

NEWSLETTER

"Success is the sum of small efforts, repeated day in and day out." Robert Collier



FALLING IN LOVE WITH ME

There is a famous quote that states, "If you can't love yourself, then how in the world are you going to love somebody else?" If everyone would plant this sentiment within their core, I truly believe that it would make for a better and more peaceful world.

Because of one's past whether it be in their childhood, immediate family or personal relationships, we tend to allow the pain, all of the negative hurt and circumstances take root of our soul and spirit and grow within us. Mostly through our subconscious, we water these negative circumstances and allow seedlings to

fall into our future, affecting generations to come.

It's only when we dig up those roots and learn to plant seeds of understanding and love that we find within ourselves by spending time by ourselves to gain understanding of ourselves that we can begin the process of falling in love with ourselves. When we start to love ourselves, we take care of and nurture ourselves appropriately by our own standards, not the standards of society that we must look or behave in a certain way pleasing to the masses. So my question, is a simple one, how much do you truly love you?

NATIONAL DEPRESSION SCREENING MONTH

Whether for heart disease, high blood pressure, diabetes or depression, health screenings provide a quick and easy way to spot the first signs of serious illness and can reach people who might not otherwise seek professional medical advice.

Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year.[1] Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

Why Screen For Depression?

- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression are a "normal part of life."
- Clinical depression affects men and women of all ages, races and socioeconomic groups.
- Only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional. [2]
- Depression can co-occur and complicate other medical conditions.
- Screenings are often the first step in getting help.

Who Should Get Screened?

- People suffering from depression often experience some of these key symptoms:
- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening, or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

Screenings are not a professional diagnosis. Screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. You should see your doctor or a qualified mental health professional if you experience five or more of these symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine.

From Mental Health America



DID YOU KNOW: OCD Awareness Week is an international effort that takes place the second week in October each year to raise awareness and understanding about obsessive-compulsive disorder and related disorders, with the goal of helping more people get timely access to appropriate and effective treatment. To achieve this goal, we need your help to raise awareness and touch the lives of those with, and, those impacted by this complex mental health disorder.

If you think you or someone you know may be dealing with depression, please contact our Behavioral Health Facility for more information or to set up a confidential screening:

Adult Behavioral Health:
770..478.1099

Children
Young Adults
and Families
contact:
770.473.2640



DOES CHOCOLATE ADDICTION EXIST?

Chocolate craving is very common, but can we actually be addicted to it? Can these powerful urges to eat truly be classed as an addiction?

We generally crave foods due to external prompts and our emotional state, rather than

actual hunger. We tend to be bored, anxious, or depressed immediately before experiencing cravings, so one way of explaining cravings is self-medication for feeling miserable.

Chocolate is the most frequently craved food in women, and many women describe themselves as 'chocoholics.' Chocoholics insist that it is habit-forming, that it produces an instant feeling of well-being, and even that abstinence leads to withdrawal symptoms.

When we eat sweet and high-fat foods, including chocolate, serotonin is released, making us feel happier. This partly explains the cravings common in seasonal affective disorder (SAD) and pre-menstrual syndrome.

In many women, the craving occurs on a monthly cycle, which suggests a hormonal basis. A recent report in the *New Scientist* magazine suggests people can become overly dependent on the sugar and fat in fast food. Princeton University researcher Dr. John Hoebel found that rats fed on sugar became anxious when the sugar was removed. Their symptoms included chattering teeth and the shakes – similar to those seen in people withdrawing from nicotine or morphine. Dr. Hoebel believes high-fat foods stimulate opioids or "pleasure chemicals" in the brain. This theory is backed up by many other studies.

Chocolate contains several biologically active ingredients, all of which can cause abnormal behaviors and psychological sensations like those of other addictive substances. Researchers at the University of Tampere in Finland found that self-proclaimed chocolate "addicts"

salivated more in the presence of chocolate, and showed a more negative mood and higher anxiety. The researchers state that chocolate addicts show traits of regular addiction, because they exhibit craving for chocolate, irregular eating behavior, and abnormal moods.

Although there are similarities between eating chocolate and drug use, generally researchers believe that chocolate "addiction" is not a true addiction. While chocolate does contain potentially mood-altering substances, these are all found in higher concentrations in other less appealing foods such as broccoli. A combination of chocolate's sensory characteristics — sweetness, texture and aroma — nutrients, and chemicals, together with hormonal and mood swings, largely explains chocolate cravings.

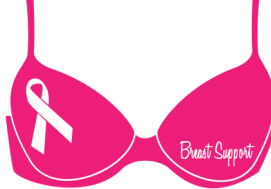
Chocolate is seen as "naughty but nice" — tasty, but something which should be resisted. This suggests that the desire is more likely a cultural phenomenon than a physical one. The inability to control eating may be a result of inborn traits and today's environment.

"Humans used to have to search for food," according to Baylor College of Medicine researcher Dr. Ken Goodrick. "Now food searches us out."

We are overwhelmed with advertising, large-scale grocery displays, plenty of high-calorie foods, and an obsession with thinness. The stress of modern living often makes us turn to food for comfort, then return to a restrictive diet. The attempt to restrain ourselves before we are satisfied increases the desire for chocolate.

From Psych Central





BREAST CANCER AWARENESS HISTORY

That little pink ribbon. We have all seen it every year in October, and most people are aware that it is associated with Breast Cancer Awareness Month. However, not as many are aware of its roots and its goals.

Who Started it?

Breast Cancer Awareness Month began in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries. Betty Ford helped kick off the week-long event, as she was herself a survivor of breast cancer. She was diagnosed when her husband, Gerald Ford, was president of the United States and brought even more attention to breast cancer.

What is the Goal?

The early goal of Breast Cancer Awareness Month was to educate women about breast cancer and early detection tests so that they could take charge of their breast health. One of their key goals that they wanted to achieve was to promote mammograms as

an important tool to be used in the fight against breast cancer.

During the month of October, breast cancer survivors and those with breast cancer are celebrated and encouraged to share their stories. The month is also dedicated to raising funds for breast cancer research and other related causes.

The Pink Ribbon

The first nation-wide campaign that utilized the pink ribbon was back in 1992 by Estée Lauder cosmetics. They handed out an impressive 1.5 million of them and ushered in the pink ribbon as the premier visual reminder of Breast Cancer Awareness Month. The NFL has become one of the largest supporters of breast cancer awareness month and nearly all players, coaches, and referees don the pink ribbon each October to show their support.

Breast Cancer Awareness Month is a chance for all Americans to take time and acknowledge those men and women whose lives have been affected by breast cancer.

From Behavioral Health Alliance

KINDLING AND WHY IT'S DANGEROUS

Jackie realized her drinking had gotten out of control and decided to try rehab. During treatment, she suffered from withdrawal: headaches, nausea, and shaky hands. Over time, her symptoms eased.

Becca also acknowledged she had an alcohol addiction and sought treatment. However, this was Becca's fourth attempt to get sober. When she stopped drinking, her withdrawal symptoms included severe tremors, and she had a seizure.

What's going on? Why was Jackie's experience so much "easier?" Because Becca experienced an effect known as kindling.

What is Kindling?

Whether or not you were a scout, you probably know kindling is the material that helps get a fire going. It speeds up the process and makes a fire bigger and hotter – faster. In addiction and recovery, this term is used in a similar fashion. When a person experiences detox and withdrawal repeatedly, the symptoms get more severe each time. The cycle of drinking and abstaining has had a detrimental effect on their body chemistry. You might say their chemistry provides "kindling" for the symptoms – making them grow and become more intense, like a fire with proper kindling.



Article by Kerry Nenn

WHAT'S COMING UP AT THE CRANE?



OCTOBER 9TH

Recovery Day Celebration
Virtually on Zoom App

OCTOBER 30TH

Annual Fall Festival
Check thecrane.org for details

ALL SEPTEMBER

Education Registration & Virtual Classes
Get started at thecrane.org

ALL SEPTEMBER

HIV Appointments
Appointments Online

Toolbox Groups

9 am and 12 pm ■ M-F
Virtual on Zoom

Peer Groups

2:30 pm ■ M-F
Virtual on Zoom

One On One Appointments

Monday - Friday, Call or visit website
to book appointment With CARES Specialists

Resume Building

Monday - Friday, Call or visit website
to book appointment With Certified Write

For Schedule Changes or
Updates Follow us At thecrane.org;
All Services Free of Charge!!

All Meetings on Zoom:
Member ID: 838.951.2807
No Password Required!!

For more on what we're planning for Recovery Month, sign up for notifications on our webpage: thecrane.org or follow us on Instagram at Paula Crane Center!!

SOMETIMES WE NEED TO SMILE



THE HEADACHE

A woman goes to the doctor and says, "Could you please prescribe me something against my

headaches?"

"OK," says the doctor, "take this and come back in two weeks."

After two weeks, the lady is back and complains, "I'm sorry doctor. I've been using this for the past two weeks, I followed the instructions on the package – but nothing happened."

The doctor is concerned, "That's unusual Mrs Grimky, what were the instructions exactly?"

She replies, "Well, it says, 'keep the lid tightly screwed on at all times.' "

HELLO, 911?

An almost hysterical man calls 911 and yells, "Please come quickly!

Kailey is pregnant and her labor started now, it's really intense!"

"Is this her first child?"

asks the operator.

"No you idiot! It's her husband!"



SLEEPING PILLS

A woman is at a doctor after her husband's check-up. The doctor looks serious and says, "Mrs Connelly, your husband is very sick. He needs to rest and not get upset. I will prescribe you some sleeping pills."

"Ok," nods Mrs Connelly, "and how often should he take those?"

"Oh, they're not for him, Mrs Connelly, they're for you...."



BERNICE'S CORNER

"We grasp the limitless strength provided for us through our daily prayer and surrender as long as we keep Faith and Renew it."

There are two parts to the recovery process: getting clean, and staying clean. Getting clean is comparatively easy because we only have to do it once. Staying clean is more difficult, requiring attention every day of our lives. Yet both draw their power from Faith.

We got clean on Faith. We admitted that addiction was more powerful than we are, and we stopped trying to fight a power that is more powerful than we are. We turned the battle over to a Power greater than ourselves, and that Higher Power is the one who helped us get clean.

We learn how to stay clean each day, the same way, on Faith; Just for today, we surrender. Life may be too big for us to tackle alone on our own power. When all we want is to seek a Power greater than we are and we pray, asking our Higher Power for direction and the strength to follow it. By exercising and renewing our Faith on a daily basis, we tap into resources we need to stay clean and develop full lives.

There is limitless strength available to us whenever we need it. To grasp it, all we need to do is keep Faith in a Higher Power that got us clean and keeps us clean, My Faith got me clean, and my Faith will keep me clean. Today, I will keep faith with my Higher Power. I will renew, surrender and continue to pray for knowledge and strength daily.

*Written
By Bernice*

DOMESTIC VIOLENCE AWARENESS MONTH



Don't stay silent. It's time to speak up all month long.

October is National Domestic Violence Awareness Month, which first began in 1981 by the National Coalition Against Domestic Violence as a Day of Unity to connect battered women's advocates across the country.

Domestic violence affects millions, both women and men, of every race, religion, culture and status. It's not just punches and black eyes -- it's yelling, humiliation, stalking, manipulation, coercion, threats and isolation. It's stealing a paycheck, keeping tabs online, non-stop texting, constant use the silent treatment, or calling someone stupid so often they believe it.

Since the Violence Against Women Act passed in 1994, we've come a long way. This landmark legislation, led by then Senator Joe Biden, combined new provisions that hold offenders accountable and provide programs and services for victims. Between 1993 and 2010, the overall rate of domestic violence dropped nearly two-thirds and state laws have reformed to address issues such as dating abuse in the workplace, stalking, employment discrimination and more.



DID YOU KNOW: October is National ADHD Awareness Month. Attention-Deficit/Hyperactivity Disorder is medically and legally recognized as a treatable yet potentially serious disorder, affecting up to nine percent of all children, and approximately four percent of adults.

STRANGE COMFORT

The verse on the card Lisa received didn't seem to match her situation: "Then the Lord opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha" (2 Kings 6:17). I have cancer! she thought in confusion. I've just lost a baby! A verse about angel soldiers doesn't apply.

Then the "angels" began to show up. Cancer survivors gave her their time and a listening ear. Her husband got released early from an overseas military assignment. Friends prayed with her. But the moment she most felt God's love was when her friend Patty walked in with two boxes of tissues. Placing them on the table, she started crying. Patty knew. She'd endured miscarriages too.

"That meant more than anything," Lisa says. "The card made sense now. My 'angel soldiers' had been there all along."

When an army besieged Israel, a host of lit-

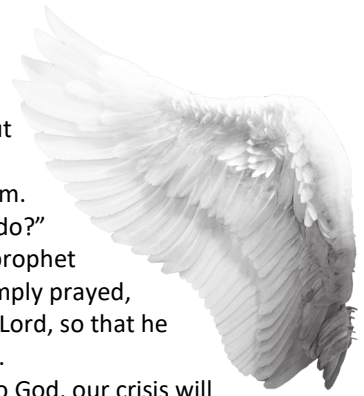
eral angels protected Elisha. But Elisha's servant couldn't see them.

"What shall we do?" he cried to the prophet (v. 15). Elisha simply prayed, "Open his eyes, Lord, so that he may see" (v. 17).

When we look to God, our crisis will show us what truly matters and that we're not alone. We learn that God's comforting presence never leaves us. He shows us His love in infinitely surprising ways.

Reflection: What's your first reaction when you receive bad news? When you endured a crisis, how did you view your higher power in new ways?

By Tim Gustafson



INNER STRENGTH WITH DATHON

I have shared about "Doing the D.E.W.", mental toughness and today I will share a note about inner strength. With the coronavirus pandemic, these unprecedented times we live in now, more than ever before, we are challenged with our relationships, staying indoors practicing social and physical distancing. Your inner strength is imperative. Your inner strength has to "show-up, show-out and breakout" to encourage you. Staying indoors have several side effects such as sleep troubles, appetite changes, mood swings, anxiety, weaken immune system, poor posture and more. Coping with these times, it is vital to establish a routine, home workout exercise, monitor your appetite, instead of watching more television and Netflix movies, do some brain teasers, try out news hobbies, try some new recipes, and share your experiences with talking to family and friends.

The main strategy is to remain positive, laugh at yourself and watch comedy movies. It has been proven that laughter releases endorphins that promote an overall sense of well-being and protects the heart. You also may want to post positive affirmations throughout your home/house to remind yourself to stay positive, giggle, and laugh out loud (lol). As Nike slogan says, "just do it." This is Dathon D. Brown, let your inner strength be your outer positivity. STAY SAFE.

By Dathon Brown



BREAST CANCER: EARLY DETECTION



Finding breast cancer early and getting state-of-the-art cancer treatment are the most important strategies to prevent deaths from breast cancer. Breast cancer that's found early, when it's small and has not spread, is easier to treat successfully. Getting regular screening tests is the most reliable way to find breast cancer early. The American Cancer Society has screening guidelines for women at average risk of breast cancer, and for those at high risk for breast cancer.

What are screening tests?

The goal of screening tests for breast cancer is to find it before it causes symptoms (like a lump that can be felt). Screening refers to tests and exams used to find a disease in people who don't have any symptoms. Early detection means finding and diagnosing a disease earlier than if you'd waited for symptoms to start.

Breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the prognosis (outlook) of a woman with this disease.

American Cancer Society screening recommendations for women at average breast cancer risk

These guidelines are for women at average risk for breast cancer. For screening purposes, a woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer (such as in a BRCA gene), and has not had chest radiation therapy before the age of 30. (See below for guidelines for women at high risk.)

Women between 40 and 44 have the option to start screening with a mammogram

every year.

Women 45 to 54 should get mammograms every year.

Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.

All women should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do.

Clinical breast exams are not recommended for breast cancer screening among average-risk women at any age.

American Cancer Society screening recommendations for women at high risk

Women who are at high risk for breast cancer based on certain factors should get a breast MRI and a mammogram every year, typically starting at age 30. This includes women who:

- Have a lifetime risk of breast cancer of about 20% to 25% or greater, according to risk assessment tools that are based mainly on family history (see page 14)
- Have a known BRCA1 or BRCA2 gene mutation (based on having had genetic testing)
- Have a first-degree relative (parent, brother, sister, or child) with a BRCA1 or BRCA2 gene mutation, and have not had genetic testing themselves
- Had radiation therapy to the chest when they were between the ages of 10 and 30 years



AN ISLAMIC FABLE: STAYING SHARP

Once upon a time a very strong woodcutter asked for a job in a timber merchant, and he got it. The pay was really good and so were the work conditions. For those reasons, the woodcutter was determined to do his best.

His boss gave him an axe and showed him the area where he was supposed to work. The first day, the woodcutter brought back 18 trees.

"Congratulations," the boss said. "Go on that way!"

Very motivated for the boss' words, the woodcutter would try harder the next day, but he only could bring 15 trees back. The third day, he tried even harder, but he only could bring 10 trees.

Day after day he was bringing less and less trees.

"I must be losing my strength", the woodcutter thought. He went to the boss and apologized, saying that he could not understand what was going on.

"When was the last time you sharpened your axe?" the boss asked.

"Sharpen? I had no time to sharpen my axe. I have been very busy trying to cut trees."

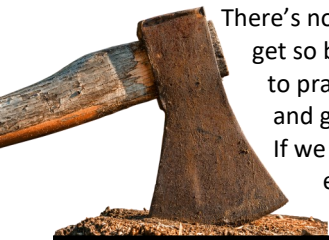
Our lives are like that. We sometimes get so busy that we don't take time to sharpen the axe. Moral

In today's world, it seems that everyone is busier than ever, but less happy than ever.

Why is that? Could it be that we have forgotten how to stay sharp?

There's nothing wrong with activity and hard work. But God doesn't want us to get so busy that we neglect the truly important things in life, like taking time to pray, to read. We all need time to relax, to think and meditate, to learn and grow.

If we don't take time to sharpen the axe, we will become dull and lose our effectiveness. So start today. Think about the ways by which you could do your job more effectively and add a lot of value to it.



6 STORIES WITH LOTS OF MEANING

1. Once all the villagers decided to pray for rain. On the day of the prayer, all the people gathered, but only one boy came with an umbrella. **That is faith.**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**
3. Every night as we go to bed without any assurance of being alive the next morning, but we still set the alarms to wake up. **That is hope.**
4. We plan big things for tomorrow in spite of zero knowledge of the future. **That is confidence.**
5. We see the world suffering, but still, we get married and have children. **That is love.**
6. On an old man's shirt was written, "I am not 80 years old; I am sweet 16 with 64 years of experience." **That is attitude.**

Have a happy day and live your life like these six stories. Remember, good friends are the rare jewels of life, difficult to find and impossible to replace.



DID YOU KNOW: The month of October is National Disability Employment Awareness Month. This observance was launched in 1945 when Congress declared the first week in October as "National Employ the Physically Handicapped Week." In 1998, the week was extended to a month and renamed. The annual event draws attention to employment barriers that still need to be addressed.



THE CRANE



LGBT HISTORY MONTH: WHAT'S IT ABOUT?

How It Works: LGBT History Month celebrates the achievements of 31 lesbian, gay, bisexual or transgender Icons. Each day in October, a new LGBT Icon is featured with a video, bio, bibliography, downloadable images and other resources.

Background: In 1994, Rodney Wilson, a Missouri high school teacher, believed a month should be dedicated to the celebration and teaching of gay and lesbian history, and gathered other teachers and community leaders. They selected October because public schools are in session and existing traditions, such as Coming Out Day (October 11), occur that month.

Gay and Lesbian History Month was endorsed by GLAAD, the Human Rights Campaign, the National Gay and Lesbian Task Force, the National Education Association and other national organizations. In 2006 Equality Forum assumed responsibility for providing content, promotion and resources for LGBT History Month.

Celebrate Our Heritage: The LGBT community is the only community worldwide that is not taught its history at home, in public schools or in religious institutions. The month of LGBT History provides role models, builds community and makes the civil rights statement about our extraordinary national and international contributions.

About Equality Forum: Equality Forum is a national and international LGBT civil rights organization with an educational focus. Equality Forum coordinates LGBT History Month, produces documentary films, undertakes high-impact initiatives and presents the largest annual national and international LGBT civil rights summit.

Article from lgbt history To learn more, visit their website



2020 ICONS

1. Nikolay Alexeyev
2. Deborah Batts
3. Angie Craig
4. Emily Dickinson
5. Felicia Elizondo
6. Rob Epstein
7. Emile Griffith
8. Menaka Guruswamy & Arundhati Katju
9. Alexander von Humboldt
10. Christopher Isherwood
11. Moisés Kaufman
12. Lori Lightfoot
13. Claudia López
14. Bernárd Lynch
15. Anne McClain
16. Kate McKinnon
17. Harris Glenn Milstead "Divine"
18. David Mixner
19. Lauren Morelli
20. Ifti Nasim
21. Jess O'Connell
22. Mary Oliver
23. Billy Porter
24. Laura Ricketts
25. Angelica Ross
26. Sappho
27. Megan Smith
28. Baron von Steuben
29. Laxmi Narayan Tripathi
30. Deborah Waxman
31. Lil Nas X



BULLYING PREVENTION MONTH

National Bullying Prevention Month is a campaign in the United States founded in 2006 by PACER's National Bullying Prevention Center. The campaign is held during the month of October and unites communities nationwide to educate and raise awareness of bullying prevention. Initially held the first week in October, the event was expanded in 2010 to the entire month.

PACER developed the initial campaign, National Bullying Prevention and Awareness Week, to raise awareness about bullying. Historically, bullying had been viewed as "a childhood rite of passage" that "made kids tougher," but the reality has always been that bullying can leave devastating and often long-term effects such as a loss of self-esteem, increased anxiety, and depression for those involved. PACER reached out to the community through partnerships with education-based organizations such as the National PTA, the American Federation of Teachers and the National Education Association to provide schools, parents and students

with the educational resources and support to better respond to bullying behavior. The National Bullying Prevention Center laid the groundwork so that National Bullying Prevention Month is now a nationwide call to action around educating communities as to their roles in bullying prevention. This initiative has helped shift thinking away from bullying as "rite of passage" and toward the knowledge that bullying can be prevented and stopped through education and awareness.

National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners. Facebook, Disney, Instagram, CNN, TLC and Yahoo! Kids and many others have supported the month through media outreach and dissemination.

From Pacer's National Bullying Prevention Center



SUICIDAL LOVED ONES: WHAT TO DO



Kelly is worried about her sister. Gina has always had a melancholy personality, but lately, she has been more "down" than usual. Kelly knows Gina has been turning to alcohol in an effort to "lift her spirits." Her drinking habits seem to be taking over her life and causing greater depression. The other night, Gina told Kelly she felt hopeless and that she "just wants it all to end."

Kelly doesn't know how seriously she should take this comment. Was it the alcohol talking? Is her sister suicidal? Should she intervene? Her sister's life may be at stake, and Kelly has no idea what to do.

Kelly is right to be concerned. Many people find themselves in her shoes and are as uninformed as Kelly about what action to take. If your loved one is struggling with addiction and depression and you feel they may be suicidal, take the following steps.

How To Check on Your Loved One

1. Ask questions. Be sensitive but direct. Ask the person questions to determine if they are suicidal. Questions such as "How are you coping with life?" "Are you thinking about dying?" and "Are you contemplating suicide?" will help reveal their mindset and allow them the opportunity to share their struggles.

Continued on page 13

SYMPTOMS OF CO-DEPENDENCY

Continued from last month

Last month we started to inform you of the many symptoms of that people who suffer from co-dependency deal with. We will continue to give you signs to look for in this month's newsletter with the list below:

Control. Control helps codependents feel safe and secure. Everyone needs some control over events in their life. You wouldn't want to live in constant uncertainty and chaos, but for codependents, control limits their ability to take risks and share their feelings. Sometimes they have an addiction that either helps them loosen up, like alcoholism, or helps them hold their feelings down, like workaholism, so that they don't feel out of control. Codependents also need to control those close to them, because they need other people to behave in a certain way to feel okay. In fact, people-pleasing and care-taking can be used to control and manipulate people. Alternatively, codependents are bossy and tell you what you should or shouldn't do. This is a violation of someone else's boundary.

Dysfunctional communication. Codependents have trouble when it comes to communicating their thoughts, feelings and needs. Of course, if you don't know what you think, feel or need, this becomes a problem. Other times, you know, but you won't own up to your truth. You're afraid to be truthful, because you don't want to upset someone else. Instead of saying, "I don't like that," you might pretend that it's okay or tell someone what to do. Communication becomes dishonest and confusing when you try to manipulate the other person out of fear.

Obsessions. Codependents have a tendency to spend their time thinking about other people or relationships. This is caused by their dependency and anxieties and fears. They can also become obsessed when they

think they've made or might make a "mistake." Sometimes you can lapse into fantasy about how you'd like things to be or about someone you love as a way to

avoid the pain of the present. This is one way to stay in denial, discussed below, but it keeps you from living your life.

Dependency. Codependents need other people to like them to feel okay about themselves. They're afraid of being rejected or abandoned, even if they can function on their own. Others need always to be in a relationship, because they feel depressed or lonely when they're by themselves for too long. This trait makes it hard for them to end a relationship, even when the relationship is painful or abusive. They end up feeling trapped.

Denial. One of the problems people face in getting help for codependency is that they're in denial about it, meaning that they don't face their problem. Usually they think the problem is someone else or the situation. They either keep complaining or trying to fix the other person, or go from one relationship or job to another and never own up to the fact that they have a problem. Codependents also deny their feelings and needs. Often, they don't know what they're feeling and are instead focused on what others are feeling. The same thing goes for their needs. They pay attention to other people's needs and not their own. They might be in denial of their need for space and autonomy.



Continued on page 15

CELEBRITY OCTOBER BIRTHDAYS!!

Zach Galifianakis October 1	Brie Larson October 1	Kelly Ripa October 2	Arthur Reese October 2
Sting October 2	Simon Cowell October 7	Joy Bahar October 7	Matt Damon October 8
Bruno Mars October 8	Nick Cannon October 8	Hugh Jackman October 12	Eminem October 17
Linda Harris October 17	Wyclef Jean October 7	Joyce Williams October 19	Margielene Washington October 20
Snoop Dogg October 20	Kim Kardashian October 21	Drake October 24	Toyin Ola October 24
Dr. Ramesh Amin October 26	Julie Roberts October 28	Gabrielle Union October 29	Tracey Ellis-Ross October 29
Gabrielle Union October 29	Nia Long October 30	Eva Marcille October 30	Letitia Wright October 31

SUICIDAL LOVED ONE: WHAT TO DO

Continued from page 11

2. Look for warning signs. Watch for social withdrawal, feelings of hopelessness, self-destructive behavior, increased drug or alcohol use, mood swings, personality changes, preoccupation with death, and the giving away of belongings.

3. Encourage them to get help. If your loved one is severely depressed, they might be resistant to treatment or simply lack the energy and motivation to seek it. This can be especially difficult if their depression is paired with an addiction.

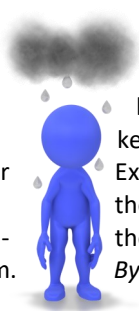
4. Offer loving support. Encourage your loved one to open up to you. Listen without interrupting. Respect their feelings, even if you don't understand them. Keep in mind that their thoughts

might not be logical, but their feelings are real. Avoid patronizing comments or statements that will make them feel judged, but reassure them that treatment is available and things can get better.

5. Take precautions. Encourage them to avoid drug and alcohol use, since this only makes their feelings and the overall situation worse. Remove other potentially dangerous items from their surroundings, such as knives and guns.

6. Don't make promises you can't keep. A suicidal loved one may ask you to keep their feelings a secret. Don't do it. Explain that you can't keep this promise if their life is in danger. You must get them the help they need.

By Kerry Nenn





SECONDHAND HARMS OF DRINKING

Drinking to excess doesn't just affect the person doing it. Just ask me, a convicted drunk driver. In 2009, I crashed into a car waiting at a stoplight after leaving a happy hour, causing serious injury to two of its passengers. My decision to get behind

the wheel after having too many glasses of wine had far-reaching effects, not only for myself, but also for the innocent families I'd hurt.

The Secondhand Harms of Drinking...

Unfortunately, the people I'd injured weren't the only ones to experience the harms of someone else's drinking. According to a recent study in the *Journal of Studies on Alcohol and Drugs*, about one-fifth of adults in the United States have been negatively impacted by someone else's behavior while drinking. More specifically, it found that an estimated 53 million adults in 2015 – or nearly 1 in 5 – said they'd experienced at least one harm attributable to someone else's drinking in the past year.

8,750 adults were interviewed as part of the study, with each being asked whether they had experienced any of 10 different types of harm in the past 12 months caused by "someone who had been drinking." The types of harms included harassment, feeling threatened or afraid, having belongings ruined, having property vandalized, being pushed, hit or assaulted, being physically harmed, being in a traffic accident, being a passenger in a vehicle with a drunk driver, having family or marital problems, and having financial trouble. The researchers found that 21% of women and 23% of men in the study reported experiencing at least one of the above harms, with harassment being the most prevalent type. The study also revealed interesting results from a gender perspective. For women, the most prevalent types of harm they experi-

enced, besides harassment, were family and financial problems due to someone else's drinking, as well as driving-related harms, such as being a passenger in a car crashed by a drunk driver. For men, however, the driving-related harms were the most common, followed by property damage and vandalism. Additionally, the data showed that women were more likely than men to report harm by someone they knew, such as a spouse, partner or family member. Men, on the other hand, were more likely to report harm because of a stranger's drinking.

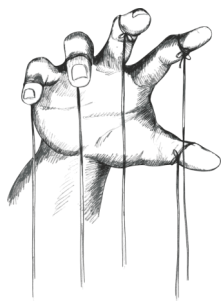
A Call for Further Research

The study had some limitations, however. One was that the data was self-reported, which has the tendency to lead to bias if the respondents weren't answering the survey questions honestly. Secondly, the study was limited to a year's timespan, which rules out those who've been harmed by someone else's drinking at other times in their life. As a result, the researchers believed that the negative impacts of alcohol on people other than the drinker might be underestimated. As such, more research is needed to determine whether similar findings would emerge for other years, since the data was collected in 2014 and 2015.

By Natalie Baker

DID YOU KNOW: Election day is Tuesday, November 3rd, but GA allows any voter to request a ballot by mail. You can also vote in person, because GA does offer early voting. You can look up early voting sites online. The early voting period runs from Monday, October 12th until Friday October 30th, but dates and hours may vary based on where you live. You will need to bring a photo ID, if you do not have an ID, you will be able to vote a provisional ballot.





SYMPTOMS OF CO-DEPENDENCY

Continued from page 12

Denial. One of the problems people face in getting help for codependency is that they're in denial about it, meaning that they don't face their problem. Usually

they think the problem is someone else or the situation. They either keep complaining or trying to fix the other person, or go from one relationship or job to another and never own up to the fact that they have a problem. Codependents also deny their feelings and needs. Often, they don't know what they're feeling and are instead focused on what others are feeling. The same thing goes for their needs. They pay attention to other people's needs and not their own. They might be in denial of their need for space and autonomy. Although some codependents seem needy, others act like they're self-sufficient when it comes to needing help. They won't reach out and have trouble receiving. They are in denial of their vulnerability and need for love and intimacy.

Problems with intimacy. By this I'm not referring to sex, although sexual dysfunction often is a reflection of an intimacy problem. I'm talking about being open and close with someone in an intimate relationship. Because

of the shame and weak boundaries, you might fear that you'll be judged, rejected, or left. On the other hand, you may fear being smothered in a relationship and losing your autonomy. You might deny your need for closeness and feel that your partner wants too much of your time; your partner complains that you're unavailable, but he or she is denying his or her need for separateness.

Painful emotions. Codependency creates stress and leads to painful emotions. Shame and low self-esteem create anxiety and fear about being judged, rejected or abandoned; making mistakes; being a failure; feeling trapped by being close or being alone. The other symptoms lead to feelings of anger and resentment, depression, hopelessness, and despair. When the feelings are too much, you can feel numb.

There is help for recovery and change for people who are codependent. The first step is getting guidance and support. These symptoms are deeply ingrained habits and difficult to identify and change on your own. Join a 12-Step program, such as Codependents Anonymous or seek counseling. Work on becoming more assertive and building your self-esteem.

From PsychCentral

KINDLING AND WHY IT'S DANGEROUS

Continued from page 4

As a result, Jackie's experience with withdrawal was minimal compared to Becca's. After several experiences of withdrawal, Becca's body reacts more harshly (fans into bigger flame). How Does Kindling Work?

When a person drinks, the alcohol affects the central nervous system (CNS). It acts as a depressant. The brain chemical, GABA, slows down the brain. When the alcohol leaves the system, the GABA effects cease. The brain compensates for the depressant's absence

with excessive excitability. In other words, the brain suddenly "speeds up." This effect is manifested in alcohol withdrawal symptoms. These may be minor, like Jackie's, or dangerous and potentially fatal, like Becca's.

If a person has experienced recovery and relapse several times, the kindling effect can occur. Their symptoms caused by repeated changes in body chemistry may become more severe each time.





WE WILL CONTINUE
TO SAY YOUR NAME

THE CRANE