms to remain a safe haven. Kay B.

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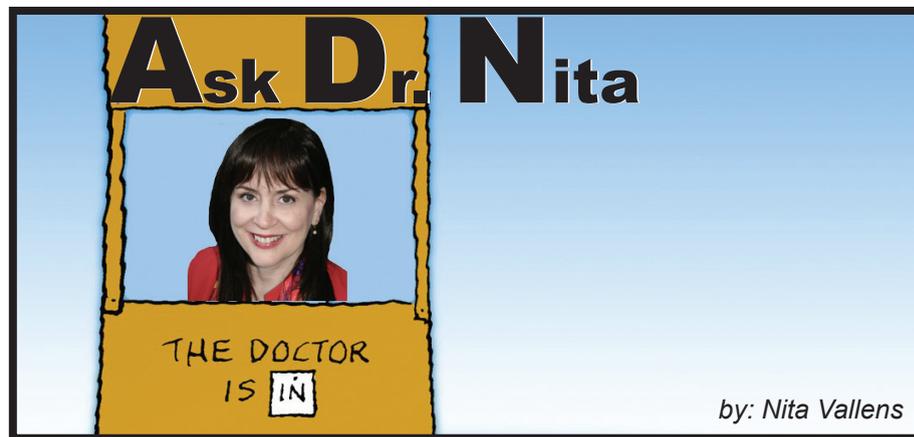
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Dr Nita,

I'm clean 14 years and have struggled for over 12 years on the east coast. I came to California for a career opportunity that seemed promising and a better life. Then, the job dries up after 8 months due to cutbacks, then my car engine blew, I'm walking around, asking for rides and hopping a few buses and trains - life is rough and I feel like - what the heck??

Thanks, Randy

Dear Randy;

I'm sorry to hear of your struggle - life events are happening and they are coming at you simultaneously and in rapid fire, so to speak. You don't mention the nature of your issues before heading west, I'm guessing part of it was work, but let's talk generally about expectations when someone comes to a 12 step program.

I believe part of the human condition is desire, which may lead to unfulfilled expectations that can at times undermine a person's happiness. Something as simple as lowering expectations can be a nice compliment to your program.

Also, I want to encourage you to check in frequently with your sponsor and your support team to help you stay grounded, and to provide a perspective you might overlook. With the roadblocks you've been encountering I can't stress this enough.

Having more disappointments then we feel we can handle may be frustrating and discouraging. I spoke to someone recently who shared that they dropped their expectations, went deeply into the 12 steps and focused more on life balance as their top priority. They asked for constant support, and got that support, mostly in their 12-step community. This person re-focused, and here are some ideas for you to do the same, along with being able to accept support - this is very hard for some people, but don't let pride lead you down the path of feeling sorry for yourself or isolation.

Here are some ideas:

1} Try to be realistic about your goals, dreams and aspirations - don't pile too much on yourself, it's far better to pace yourself - remember what Francis of Assisi said, "Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

2} Keep yourself moving forward. Never give up. Today may appear dark, tomorrow may feel hopeless, but the day after tomorrow will be sunshine and blue skies.

3} Let go of judging yourself and resist the temptation to compare what you have or haven't done to the accomplishments of others. While comparison robs us of our joy, an attitude of gratitude emphasizes the good things surrounding us and helps us to appreciate the little things in life that we may take for granted.

4} Know that you are blessed to have a clean and sober life, and "the road to a happy destiny" (from book, Alcoholics Anonymous) can be challenging, daunting, and overwhelming. Stay the course - ups and downs are normal and to be expected. Miracles are to be expected too. Stay in the moment as you advance to your next step.

5} Don't sell yourself short - acknowledge your hard work so far, and by taking stock of how far you've come, rather than how far you have left to go can provide inspiration from within. After all, you only have to do one thing at a time.

Peace and blessings, Dr Nita

Dr. Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks and can be reached via www.DrNitaVallens.com Her Inner Vision radio show can be heard at 1:00 pm on KPFF Los Angeles, 90.7 FM or stream at www.KPFF.org



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WAITING FOR EASY

Waiting for Easy - "Half measures availed us nothing." If you are waiting for recovery to be easy, pull up a chair. You will be waiting for a long time. Ed (aka "eating disorder") will gladly sit by your side and wait with you. To sabotage your success, Ed will even act like he supports certain aspects of your recovery.

If you like to read, Ed will say, "Just read this book about recovery, and you will be fine." He will let you read the book, and congratulate you on doing it, but he won't let you follow any of the guidance inside that will actually help you.

If you enjoy being around people, Ed will say, "Go to that therapy group, and get some help there." Ed will let you go to the group, and may even let you participate, but he won't let you talk about what you really need to talk about in order to heal.

If you like to surf the Internet, Ed will say, "Here's a great website for you. Go ahead and join the online recovery forum." He will let you join the online forum, and he will convince you that logging on is more important than eating.

Books, groups, and online resources can all be very helpful tools in your recovery. Just remember that recovery takes full commitment and real action. Real action is not simply opening a book, walking into a group room, or logging onto some website.

If you read a book about recovery, fully commit to the ideas in it that will make a difference in your life, not just the things that are easy to do. If you are in group therapy, talk about the issues that, deep inside, you know you need to discuss. If you are active in an online recovery community, use the positive support from online pals to hold yourself accountable to taking real action in your recovery. It's not enough to just look at the tools, you really do have to use them.

Real action means drastic change. It also means realizing that Ed will sit by your side and try to sabotage you every step of the way. Ed will even use content from recovery books, groups, and websites to try to fuel his cause. Be aware of this and guard against it, and do what the books, groups, and websites suggest that is pro-recovery. Now that's action.

The Big Book of Alcoholics Anonymous says, "Half measures availed us nothing." If you only do eating disorder recovery half way, at most, you will get a half way recovery from your eating disorder. In my experience, you won't even get that.

During early recovery, I believed that insight would inspire change. I thought that if I just knew enough about eating disorders, and understood myself, I would get better. I learned as much as I could from all of the resources available to me, and I waited for a magical change. I waited for the urge to binge to just go away. I waited to fall in love with my body. I waited for my fear of food to simply subside. And Ed waited right along with me.

I waited. I waited, and I waited some more. I would still be waiting today if intense pain had not pushed me into taking some real action. In my personal experience, pain and discomfort have most often been the motivating factors to get me to change. (For the record, I don't think it has to be this way. That is why I write about my experiences. I hope that other people won't have to reach the same level of pain I did before making changes.)

In my recovery, taking action meant tackling the food directly. I stopped purging after bingeing. I also did my best to not binge, which meant tolerating uncomfortable feelings (to say the very least). I ate without restricting. My body changed accordingly, and I felt awful. I felt so bad that I told my mom many times that I would rather be dead than to live that way any longer. I hated the way my body was changing, and I hated how it made me feel inside even more. I felt like a different person entirely - someone I didn't know or like. I felt trapped.

When we fully commit to recovery, we are signing up for hurt. Full commitment means we no longer make decisions based on how we feel in the short run (turning to Ed for immediate gratification), but instead we make decisions based on our long-term goals of health and a full recovery. In the beginning, success can actually feel fat and miserable. So, stop waiting for things to be easy and start looking for the hard part. Tackling the difficult, ironically, is when the "easy" will find you.

If you push through the pain and move all the way to the other side, you won't have to keep facing the same hurt over and over again. You will be well on your way to freedom.

Life is, in fact, much easier on the other side of the eating disorder. I am not afraid of food, I don't get the urge to binge, and I love my body. Yes, I said "love"! Today success feels strong and joyful, no longer fat and miserable. I can't wait for you to get to this point, too. And you can't afford to wait either! So, stop waiting and start changing.

Chair of the Ambassadors Council for the National Eating Disorders Association, Jenni Schaefer is a leading motivational writer and speaker. Her books include Almost Anorexic, Goodbye Ed, Hello Me, and Life Without Ed, which has recently been released in audio as well as a 10th anniversary edition. Learn more about Jenni's work, including her inspirational music, at JenniSchaefer.com. Connect with her at Facebook.com/LifeWithoutEd or on Twitter at @JenniSchaefer.



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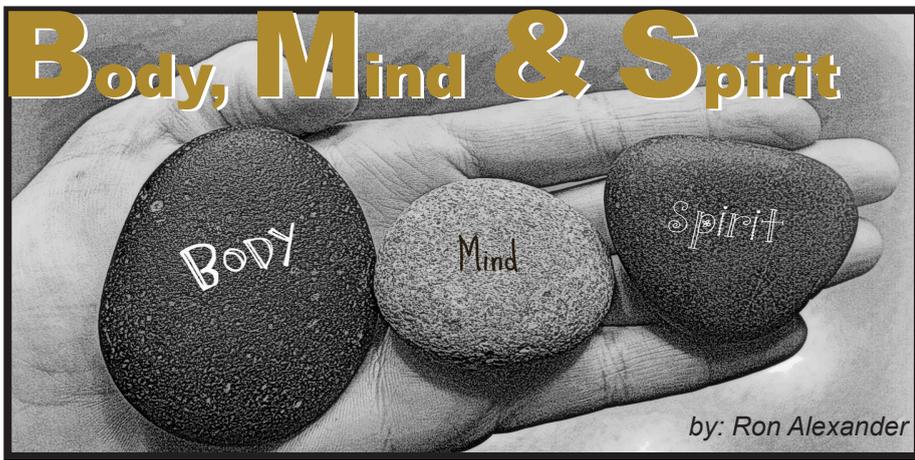


by: Arnie W.

ALL BETS ARE OFF

I am a recovering Compulsive Gambler, who placed my last bet April 10, 1968. I started gambling at about age 7 or 8 as a kid in Brooklyn, NY. It started with flipping baseball cards, pitching pennies, shooting marbles and playing pinball machines. That kind of gambling continued until about age 14. At that point, I started to bet on sporting events with a bookmaker and I got into the stock market. As a young kid growing up, I always felt that everyone was better than me. The only time I felt okay about myself was after I had a win. Whether it was marbles, baseball cards or pennies. At age 14, I went to Roosevelt Raceway for the first time, it was Memorial Day, 1951. I was working after school making about \$10 a week. That night at the track I had my first big win and walked with \$54. Looking back, I think it was that night that changed my life. It was about 5 weeks salary to me. That night gave me the belief that I could be a winner from gambling and eventually become a millionaire. I can still recall that high feeling walking out of the racetrack that night. By 17, I was already stealing to support my gambling. I was taking the bus to the racetrack a few nights a week, betting sporting events and horses with the bookmaker on a daily basis. Somewhere between age 17 and 20, I went to the racetrack one night and won \$6000. Wow! Another big win, it was the equivalent of 2 years salary. This reinforced my belief that I could be a winner at gambling. By my early 20's, I was a regular at the old Madison Square Garden. I was working full time in a shipping department and every Tuesday when we got paid, there was a regular crap game out in the hallway. Almost every week I would lose my pay in this game. I had a bank loan and a loan with a finance company and I was borrowing from coworkers. At 21, I met my future wife. Our first date was to the movies and most of the rest of our dating was at the racetrack. We had a joint checking account saving for our wedding. She would put money in and I wouldn't. I needed my money for gambling. I was still looking for another big win. At 23, we got married and I thought I could stop gambling at that point. Even though I wanted to stop, I realize today that I couldn't. I needed to gamble like any drug addict needed to stick that needle in their arm, or any alcoholic needed to have that drink. Four weeks after we got married I went away to the Army Reserves at Fort Dix, New Jersey. During those 6 months, I gambled every day. When I came home in December of 1961, I owed \$4000 and didn't even have a job. Eventually, I started working again and where I worked there were a few compulsive gamblers who quickly became my buddies. We would play cards during the day and go to the racetrack at night. Our wives thought we were at business meetings and all of us would lie for each other. In 1963, my first daughter was born. My wife was in labor 37 hours, during which I went to the racetrack twice. The only question I asked the doctor was, "how much did she weigh". He told me 7lbs. 1 oz. My concern should have been "how is my wife" or "how is the baby", but once again, my gambling came first. The first call I made was to the bookmaker. I bet 71 in the daily double. The next day when I picked up the newspaper, the daily double hit. I was convinced that day that God was sending me a message that I was now going to be a winner. A year later my boss gave me an option to buy 500 shares of stock in the company for \$7500. Within a year, that stock was worth \$38,000. In those days you could buy a car for \$2000 and a house for \$10,000. Within 3 years, this money would be gone due to my gambling. I was a plant supervisor for a Fortune 500 company. My gambling was already so out of control. I was stealing everything I could to stay in action. I set up a room in the factory that we used for playing cards. I was starting to do illegal acts (manipulating stocks) in the stock market. Our home life was deteriorating. Gambling was more important than anything else. I was lying about everything. I would come home and pick a fight so I could go out to gamble. Nothing else in my life was more important than gambling; not my family or my job. My gambling continued to get progressively worse. Besides stealing and borrowing money from coworkers, I owed a loan shark an amount of money equal to one year's salary. I was involved with 3 bookmakers, both working for them and betting with them.

Con't Page 18



by: Ron Alexander

LEARNING TO TAKE A SACRED PAUSE

We all know that we live in a very stressful world and have been reminded over and over, that too much tension can lead to chronic psychosomatic disorders, autoimmune, heart disease, adrenal burnout, cancer, migraines, ulcerative colitis as well as, eating disorders, drug and alcohol abuse. For many the easiest way to deal with their excessive stress level is to turn to anti-anxiety drugs, such as Prozac and Ativan instead of first taking a run in the neighborhood or weekly yoga or mindfulness class? Of course there are certain brain chemistry disorders that cannot be completely regulated with these types of activities, and many of my patients thrive once they do get on the right medication. My colleague, Dr. Mark Epstein, wrote a very informative article on this topic entitled Awakening through Prozac.

As a young man when I first started university, I was initially overwhelmed with campus life and began getting anxiety and panic attacks for the first time in my life. I didn't know exactly what they were, but I had the good sense to go to the Student Mental Health Center for help. Thankfully, I saw a young psychologist who had just returned from studying in India. He asked me, "I can give you medication for your anxiety attacks, or I can teach you meditation. What would you like to do?" Well I knew about medication, but the meditation aspect intrigued me so I started to learn it. Shortly afterwards, my attacks stopped and I was delighted to discover an incredibly valuable lifelong tool to help me through life's challenges.

Now, a certain level of stress can be beneficial, but the key is to know when you have reached that magical threshold, which is different for each individual. People who are able to let things roll off their back can generally handle more stress than those who are sensitive. One indication that you are maxed out is, when your body starts to break down and you develop chronic illnesses such as gastrointestinal problems, insomnia, chronic worry or immune related disorders. Working primarily in the entertainment industry, I know that many of my patients thrive on a certain amount of stress. It gives them drive, vitality, purpose and stimulates their creative juices. The challenge is to help them find a healthy balance without always or immediately resorting to medication. With their hectic lives they don't have the time to meditate for hours sitting in a lotus position so I work with them on techniques that I call Meditation in Action.

Meditation in Action, is at its core learning to take a mindful or sacred pause and self regulate the "fight or flight" aspect of your nervous system, which can affect positive changes in the neuronal pathways to the amygdala, the walnut-sized area in the center of the brain responsible for regulating emotions. When the amygdala is relaxed, the parasympathetic nervous system engages to counteract the anxiety response. Instead, it activates what we call the relaxation or healing response when the heart rate lowers, breathing deepens and slows, and the body stops releasing cortisol and adrenaline into the bloodstream; these stress hormones provide us with quick energy in times of danger, but have damaging effects on the body in the long term, if they're too prevalent. In mindfulness, you learn to slow down and how to take your body's pulse. Even though mindfulness originated in an eastern culture it is a standalone practice that is not associated with any religion or spirituality.

So the next time you're under a deadline, your partner comes home in an ugly mood, your supervisor wants you to work overtime once again, or you just get cut off in traffic, try these four simple steps from my book to help you respond with more composure and calmness.

Step 1: When you are first triggered, stop yourself from responding with any unwholesome emotional reaction, such as anger.

Step 2: Next focus on your breath. Feel your body expand as you breathe in and contract as you exhale.

Step 3: While focusing on your breath silently repeat to yourself words such as calming, centering, relaxing, harmony, peacefulness, and/or surrender for a couple of minutes, or until you feel a shift in your emotions. Of course, if you are all alone you can say these words out loud.

Step 4: Within this short period of time you are now able to respond to the situation with more equanimity and from a place of mindful reflection or what I call mindstrength. This is the ability to very quickly and easily shift out of a reactive mode and become fully present in the moment, experiencing the full force of your emotions even as you recognize that they are temporary and will soon dissipate.

With practice mindstrength is an effective tool to help one recover quickly and proceed with more focus. The business yogi of the 21st Century has the capacity and ability to pair together intention and attention to make life's entire daily challenges a true meditation in action.

Adapted from Dr. Ronald Alexander's widely acclaimed book, *Wise Mind, Open Mind: Finding Purpose and Meaning in Times of Crisis, Loss, and Change* (New Harbinger Publications, 2009). Ronald Alexander, PhD is a leadership consultant, psychotherapist, international trainer, and the Executive Director of the OpenMind Training Institute, a leading edge organization that offers personal and professional training programs in mind-body therapies, transformational leadership, and mindfulness. To learn more visit www.RonaldAlexander.com.

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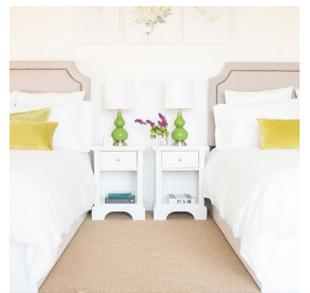
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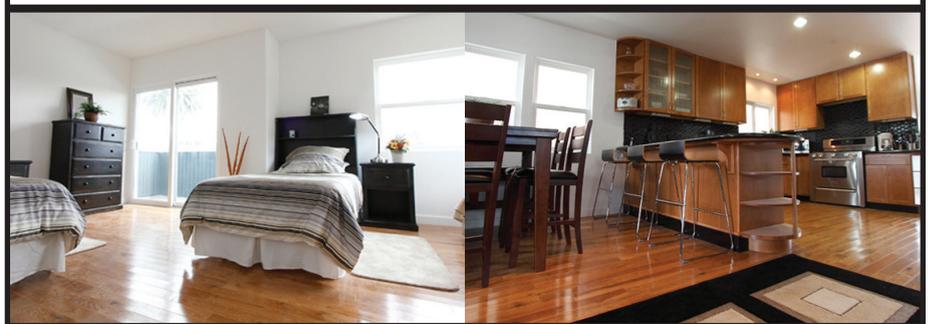


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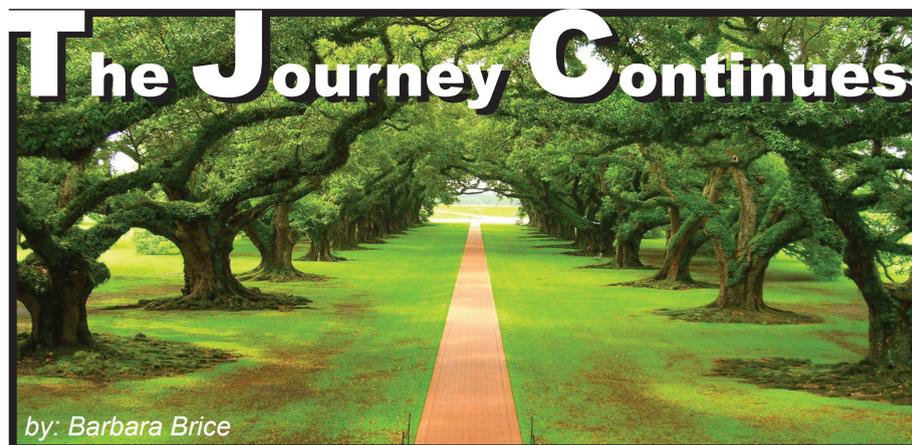
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by: Barbara Brice

THE PRICE WE PAY

One Sunday, as my husband and I were leaving church, we drove by a well-dressed couple walking down the sidewalk to their car. Though I tried not to stare, something about them caught my eye as we drove by slowly. After we passed them, I turned to my husband and said "I believe that man is an alcoholic." He quickly looked in the rearview mirror at the man and then asked, "How in the world can you tell?" I said, "Because I looked at his wife." I saw it on her face. I saw it in her eyes. I've seen that same look many times on the faces of friends, family, and strangers. I have had that look many times. It is a look of desperation...often a look of hopelessness. Many months after that, I met that lady for the first time and learned my assumption was right. Her husband's addiction had truly taken a toll on her.

I know firsthand the high cost of loving someone with the disease of addiction. I am the granddaughter of an alcoholic, the daughter of an alcoholic, the wife of a recovering addict, and the mother of a recovering addict. Just writing that sentence causes me to want to run as fast as I can to the nearest Al Anon meeting! Addiction runs deep and wide in my family. I have heard it said "Addiction is a family sport and everyone gets to play." Sadly, that is so true. The disease of addiction takes an enormous toll on the family... financially, emotionally, and often spiritually.

As a young child, I remember sometimes waking up in the middle of the night to the sound of my father yelling at my mother. He was one of the kindest and most generous men I've ever known, but when he drank, the alcohol changed him. It made him angry and argumentative. The first true emotion I recall feeling as a very young child was fear. I grew up knowing our family was different, though it was something we never talked about. Like so many other homes where addiction exists, we had the elephant in our living room. All of us tiptoed around it, pretending it was not there. Today, counselors and therapists call that "denial," but when I was a little girl, it felt more like a dirty family secret that you dare not share with anyone. And, of course, our secrets keep us sick. It was a very high price to pay as a child.

I was completely blindsided by my husband's addiction to cocaine. We were just short of our twenty-first wedding anniversary when drugs took over his life. Prior to that, he was a great father, a great husband, and a great provider. Never in a million years would I have ever suspected he would be someone who was capable of using drugs. When I married him and said "for better or worse, in sickness or in health," I was thinking something more along the lines of the flu or the occasional stomach bug, but drug addiction? No way! His addiction was relentless. It changed him, changed us, and changed our family in ways I never thought possible. By the time it was all said and done, we lost everything...our home, our automobiles, our direction in life, our serenity, and we were penniless. We went from "having it all" to having nothing. It was a very high price to pay as a wife.

I remember the day I learned our son had become addicted to prescription medication. To say I was devastated is an understatement. I had felt great fear before in my life, but never had I known fear like this...that gut wrenching raw fear that turns your stomach, breaks your heart, robs you of your peace, keeps you from thinking clearly, keeps you from breathing deeply, and keeps you awake at night. It was all consuming and a very high price to pay as a mother.

Yes, the toll addiction takes on family, friends, and loved ones is enormous and it is painful. But, before you start thinking this is just a story of gloom and doom, I want to assure you it is a story of hope. I want to share with you some things I have learned through my own recovery...things that I would have never learned any other way, but by loving someone in addiction. Yes, it is true these lessons came at a very high cost, yet I have found that they are absolutely priceless to me.

I HAVE LEARNED:

- it is true "If nothing changes...nothing changes." And, whatever I am willing to tolerate will continue.
- though enabling "feels" like love, it is actually very harmful and not helpful.
- it is not within my power to fix or change another person, and I breathe so much easier just writing that.
- the 12-steps of recovery truly work, and it is an awesome way to live my life.
- God never intended for me to shoulder the weight of the consequences of someone else's behavior.
- my God is almighty. He is a God who rescues, restores, and redeems. He is a God of hope.
- "Never give up five minutes before the miracle..." and, that miracles still happen.

When my father died in 1982, he was a godly man who had been sober for many, many years; my son is working a strong program of recovery and has good sobriety time; and, on May 15th of this year, my husband celebrated twenty-one years of sobriety. Yes, miracles do still happen.

As a result of my journey through addiction and recovery, I have been given the great opportunity to share my own hope and encouragement with many others. Today, I think to myself, "How very blessed am I to have been called into this way of life." Like the Garth Brooks' song... "I could have missed the pain, but I would have had to miss the dance."

No matter what you may be facing today, I pray you never give up and that you never, ever, lose hope.

Barbara Brice is also the author of the book "Just Right - The Road from Addiction to Redemption" available at www.justrightbook.com, Amazon, Apple I-Books, Kindle, and Barnes & Noble Nook.)



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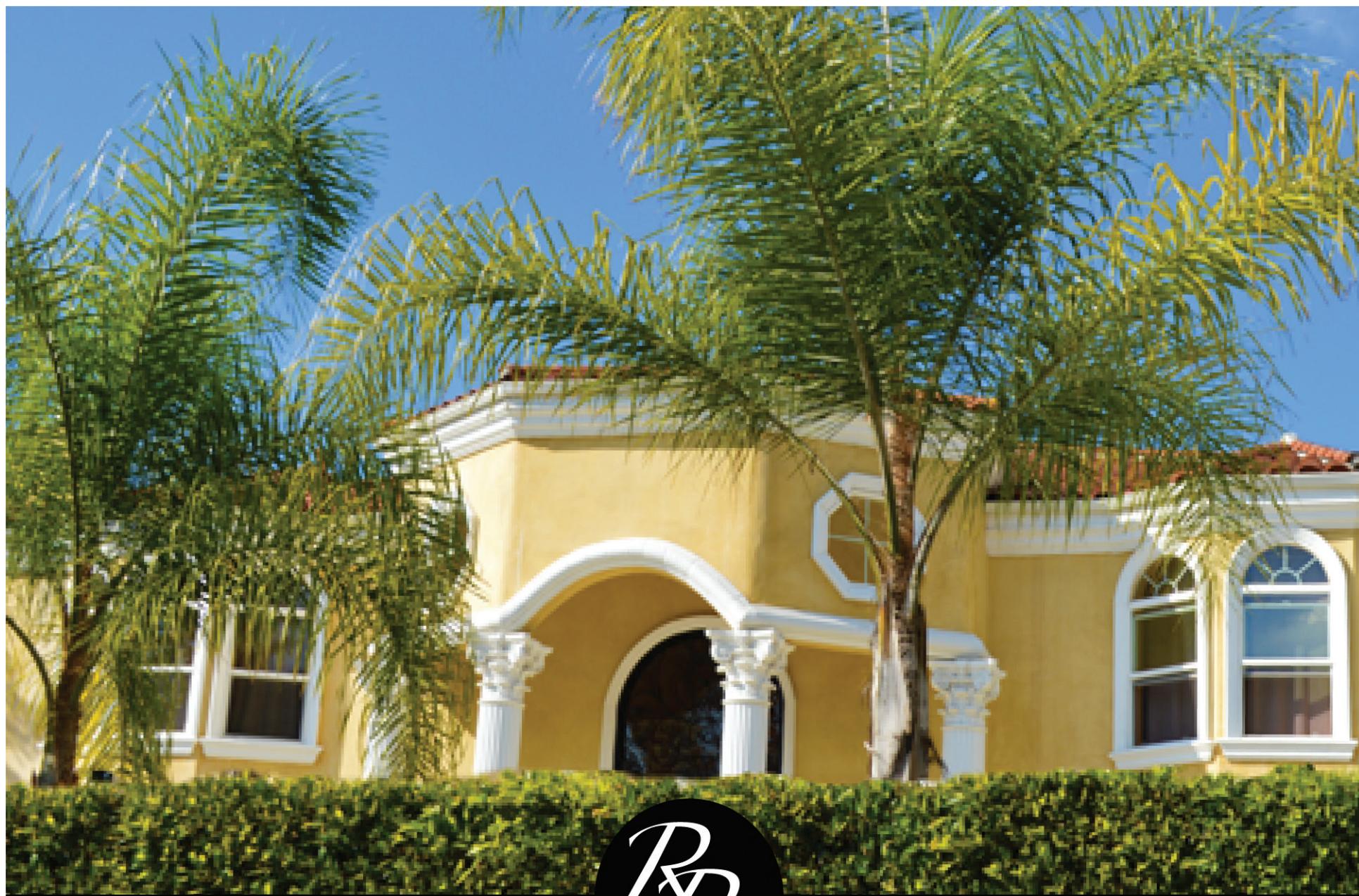
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By: Jim Holden

HEPATITIS C – Some Facts First: Hepatitis C is transmitted when the blood of an infected individual enters the body of another person. Three quarters of Americans born between 1945 and 1965 – were born before “we” even knew about the disease, says Dr. Bernstein the top doctor of the era. The disease is much more prevalent in this age group. It is recommended that everyone born between 1945 and 1965 be tested.

Sexual transmission is so low that partners rarely get the disease, but it is better to get tested. Ask your doctor what he thinks, a professional opinion is always best.

Since the disease is transmitted through the blood, if there is a chance that blood is exchanged, get tested. If you use have used the same tooth brush as someone who has Hepatitis C, get tested, if you use the same razor blade, get tested, if you use the same needle, get tested. In other Words - if there is a chance that you have exchanged blood with another individual who might have “Hepatitis C”, get tested!

I was an IV user up until 1985, so I got tested often fearing that I may have contracted HIV. From what I have learned, they didn’t start testing for the “Hep C” virus until 1992. So if you had a blood transfusion, prior to 1992 it is important to get the test for “Hep C”.

I was so paranoid about getting HIV, that I got tested every 6 months. But, it wasn’t until November of 1991, when I got into a motorcycle wreck that I tested positive for “Hep C”. Now to this day I am not sure how I got the disease. or if I ever gave it to anyone else. I do not need to know how I contracted the disease, but I do know how I will treat it. I waited too long, one day I was fine and the next I was very sick, sicker than I ever thought possible.

If you see a doctor and he recommends treatment, get it. I was diagnosed in 1992, but didn’t get the treatment until 2014. Prior to that, the last time I saw a liver specialist was in 2005. After taking my blood work, he asked me what my home life was like. I explained to him that I was a single dad, with all of my family back east. I was in Los Angeles, getting tested at Cedars Sinai Hospital.

At the time my son was 13 years old and the only treatment available was interferon. The success rate with interferon for people of my Geno type was about 26%, which was very low. The Doctor suggested that

I wait 5 years. He told me in 5 years’ time, the success levels would be much better and the side effects would be lessened, I was hearing nightmares about the side effects of the Interferon treatment. I anticipated the worst-case scenario. I did not want to take the treatment because the thought of being sick for a year, and the low chance of it being a success was too much to go through. I told myself “I wasn’t sick enough”, or “financially well off enough” to justify taking the treatment. I also had my son to think of, so like most other things in my life, I put it off.

Yes, I took the easier softer way, I did nothing. In 5 years’ time, the treatment was still interferon, but the success rate had climbed to about 48 %. So again I decided to wait. In 2013 I started to get real sick and now I had the “Hep C” virus for more than 21 years. I couldn’t go to the doctor as I had lost my job, and my medical insurance with it. After the cobra payments ran out, the cost for insurance for me and my son was well over \$500 per month, money I didn’t have.

The last job I had, I lost because of my lack of production. I was a salesman but, my hearing went, my memory started to fade and I lost 60 lbs. Finally, I couldn’t show up anymore. So, I was fired and I couldn’t work. I went on unemployment and when that ran out, I started to beg, borrow and steal, to keep all the “balls in the air” and to keep everything functioning. Being a single dad, living in Santa Monica, my overhead was too much to juggle.

Finally, I used up all the favors I could. My illness progressed and I thought for sure that I was dying. Before long, I couldn’t get out of bed. My symptoms were too many to mention. I finally lost everything, and I qualified for public assistance. I managed to get food stamps, approximately \$180 per month in cash and most of all, I got medical insurance - Medical. Now, I was humbled enough to allow myself to get taken care of by the government. My political outlook was threatened and I had to rethink everything I thought I was.

My illnesses continued to progress. Within 9 months I was admitted to the hospital six times, every time I went to the emergency room I was admitted, usually for something unconnected to why I showed up in the E.R. in the first place. When all was said and done, I

was diagnosed with Hepatitis C, Cirrhosis of the liver, Diabetes Mellitus Insulin dependent, Cryoboulinemia Vasculitis, Renal Failure, and Acute Stage 3 Kidney Disease. All of these as a direct result of my original illness “Hepatitis C”.

It broke my heart, but I had to take my son out of college and send him out on his own. I could no longer afford to live in Santa Monica, so I gave away everything I owned and considered moving back to New York to live with my family who I had left 30 years earlier.

As the word got out of my condition, my fellowship began to pray for me. Before long everyone I knew was setting up prayer groups to help me. Everyone was just great and I reached a point where I could no longer help myself, I had to accept all the love and attention that was sent my way. Then an old Friend of 14 years became a new friend. She offered me a room in her home, and I accepted. My new home with Gina, was on the beach in Playa Del Rey, not bad! In a way, everything was going great as Gina took care of me, and I learned the true meaning of unconditional love. I was now receiving Social Security Disability, I became less financially dependent on my family. I could easily accept the help, as I had paid into it for the last 40 years.

I had Gina who literally kept me alive. She fed me, took care of my financial situation, she contacted family and she kept all the “balls in air” for me. I got sicker and sicker. My blood pressure was consistently high, my legs swelled as they filled up with blood. I was vomiting every morning. My liver began to swell. They treated my vasculitis with steroids and I had an adverse reaction. My testicles grew to the size of a small basketball, and gross things started to happen. I weighed 121 lbs. and I couldn’t keep any food down. Being the good-natured fool that I am I joked about it as often as possible. I literally had the biggest balls in town!

I felt that death was near and so did all that saw me. Gina, was crying at my bedside. I did not allow many people to come see me as I looked bad and I did not want to be pitied (EGO). So I said my good byes, got right with God, and I waited to die. I found myself writing letters each night before I went to bed, as I thought each night would be my last.

My primary care doctor Dr. Lamp, at the Venice clinic sent me to many different doctors, each a specialist for one of my many illnesses. She was great when one couldn't help she would send me to another. In all, I went to three gastroenterologists. Each saw me, each ran test on me, and each reviewed my 12-inch high pile of recent medical history. Two out of the three decided that I was too sick for treatment. One, Dr. Stephen A. C. Parnell, sat me down, looked me in the eye, and said that if I could hang on till the end of 2014, that new treatment was coming and he promised me that he would get me the drug. I didn't know whether to believe him or not. Up until that time, everyone had indicated that I was too sick to be treated. And the new treatment coming would be financially out of my reach. My only hope (available through the system) was a liver transplant and then treatment with interferon. And interferon had a success rate of less than 50%, with people who had my strain of the disease. So first I had to get well enough to survive the transplant, and then I had to have a successful treatment with interferon, which I feared tremendously. None had guarantees, and all were extremely painful and extremely risky.

What choice did I have? I decided to put my name on the transplant list and wait for approval. But, before I could get my name on the list, a miracle happened in my life, one of many. On September 8th of 2014, as I was praying to make it to the end of my life with honor and dignity, God had another plan. The phone rang and I was approved for the Solvaldi, and Alysio treatment. I was going to start getting all the treatment and help I needed. Again my diagnosis was... Renal Failure, Acute Stage-3 Kidney Disease, Cirrhosis of the liver, Cryoglobulinemia Vasculitis and Diabetes (Mellitus, Insulin Dependent)

The cost to me was literally \$0.00. This was a blessing, because bills showed a cost of \$190,000 for the medication alone. I had to take 2 pills a day for 12 weeks, it worked out to approximately \$2,000. per pill. At that point, I decided to pray and meditate and to thank God for His many gifts. By the next day, before I took my first pill, I was on my feet. I couldn't explain how good I felt other than God being in my life.

We had a 60th birthday party for me and 5 other friends. For about 6 hours, I ate, I danced, I smiled and I was happy just to be alive. I couldn't explain it to anyone but Gina, she understood.

The next week I started treatment. Those who saw me at the treatment, thought that I was completing instead of just starting treatment. They saw me full of life and hope, happy joyous and free, it was God working in my life or perhaps me believing in Him from an honest place.

Once I started the treatment under Dr. Parnell's supervision, I had nurses calling me every other day to check on my progress. On November 24th 2014, I took my last pill – the following 12 weeks I tested 3 times, and there was no trace of the "Hep C" virus. I had one more hurdle. I would have to test, for the "Hep C" virus, two months after completing my treatment.

MY MIRACLE - I tested negative for the Hep C virus then, the treatment had worked. I was finally rid of the "Hep C" virus, hopefully for the rest of my life.

I have talked many times to Dr. Stephen Parnell, my savior, who would not take no for an answer. He promised me the treatment and he delivered on it, just in time. I know deep down that he had help from God. Had Dr. Parnell been like the other two specialists, I would be dead. He credited his staff for not giving up on me. And me who wouldn't take no for an answer. He admitted - I was his miracle and a bit of a celebrity around his office. I'll take it!

Even though, I got treated by Dr. Stephen Parnell a Gastroenterology specialist. You can also go to a hepatologists who specializes in stomach disease. Find someone like Dr. Parnell, someone who won't take no for an answer. He is located in Inglewood, California. These days treatment is getting so easy, so straight forward, I hear you can go and get treated at your primary care doctor. However, I would stay with a specialist if you get the choice. The key is to get tested and treated if you test positive for the "Hep C" virus.

The success rate these days is somewhere between 96%-and 99%.

God works through people and, in my case He worked over time with a lot of different people. He never gave up and neither did I. I may have misunderstood the messages He sent me, but I always trusted my Higher Power.

I see my new job now as spreading the word. Help is available and so are better treatments! I had no side effects and it only took me taking the same pills at the same time every day for 12 weeks, which I did. I still have to recover from my organs beginning to shut down but in time they tell me I will continue to regenerate. The biggest problem I have is my liver (cirrhosis). I need to check every 6 months for cancer.

I have been saved to spread the word, and the word is get help, go see a doctor and find a god of your understanding, pray often and get as many people praying for you as possible. Meditate, as I believe praying is talking to God and meditating is listening. To communicate, there must be an exchange of ideas. Find someone like Gina, someone to love you unconditionally, a friend. And remember that anything is possible, once you develop a relationship with the person I choose to call God. You will end up a better person, good luck!

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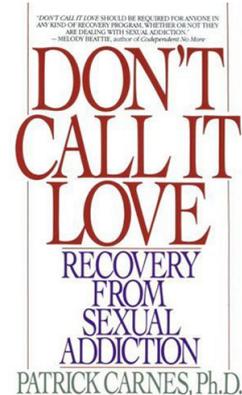
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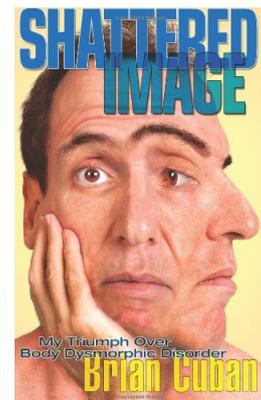
Don't Call It Love: Recovery From Sexual Addiction—by Patrick Carnes; Published by Bantam Books

From the Publisher: "Dr. Patrick Carnes is a creative, pioneering, and courageous human being. His books are changing the lives of thousands!" Everyday people face the possibility of destruction, risking their families, fiancés, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, and blue-collar workers. Most were abused as children and saw addictive behavior in their early lives. Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent "secret" disorder in America: sexual addiction. Here is a ground-breaking work by the nation's leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder. This essential volume includes not only the revealing findings of Dr. Carne's research with recovering addicts but also advice from the addicts and co-addicts themselves as they work to overcome their compulsive behavior. Positive, hopeful, and practical, Don't Call It Love is a landmark book that helps us better understand all addictions, their causes, and the difficult path to recovery. Available at Amazon.com.



Shattered Image: My Triumph Over Body Dysmorphic Disorder: by Brian Cuban; Published by Netminds.

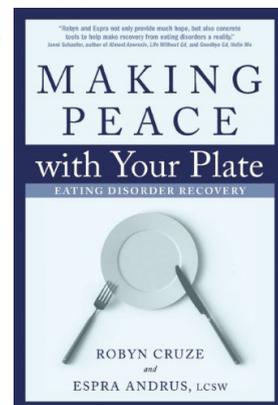
Brian Cuban is a successful lawyer, activist, and TV host and is living with an enemy that haunted him for over 30 years - his own reflection in the mirror. Through a series of very personal, witty and poignant anecdotes, the younger brother of Dallas Mavericks owner Mark Cuban, opens up about his personal battle with a mental disorder known as Body Dysmorphic Disorder (BDD) in which the sufferer is preoccupied with a distorted sense of self-image and is often afflicted with eating disorders, depression and addiction. In the book, Cuban illustrates the ongoing nightmare of (BDD) that has permeated his thoughts since childhood, taking the reader through the painful journey of childhood bullying over his weight, rejection and the behaviors that slowly developed as a young adult which took him into the abyss of depression, alcoholism, drug addiction, steroid abuse and eating disorders, nearly causing him to take his own life at the age of 44. Available at Amazon.com.



Making Peace with Your Plate: Eating Disorder Recovery: By Robyn Cruze and, Espra Andrus; Published Central Recovery Press.

With its unique three-phase approach to eating, this book smashes the illusion of control, the power, and the lies of the deadly illness of disordered eating, providing a concrete plan for long-term recovery. Robyn Cruze, MA is a certified coach and author who specializes in inspiring individuals to self-care and overcome life obstacles by following their dreams as a payoff to recovery. Robyn struggled with ugly inner demons throughout much of her adolescent and adult life, most notably, an eating disorder that crippled her spirit for over a decade. With no other resources to guide her, she set out on her own path to recovery and is now sharing her experience with others. She is an active blogger, freelance writer, and author of a number of articles and a self-published work, Lovely Dreams.

Espra Andrus, LCSW is a clinical therapist who maintains a private clinical practice in St. George, Utah. She specializes in working with individuals who suffer with anorexia, bulimia and binge-eating disorders, as well as individuals with posttraumatic stress disorder, and mood and emotion dysregulation disorders. Espra began practicing as a therapist in 1990 and has specialized in treating eating disorders since 1998. Espra is intensively trained in Dialectical Behavioral Therapy (DBT). Available at Amazon.com.



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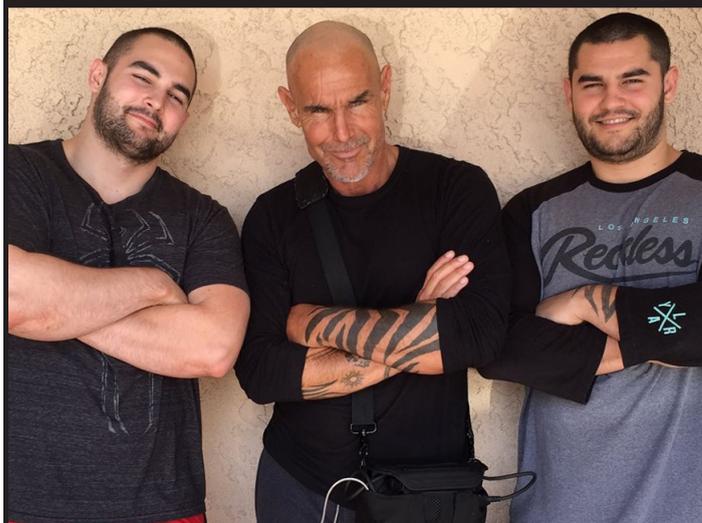
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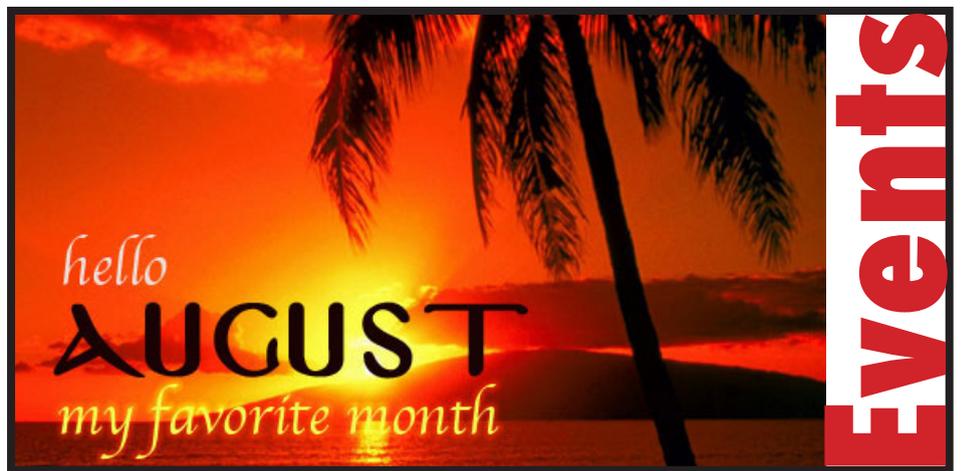
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Events

AUGUST
AUGUST 14 - 16, 2015 - 11th Annual Mountain AA Conference with Al-Anon Participation. A Search for Serenity. Held at Big Bear Performing Arts Center, 39707 Big Bear Blvd., Big Bear City, CA 92315. For more info visit www.MountainAAConference.com

AUGUST 14 - 16, 2015 - The 65th Alcoholics Anonymous Virginia Area Convention Fredericksburg, Virginia. For more info visit <http://aa virginia.org/hp/events>.

AUGUST 15TH, 2015 Saturday, Windsor Club Clean & Sober DANCE: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. - 123 West Windsor Rd, Glendale California 91204. 818-242-1350

AUGUST 22ND 2015 - Dinner • DJ Dance Fundraiser - 6:30pm to 10:30pm Hope Lutheran Church 1041 East Foothill Blvd., Glendora CA - \$22 covers everything • or \$7 for dance only, 64th SOCAL AA Convention Al-Anon Fundraiser: Dinner • DJ Dance • Raffles • Auction • Proceeds help fund Al-Anon programs and speakers at the 2015 Southern California AA Convention Oct. 2-4th in Rancho Mirage, CA for more info call Karen (714) 403-7737.

AUGUST 27TH TO 30TH, 2015 - 31st Annual South Bay Family Roundup - AA Conference with Al-Anon Participation. Having Had a Spiritual Awakening. Held at Torrance Marriott South Bay, 3635 Fashion Way, Torrance CA 90503 - For more info visit www.SouthBayRoundup.org or call (310) 354-7660.

UPCOMING
SEPTEMBER 3RD TO SEPTEMBER 6TH: Labor Day Weekend 40th Annual Great Outdoor Beaver Meeting in Beaver, Utah. In 1975 a group of alcoholics stopped over in a friendly town on their way to the International Convention in Denver. They found the people so accommodating and the natural beauty so inviting they have been returning year after year. Join us for speakers, fun and games, wonderful fellowship. www.thegreatoutdoorbeavermeeting.com

SEPTEMBER 4TH TO 6TH, 2015 - Southern California Regional Convention N.A. At the Anaheim Marriott 700 West Convention Way Anaheim, California 92802. Register at <http://todayna.org/convreg/shop>.

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

SEPTEMBER 19TH, 2015 Saturday, Radford Hall - Comedy Show. Still only \$5, Radford Hall -13627 1/2 Victory Blvd, Van Nuys, California 91401.

SEPTEMBER 19TH, 2015 Saturday, Windsor Club Clean & Sober DANCE: 9:45pm-1:30am with DJ Nicole OLD SCHOOL & new music, \$7 at the door. - 123 West Windsor Rd, Glendale California 91204 -- 818-242-1350,

OCTOBER 18TH 2015 - 8am Heroes In Recovery 6k Run & Walk October 18th 2015 8am. Paramount Ranch, 2903 Cornell Road, Agoura Hills, California 91301. Register at <http://heroesinrecovery.com/heroes6k/malibu-ca/>

OCTOBER 29TH 2015 Aloha and welcome to The 54th Annual Hawaii Convention "Our Whole Attitude and Outlook upon Life will Change" to be held October 29th - November 1st, 2015. For more info visit www.annualhawaii-convention.com - The entire Keys to Recovery Newspaper Staff will be working to get to this one!



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AUTISM AND ADDICTION

When I was growing up in Philadelphia, my father and brother noticed something different in my behaviors. At that time, I was diagnosed with dyslexia and Attention Deficit Hyperactivity Disorder.

However, in 2006 I was diagnosed with Autism by a psychologist and my self-esteem crumbled. Also, my feelings of being different increased - I felt alienated. In high school, I had a feeling that I was different and I was surrounded with isolation. I did not have many friends in high school. School was a struggle and challenge for me, however I did graduate from high school, and also I graduated from college. I guess I am in love with studying and learning. In 2004, I started my recovery from Drugs and Alcohol. Today, I have 8 years of recovery. My Recovery is so dear to me.

There is little question that some people are more prone to developing addiction than others. Heredity factors and the environment in which a person is brought up in cause's addiction. People who feel different from other people are more susceptible to addiction. Autism, is a condition where language and social interaction skills are a struggle.

Autism, is a developmental disorder that is quite complicated in its manifestation. Autism arises, when the diverse parts of the brain fail to work together. It is estimated that about 1 in 88 children are diagnosed with autism. Autism, is described as a spectrum disorder. The autism spectrum is wide and the autistic behaviors and symptoms are very different. However, in this autism spectrum disorder, there are several common traits. People that are diagnosed with autism are challenged with a brain abnormality, that impacts their social and communication skills. In addition, there are three different types of Autism Spectrum disorders which are: Classic Autism (autistic disorder), Asperger syndrome, and atypical autism (pervasive developmental disorder). Classic Autism is defined as an intellectual disability. Autism, is characterized by language delays and issues related with social interaction. Asperger syndrome, is a type of Autism where the person is high functioning and the symptoms are mild. Atypical autism (pervasive developmental disorder) is where the person is slightly autistic and the symptoms are so mild.

Autism, is a disorder that is still being researched and there is no cure in sight. Parent or relatives are still attaining knowledge on how to handle this disorder. Individuals that are autistic, have challenges and issues with understanding everything in life, period. Then put addiction on top of that condition and that places challenges and issues, impossible to measure. Parents of autistic children, are devoting their lives to handling the syndrome through concepts like diet, therapy, and sensory training. Autism, is now analyzed along a spectrum, contingent on how well a person can function in society. Autistic individuals lack the ability to fully relate to other people and they may even speak easily and may even have a high IQ. Additionally, Autistic people exhibit issues like the inability to feel empathy for another person, or the lack to find the right words to express themselves to other people. Also, they may be obsessive about certain topics.

Kids that are diagnosed with high functioning autism, devote their entire lives trying to fit in. Other kids can detect the difference, and usually tease or purely ignore the autistic kid. Then the autistic child is depressed and has feelings of being socially inept. This brings the possibility of self-medicating with drugs and alcohol. Consequently, the autistic person uses the addiction to take the pain away. However, the addiction turns out to be a monster. Then hope comes with Sobriety.

As I told you earlier in this research paper, I was diagnosed with high functioning Autism in 2006, by a psychologist. That diagnosis shed some light on the issues and challenges that I have faced in my life and are still facing. This diagnosis opened up doors of understanding for me and my brother. Since the beginning of my sobriety, I have made immeasurable progress in my life. My sobriety date is August 14, 2004. I have worked and attended school at West Valley Occupational Center and Pierce College, and received several class certificates. Also I have resided in 4 sober livings. I have lost weight and quit smoking. Today, I have a life that my brother and I are proud of. A month ago, my brother said I have achieved one of my goals, which was to make my older brother Jay, proud of his younger sister, Eileen.

Treatment methods: Substance abuse rehabilitation can be extremely challenging. However, when the addict struggles with autism, this process is significantly more challenging. Prior, to selecting a rehabilitation center for helping in dual diagnoses that comprises of treatment for autism for substance abuse. The Substance Abuse and Mental Health Services Administration suggests attending in programs that have: 1) A cognitive behavior approach 2) Practitioners who have been cross-trained to deal with both issues 3) A thorough integration of services (including medicine) 4) Motivational integrations.

Written by Eileen Lee Goland. References: Winkel, B. (2013, March). *Autism and Substance*. ; DARA (2013, March). *Addiction and Autism*.; National Institute on Drug Abuse (2013, April). *DrugFacts: Treatment Approaches for Drug Addiction*; *Addiction and Rehabilitation for Autistic Individuals*.



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Con't from Page 4



by: Mary Cook

It is vital to demonstrate principles that reinforce our spiritual nature, and to strengthen our faith when we are feeling lost and confused. We experience an even higher level and depth of happiness when we're able to identify what goodness and joy exists in difficult circumstances, what opportunities for growth, character development, unselfish demonstrations of love, spiritual evolution and unity with the God of our understanding are present in trials and tribulations. Long ago I visited a poor village and asked the elder if he was happy with his life. He replied that yes, he was very happy. In some years, he explained, there is abundant food and no children die. And so we sing, dance and rejoice. In other years there is not enough to eat, and sickness and death visit us. In those years our love expands, we become closer and give our hearts to one another, for that is all we have. So, yes, we are very happy all the time. This village elder was abundantly rich with happiness of the heart, and this is a magnificent model for all of us.

WWW.MARYCOOKMA.COM Mary Cook is an addiction counselor with 39 years of experience and 29 years of University teaching. She has a Master's degree in psychology and is a registered addiction specialist. Mary is a speaker and the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", available from Barnes & Noble, Amazon.com, etc.



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Con't from Page 8



by: Arnie W.

There were times I would bet 40 or 50 games on a weekend, and believe I could win them all. I sold our car to a neighbor to pay my bookmaker, so he would take my bet. I wasn't even going home to pick fights with my wife, I was doing it over the phone so I wouldn't waste the trip home. Most of the time I was out gambling, but when I was home we were constantly fighting.

In the next few months the bottom fell out of my world, even though I still had my job and still looked okay. There were no track marks on my arm, I wasn't smelling from my gambling. No one could really tell what was going on. I would come home from gambling and see my wife crying all the time, depressed and sick. Our daughter was 4 years old and I don't remember her walking or talking. Even when I was home my head was consumed with the gambling. I had a life insurance policy and constantly thought about killing myself, and leaving my wife and 2 kids that money. I owed 32 people, 3 years annual salary.

I still thought that the big win was just around the corner. My boss came to me one day and told me that a detective had a report on my gambling. He knew I was betting more money than I earned and he was sure that I was stealing from the company and that if he found out, he would have me arrested. Three hours later I was stealing from the company again. I needed to go to the racetrack that night.

On February 2, 1968, my wife was having a miscarriage and I was taking her to the hospital. I was wishing and praying all the way that she would die so I wouldn't have to tell her how bad things were. That afternoon after I went to the racetrack, I went to see how my wife was. The doctor told me that my wife was in shock and had almost died. I was so deep into my addiction that the only important thing was making a bet. That was my bottom.

I thought that I was the only one living the way I was living, and doing the things that I was doing. I found out that I was not alone and that I could stop gambling with the help of the other people. I had hope for the first time. It's been almost 47 years since I last gambled. Today, I have everything I dreamed about getting from gambling and then some. I have a wonderful family that is still intact and even have been blessed with 4 grandchildren, who I love very much. In the last 40 years, I have been able to devote my working life to helping others who have this problem, and educating people on the disease of Compulsive Gambling. This has been a dream come true.

We need to not let our addiction define us, but have our recovery define us.

Arnie W. is a certified Compulsive Gambling Counselor. He runs a national hotline for compulsive gamblers and is a nationally known consultant and lecturer. He has appeared on numerous radio and television programs, including Nightline, the Today Show, Good Morning America, Inside Edition, 48 Hours, 60 Minutes, among others. - Get the New Book "ALL BETS ARE OFF - Losers, Liars, and Recovery from Gambling Addiction" by Arnie and Sheila Wexler and Steve Jacobson.

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All ads are due and payable upon acceptance of ad prior to publication unless otherwise authorized. The publisher assumes no liability if for any reason it becomes necessary to omit an ad. The publisher assumes no liability if for any reason we are unable to print an issue of the newspaper. It is the advertisers responsibility to proof ads, we will do everything we can to help but the publisher assumes no liability for any errors in ad. All advertising is subject to publisher's approval. The publisher reserves the right to reject advertising that we feel is not in keeping with our standards. The publisher does not assume responsibility for the contents of advertisements and all representatives or warrants made in such advertising are those of the advertiser and not the publisher. Publisher is not liable to advertiser for any misprints in advertising.

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DISTRIBUTION INFORMATION:

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- DUI Classes
- Drug & Alcohol Councils
- Employee Assistance Programs
- Homeless Shelters
- Judges
- Libraries
- Medical Centers - Hospitals
- Outpatient Centers
- Police - Parole - Probation Departments
- Recovery Stores
- Rehabs / Treatment Centers
- Rescue Missions
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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

Adult Children/Codependents 12 step & recovery based meetings, Every Thurs. & Sun. at 6pm 8742 Mulberry Drive, Sunland, CA. For info call Lisa Moss 818-293-2222 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 oth-

er 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

Our House Grief Support Center - WLA & Woodland Hills, CA (888) 417-1444 - www.ourhouse-grief.org

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) - (626) 338-9200

Legal Aid Foundation of LA (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.

San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

MEALS SERVED

Call the Homeless Shelters as most have food programs.

The Midnight Mission meals served 3 times a day 213-624-9258

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

San Fernando Valley Rescue Mission:call (818) 785-4476

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood Thursday 10:30am to 4:pm, (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 Satocoy 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:am to 1:pm - (818) 980-1657

Manna, Ministry to the Poor 6642 Reseda Blvd., Every Saturday, (except the first Saturday of each month) 11:am 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:pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294

Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247

SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Van Owen St., (818) 988-7682

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.

West Valley Pantry - 7304 Jordan Ave, Canoga Park, CA (818) 887-6101
 West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills(818) 346-5554

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
 Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24,1325 N. Western Ave. Hollywood, CA 90027. (323) 461-3131. www.covenanthousecalifornia.org
 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
 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
 Long Beach Rescue Mission (562) 591-1292
 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 562-313-1257

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

INFORMATION & REFERRAL SERVICES

Free Drug Testing Kit: www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214
 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
 CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org

CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.
 CCGP 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
 Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen,1730 W Olympic Blvd., #300, LA 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 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.
 HEP C - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Dr. LA, CA 90005, (213) 201.1600 Main line, (213) 201.1500 Client line
 HepCHope: www.hepchope.com Hotline (844) 443-7246
 On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com
 Keys to Recovery Newspaper, Inc. publishes "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.

Organization/Company Name: _____

Services offered: _____

Address: _____

Phone: (____) _____ Cell (____) _____

Contact person: _____

What you would like us to print in the resource guide: _____

Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa CA 91406

KEYS TO RECOVERY NEWSPAPER, INC.

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The SoberScopes are for entertainment purposes only - enjoy and remember **RULE 62!**

LEO: July 23 thru Aug. 23 - You have some financial debates occurring this month, but the good news is that with your higher power, spiritual and monetary prosperity has entered your personal wealth sector, so trust and save yourself worrying about it too much. You are able to make some smart budgetary decisions, and to begin funneling some of that money into your home and private life. This is money that you earned fair and square, so you can be super proud of yourself.

VIRGO: August 24 thru Sept. 22- It is an unusual month for you. You are in a huge disagreement with a partner or rival, and it causes some kind of major ending within that relationship. This matter should be brought to your Sponsor, it does not have to be a break up, but it could be a "giving up". You are being dragged into bureaucratic issues or some kind of dysfunction within your extended family or local community, when you would rather not be. And yet, you have a sense of optimism, and open-mindedness throughout all of this drama. It is as if by releasing it to God, they just cannot drag you down no matter what they throw at you.

LIBRA: Sept. 23 thru Oct. 23 - Your social life is booming with great energy, but your financial dealings should not intertwine with these groups at this time. You are also entering a time when you are feeling a strong tug-of-war, between your emotional and physical well-being, between logic and spirituality, and taking or not taking on more 12 Steps commitments. The area of your chart in charge of logical detail work and the part in charge of hidden mysteries of life, are beginning to clash. You should take it to your Higher Power for balance.

SCORPIO: Oct. 24 thru Nov. 22 - You have had a lot of time over the first half of this year to shine professionally. Now, you are reevaluating your professional progress so far, and you seem irritated by what you are seeing. Maybe you have not made enough progress, or maybe you are unhappy with the leadership role you are in. Regardless, of whatever changes you decide to make, you are successfully able to launch new professional goals, and to begin a new chapter in that area of your life. Your social life is bursting with positive energy, and it gets better when applying the 12 step principals in your daily activities.

SAGITTARIUS: Nov. 23 thru Dec. 21 - Your Higher Power will give you joy, abundance, and prosperity into the areas of your life, such as your professional goals, leadership style, and public reputation. You are naturally changing your focus from fun, playtime, and exploration towards your professional life and leadership roles. You are in a good mood and looking forward to what the future could bring. At times, you will be struggling to balance your private life and your public life, but for the most part, you are having such a good time working on your career, that it will be easy to pick sides. Just follow your Sponsors suggestions, as far as things are going at home and try not to drop the ball in that area.

CAPRICORN: Dec. 22 thru Jan. 20: You are beginning to feel a restlessness; a need to get closer to God, explore and learn something new, and to experience a spiritual growth. But, you are also in a very romantic and financially savvy frame of mind. You are not being asked to choose between the two, so you should be able to enjoy both. You will probably notice a vague sense of opposition, to your efforts to travel and give into the urge to explore and learn new things. It could simply be that others do

not understand what you are trying to do, they may not want you to go, or they could be using illogical arguments to try to change your mind about your newfound knowledge.

AQUARIUS: Jan. 21 thru Feb. 18 - Your partner is upset about your level of success, professional path, reputation, career choice, boss or father figure. It is also possible that your boss or father figure does not like your choice of partners. Follow the principals of the Big Book and eventually, things will calm down in this area and you begin debating financial aspects of your life. You could be torn between collecting a regular dependable, but modest salary and taking a chance on an irregular, but possibly much bigger commission check. This is something you could speak with your Sponsor about.

PISCES: Feb. 19 thru March 20 - When you put your trust in God, and live by the principals of the steps, you come across as spiritual, compassionate, romantic, and idealistic. When you become self-willed, you seem passive-aggressive, delusional, self-destructive, and/or flaky. This month, a partner or rival decides that you need to hear their opinion of how you are actually presenting yourself. They are pretty harsh and very judgmental. You decide to stop doing some outwardly behavior, but it is not clear that it is because you agree with them. You could very well decide to quit listening to whatever they are saying, or look, if there's truth in their words.

ARIES: March 21 thru April 20 - You are still interested in having fun, vacationing, spending time with loved ones, and losing yourself within your favorite hobbies, but you are also beginning to change your focus towards your career, health, and/or Spiritual goals. There is a good chance that you are becoming aware of the tug-of-war we all face, when trying to balance our mental health with our desire to burn both ends of the candle. Looking for God's guidance, helps create balance between your desire to be highly productive and your emotional well-being.

TAURUS: April 21 thru May 21 - This month has you focused on your home life, your 12 Step activities, your partnerships, and your social life. You are juggling so many different people's wants, needs, and attitudes. There is a lovely bit of joyful energy in your playtime sector, promoting taking about a week off and running away from it all. Then at the end of the month, with help from your Higher Power, you have some lovely energy in your home life that allows you to "fix", whatever it is that had people upset earlier.

GEMINI: May 22 thru June 21 -You are still taking your professional life quite seriously, and you have some good things happening there. By not allowing God in, it is beginning to cause some trouble at home. You need to make sure that you are not allowing your boss to push you, to the point that you are not able to devote enough time and energy to your Spiritual and private life. You still have some excellent communications and negotiation skills, so that should help you to smooth things over.

CANCER: June 22 thru July 22 - You have a lot of positive energy pushing you towards financial, commercial, and/or professional successes. You still have some issues with not wanting to overspend on luxuries and playtime activities, by applying the 12 step principals, you are still finding ways to have a good time. You're tempted to surrender to the will of the experts regarding financial success. Do not be too easily persuaded, to simply give in to what authority figures are telling you is correct. You may want to chew on things for a while, and argue your case next month.

HOPE OF THE VALLEY

RESCUE MISSION

Make your donation TODAY!

Hope of the Valley Rescue Mission Recuperative Care Shelter

Opening Fall of 2015



Recuperative Care addresses the gap in health care for the homeless who are going back and forth between hospitals and the streets. Many homeless patients are in a vulnerable place. They are too ill to return to the streets, where their injury or illness is exasperated, but not ill enough to stay in the hospital. What they need is a “temporary home” where they can rest, be cared for and recuperate.

Hope of the Valley’s Care Center will provide that “home” environment where patients will be monitored by medical staff while receiving case management from social workers.

The goal is to discharge each client from Recuperative Care to Housing.

Our vision is to tangibly demonstrate God’s love to the Hungry, Homeless and Hurting of the greater Los Angeles area by offering Hope, Hot Meals, Housing, Health Services and Healing to those in need.



For more information about the Recuperative Care Shelter, or any of the services offered at HOPE OF THE VALLEY Rescue Mission

please call **(818) 818-392-0020**

www.HopeofTheValley.org



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