

# NEWSLETTER

*"I'd rather be excluded for who I include, than be included for who I exclude." - Kurt Cobain*



## APRIL IS CELEBRATE DIVERSITY MONTH

Celebrating April as diversity month began in

2004 to recognize and honor the diversity surrounding us all. By celebrating differences and similarities during this month, organizers hope that people will get a deeper understanding of each other.

Recognizing that the world is made up of many different people from different backgrounds and cultures is the first step towards a more understanding and harmonious society. Differences are not what divides us, but rather it should be celebrated as something that unites us as humans.

It's not uncommon for people to fear what they don't understand. Through a rich diversity of cultures, discrimination and barriers can be stamped out because it teaches the society that different doesn't mean bad.

Culture is the lens in which we evaluate our environment, so it can be tough to see a culture that's either different or contradictory to ours. Due to this, we may develop preconceived notions about certain cultures that may cause us to discriminate.

Through an inclusive and diverse lens, we can explore and understand how other cultures operate and function. Opening our eyes to the existence of diverse and different cultures allows us to see the world from other's points of view. We can see more, appreciate more, and understand more.

*Continued on page 15*

## MIXING MEDICINES CAN BE DANGEROUS

Prescription and over-the-counter (OTC) medicines are tested to make sure they're safe and effective. But if you mix those drugs with other medicines or substances—intentionally or even by accident—they can have potentially dangerous effects.

A drug's "active ingredient" is the part of the drug that acts on your body. Combining substances can change the way an active ingredient works. This can increase the effect of that ingredient on your body, make it less effective, or have other unexpected results.

For example:

Prescription medications that treat attention-deficit/hyperactivity disorder (ADHD), like Ritalin®, are stimulants. They can increase a person's alertness and attention, but they can also increase heart rate and blood pressure.

The decongestants in many OTC allergy and cold medicines are also stimulants. As a result, taking Ritalin at the same time as a decongestant can cause an extra increase in heart rate and blood pressure. Over time, this can damage the heart.

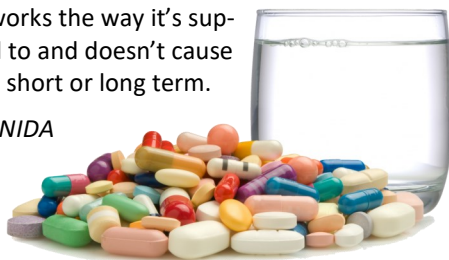
Even with OTC drugs, you can accidentally

take more than the recommended dose of an active ingredient. Let's say you have a cold and you take a pain reliever like Tylenol®, and an hour later, you take cold medicine. Many OTC cold treatments also contain acetaminophen, Tylenol's active ingredient. So, using these medications together can take you over the recommended dose of acetaminophen, increasing your risk for liver damage.

Thankfully, medications have to include labels with usage instructions and warnings about possible interactions with other drugs.

Always carefully read the label before taking a prescription or OTC medication, and talk to your doctor before starting a new medication if you're still taking an old one. It's the best way to make sure your medicine works the way it's supposed to and doesn't cause harm, short or long term.

*From NIDA*



## SECONDHAND MARIJUANA SMOKE

People often worry how breathing someone else's marijuana smoke could affect them. Let's look at some common questions about this, and the answers that science has found.

**Can you get a "contact high" from secondhand marijuana smoke? It depends.**

You'd have to be in an unventilated room, and very close to someone who is smoking for a long period of time. ("Unventilated" means all windows and doors are closed.)

In one study, 12 participants sat together for an hour in an unventilated room. Six participants smoked marijuana casually during that hour and the other six didn't smoke anything.

At the end of the hour, each nonsmoker's heart rate was a little faster than it was before the experiment. The nonsmokers also reported feeling slightly buzzed or sleepy, and they didn't perform as well on logic tests as they had before the experiment.

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# DID COCA COLA EVER CONTAIN COCAINE?

Scientific research is constantly discovering new things about drugs, such as the health benefits and risks of using (or misusing) them. Sometimes, these discoveries lead to changes in the way a drug is used.

For example, did you know that the original recipe for Coca-Cola contained cocaine?

Coca-Cola's history has been well-documented. The drink was invented in 1885 by John Pemberton, a pharmacist from Atlanta, Georgia, who made the original formula in his backyard. Pemberton's recipe contained cocaine in the form of an extract of the coca leaf, which inspired the "Coca" part of the beverage's name. The "Cola" comes from the kola nut (which contains caffeine, another stimulant).

When Coca-Cola was invented, cocaine was legal and a common ingredient in medicines. People thought it was safe to use in small amounts.

## COCA-COLA AS MEDICINE?

Pemberton described the drink as a "brain tonic and intellectual beverage," and advertised it as a "patent medicine." He claimed it cured headaches, upset stomach, and fatigue.

Patent medicines were combinations of so-called "exotic" ingredients and drug compounds that—according to the people who made them—cured a wide range of ailments. But they often contained ingredients we now know can be addictive, including cocaine and opium, as well as toxic elements like mercury and lead.

In the 19th century, patent medicines weren't regulated like medications are today. Anyone could claim their product had health benefits without having to prove its effectiveness—or reveal its risks.

As early as 1891, some Americans spoke out against including addictive ingredients in patent medicines. The makers revamped the medicines' formulas, and their health claims, as a result.

## TAKING THE "COKE" OUT

The amount of cocaine in Coca-Cola was reduced over time, and finally eliminated from the drink by 1929. This was during the Prohibition Era in the United States, when alcohol was illegal. Coke soon became popular as a "soft" drink, an alternative to hard alcohol.

*From the National Institute on Drug Abuse*



First getting into recovery, we surrender to the things that are making our lives unmanageable.

From that point, many other things, such as character defects, other addictions, etc. start to arise and take the path of resistance. It seems that addiction will find a way through food, sex, nicotine, gambling, and other ways to affect us in our daily lives. Maybe, just maybe if we realize that recovery is a "series of surrenders" on a daily basis, life will be better.

Life and recovery are what you make it to be. I am so grateful that recovery has brought me to GOD.

*Written by Robin Quintero-Juez*

There's a strange voice in my head saying: "Vacuum the floor, wash some clothes, clean the house & wash the car"

Luckily my mom always told me not to listen to strangers!!





# MICHAEL WAGGONER'S STORY

I was an only child, the nerdy kid growing up, and didn't really feel as if I fit in with anyone specific group of people. I wanted to be accepted, so I started hanging out with the cool kids and partying. It just kind of took off from there. It went from an occasional thing to every chance kinda thing. I went from smoking weed, to smoking weed and drinking, to doing anything I could get my hands on. I found freedom in getting high and for the first time in my life, I was comfortable.

As things progressed with time, I became addicted and fell in love with opiates. I started using Oxycontin in 2009 which eventually led to me using heroin. My addiction to heroin took priority over everything I did in life. I died a total of 15 times due to drug overdose. One would think that overdosing time and time again would give someone the desire to get clean. In reality, I wanted to die. I absolutely hated the person that I had become as a result of my addiction to drugs and alcohol. I've been arrested numerous times for multiple DUIs, shoplifting, petit larceny, possession, driving on revoked for DUI, and harboring a fugitive from justice. I was on a total path of destruction. I have been in a total of 7 treatment programs and multiple detox centers. Trying over and over to put my life back together.

In April of 2019, I went back to jail on a home confinement violation because I was getting high in another program and I was just tired. For the first time in my life, I felt completely defeated. So, when I went in in April, I surrendered and turned to God for help. I was ready for a different direction in life and was tired of doing the same thing over and over. I was tired of hurting people, hurting family, and not being able to be a dad because addiction ran my life. I decided at that point that if I was given another opportunity to try to put my life back together that I was going to take it and run with it.

I did about 130 days in jail and was given yet another opportunity to change my life. I entered a long term treatment program with Recovery Point and began my journey in changing my life. Today I have over 9 months completely substance-free. Everything changed for me this time around, I had the gift of desperation and was willing to do whatever was asked of me in order to achieve long term sobriety. I remember laying in jail, praying for God to help me, and absolutely willing to do whatever it took for a new direction in life. Instead of viewing it as a consequence, I viewed it as an opportunity.

TODAY: I have been given my life back. I am rebuilding relationships with my family. I am rebuilding trust. I am able to be a dad today and a positive influence in my son's life. I continue to work towards cleaning up the wreckage of my past. I'm a Recovery Coach and can be a point of light in a world of darkness and watch others transform as they find their purpose in life.

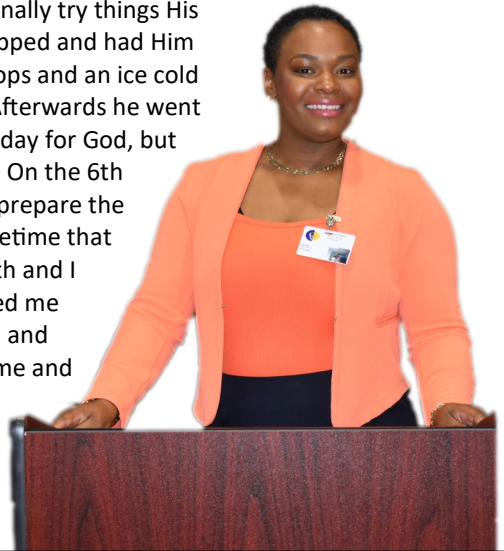
There is a way out. It is not easy, but at the end of the day, it is worth it. There is a lot more to living life than to get up and to worry about putting the next one in you. No matter what, at the end of the day, the reality is still there. It is something that you have to face. It is just a matter of trying to reach out for help and get guidance on how to face it. There is freedom in the fact that you can wake up every day with a clear conscience that you did not deliberately harm somebody the day before for selfish benefit. Today, I strive to be a light of hope and have the ability to share my own personal experience with others in hopes of leading others towards a better way of life.



# WHEN FREDA GREEN WAS BEING MADE, BY GOD

I wonder how long it took for God to come up with such a great artwork like myself. I would think it took a long time to get me this perfect and just downright gorgeous; surely, I could not have been made overnight! I am thinking one day He said 'I need a Freda Green on earth, and I need her to be just as special to the world as she will be to me.' So, on the first day, God thought of me and how beautiful He wanted me. On the 2nd day, God hand picked my mom and dad, (I am not sure if he picked my sisters and brother, I think he left that up to my parents, lol). On the 3rd day God thought about how much time he was go to have to spend with me, to keep me safe. On the 4th day God had to sleep on the idea of making me, because he knew I was going to want to have it my way and not His. On the 5th day God decided that he would go ahead with the plan to put me on earth, and let me have my way, and that He would wait on me until I decided to finally try things His way. On this 5th day, He worked and worked, stopped and had Him some old down south country greens and porkchops and an ice cold Coca-Cola (he knew that would be my favorite)! Afterwards he went back to work on me. The 5th day was a long hard day for God, but he was the only one credentialed to get me done. On the 6th day, God woke up and had breakfast, said let me prepare the world for what I am about to throw at them. Sometime that day, on the 6th of April, 1984 God sent me to earth and I landed feet first! All the month of April I celebrated me because God made me specifically for that month and specifically for the sixth day. The day belongs to me and me alone (let me tell it). On the 7th day God rested for 3 days because I was definitely a piece of work for him. Happy Birth to Me, from you....

Thanks



## APPLY WITHIN

You once told me  
you wanted to find  
yourself in the world  
And I told you to  
first apply within  
to discover the word within you.

You once told me  
you wanted to save  
the world from all it's wars -  
And I told you to  
first save yourself  
from the world,  
and all the wars  
you put yourself through.

*By Suzy Kassem*

## THE ADDICTION OF SNIFFING GAS

Like addictions to sniffing other inhalants, smelling gasoline can be dangerous. Those addicted to sniffing gasoline do so for the drunk-like euphoric high it causes within five minutes of huffing, complete with dizziness, disorientation, and a sense of relaxation. However, sniffing gasoline can lead to a host of harmful consequences, including hallucinations, slurred speech, nausea and vomiting, suppressed central nervous system, severe coughing, headaches, kidney damage, seizures, liver damage, damage to the lungs, permanent brain damage, changes to the cardiovascular system, fainting or passing out, and in severe cases, even coma or death.



# SHARING PRESCRIPTION MEDICATIONS



Using someone else's prescription medicine is a lot like playing Russian roulette – you might get away unscathed, and then again you might not. And it could have devastating consequences. Just because we see prescription medicines advertised on TV doesn't mean they are safe for everyone. There are good reasons why you can't buy them over the counter. A physician takes many factors into account before prescribing a medication for you, in-

cluding your current condition, your past medical history, your other medications and the likely risks and benefits of the drug to you as an individual. After making this decision he or she will then explain how to take the medication, when to take it, how much and how long to take it, what else you can and can't take with it, and what to expect after you take it – both the good and the bad. And after all that you'll then get an information sheet at the pharmacy giving you all these details in printed form.

Taking someone else's prescription medication deprives you of all these considerations and leaves you vulnerable to a host of problems, some of which can be life-threatening or even fatal. Here are reasons why using someone else's prescription medicine is a bad idea:

- You might not really understand what the drug's intended uses are or what its typical or atypical effects might be and because of similarities in names it could be a completely different drug than what you think it is.
- You might not know or understand the drug's potential short- or long-term side effects and either not be prepared for them or not recognize their occurrence.
- The drug might be bad or otherwise wrong for someone with your particular medical condition (contraindicated), and your doctor would never have prescribed it for you.
- You might already be taking another drug that could negatively interact with this one.
- Taking the drug without a proper diagnosis could mask symptoms of your underlying condition, which could be getting worse.
- It could be the wrong dose for your particular body size or weight.
- The dose might be way too high for you because for that particular drug one needs to build up to that dose gradually by taking lower doses and slowly increasing them (called titration).
- You might be allergic to the drug or its components.
- You might have either liver or kidney dysfunction and not be able to metabolize the medication properly, allowing it to build up to toxic levels.
- You might need to take other drugs along with it to prevent side effects.
- The drug could be past its expiration date.
- Although it may say one thing on the label, it's possible the person already used all those pills and is storing something completely different in there and you've got no idea what it is.
- If you do have an unexpected serious reaction, no one will know you've taken someone else's medicine, least of all your own doctor, which could delay needed treatment for your emergency situation.

*Written by Ed Zimney, MD*

# MEET MOLLY



## THE TRUTH ABOUT MDMA (ECSTASY OR "E")

Molly is a nickname for MDMA, a human-

made drug that has similarities to both stimulants (like methamphetamine) and hallucinogens. MDMA

(also known as Ecstasy or "E") is sometimes used at dance clubs and concerts. It can make people feel more energetic and more sociable.

Molly is billed as being "pure" MDMA, but that's usually not true. It's often loaded with fillers and other illegal drugs. In some recent cases, tests found that drugs sold as Molly didn't contain any MDMA at all.

Molly/MDMA/Ecstasy can also have serious side effects—and the side effects don't stop once it leaves a person's system. Here are some other facts about Molly.

### **MOLLY IS OFTEN MIXED UP.**

MDMA is a synthetic drug, meaning it's made in a lab with chemicals. Molly comes in colorful pills, tablets, or capsules that sometimes have cartoon-like images on them.

Each pill can have different combinations of substances in it. A lot of the Molly seized by the police contains one or more added substances like:

- Cocaine
- PCP
- Meth
- Over-the-counter cough medicines
- Synthetic cathinone ("bath salts")

Each substance in that list has its own health risks, and those risks can increase when it's combined with MDMA. Combining this mixture with other substances, like marijuana and alcohol, can increase the risks even more.

### **MOLLY CAN MAKE YOU HYPER—AT A COST.**

People who use Molly might feel very alert, or "hyper." But MDMA can also cause muscle cramping, nausea, and blurred vision, and increase your heart rate and blood pressure. It can also cause a very high temperature and

even death—especially in crowded hot places that are already raising your body temperature.

### **MOLLY CAN BE DEPRESSING.**

Studies suggest that Molly can disrupt the body's serotonin system. Serotonin is a mood-enhancing chemical, and low levels of serotonin are associated with poor memory and depressed mood. Some people who use Molly regularly experience depression and memory impairment, as well as anxiety, paranoia, and confusion.

The bottom line is: You never know what you're getting with Molly, but it probably won't be good.

*From NIDA*



Please visit our webpage for to see a letter from the Georgia Department of Public Health regarding possible clusters of overdoses involving counterfeit pills that may be identified as "Xanax" or "Percocet" that may contain fentanyl.

According to the letter, if you see unusual overdose activity or suspect the presence of possible counterfeit pills in your area, please call the Georgia Poison Center at 1-800-222-1222 or contact the Drug Surveillance Unit at [ga.opioidprogram@dph.ga.gov](mailto:ga.opioidprogram@dph.ga.gov). Georgia has a Standing Order for Prescription of Naloxone for Overdose Prevention, which makes naloxone available at any pharmacy without a prescription.

When administering naloxone, please note that multiple doses may be necessary.

# THE GREAT POTTER

One definition of the word attitude is “the angle of approach” that an aircraft takes when landing. Author Chris Spicer writes: “Attitudes are to life as the angle of approach is to flying”. He adds, “Attitude is the way we choose to think about things; attitudes will cause us to react and behave in a certain way.” He also says that attitudes are not inborn or accidental. They are learned and absorbed reactions; therefore they can be changed. During my thirties, the Lord began convicting me of my wrong thinking toward myself, others and life----negative, self-pitying, and bitter thinking; with the help of God’s Word, I recognized my need for change in three main areas: my attitudes, actions, and reactions. I feared, though, that I couldn’t change. One day I read in Jeremiah 18 how the potter refashioned some marred clay (which is what I felt like) into a different vessel, as it pleased the potter. What I couldn’t do, my great Potter could! I only needed to be cooperative clay.

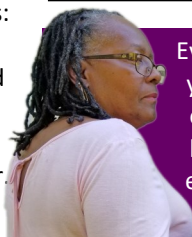
Today this vessel is far from finished, but as I put myself in the Potter’s hands, He keeps working on me and shaping my attitudes and actions. I call them Christ-attitudes, Christ-actions, and Christ-reactions.

The great Potter can do the same for you. A change in the heart brings a change in behavior.

*Written By Bernice Taylor-Davis*

*The Great Potter: “As the day is in the potter’s hand, so are you in My hand”.*

*Jeremiah 18:6*



Everyone you meet always asks if you have a career, are married, or own a house as if life was some kind of grocery list. But no one ever asks you if you are happy.

*-Heath Ledger*



In this journey of life I'm still learning how to be an adult who is able to accept total responsibility for myself and my actions. I challenge myself not to blame other people for what they can not do. I attempt not to employ excuses to cover what they have done or not done. An adult is a person who is not afraid to say what is on their mind and say it without attacking you. Being an adult has a sense of clarity that will keep them calm. Adults will give themselves the benefit of the doubt knowing that they're human. Because Adults accept and acknowledge their own humanness they can accept and acknowledge others. Adults do not strive for perfection. They see things as they are and accept them. Adults do not fall apart in the face of disappointment. They answer frustration with patience. Adults know how to take care of their physical, mental and emotional needs and they are able to put their needs aside in order to handle an emergency. An adult is a person whose attention is not totally focused on their wants and needs. Just for today, spend some time examining yourself to ensure you are developing adult qualities and behaviors.

*Written by Donald Moye*



# AUTISM AWARENESS MONTH

April is Autism Awareness Month, established to raise awareness about the developmental disorder that affects an individual's normal development of social and communication skills.

In 1970, the Autism Society launched an ongoing nationwide effort to promote autism awareness and assure that all affected by autism are able to achieve the highest quality of life possible. In 1972, the Autism Society launched the first annual National Autistic Children's week, which evolved into Autism Acceptance Month (AAM). This April, we continue efforts to spread awareness, promote acceptance, and ignite change.



## SECONDHAND MARIJUANA SMOKE

*continued from page 1*

But when the same experiment was conducted in a ventilated room, there was no change in the nonsmokers' heart rate or test performance, and they did not report any signs of a "contact high."

**Can you test positive on a drug test after inhaling secondhand marijuana smoke? Probably not in most cases.**

But it is possible to detect marijuana in drug tests after exposure in an unventilated room to larger amounts of THC, the ingredient in marijuana that causes the high. Drug screens can look for THC in your blood, urine, saliva, or hair. In one study, nonsmokers spent 3 hours in a well-ventilated space with people who casually smoked marijuana. Then, researchers measured the amount of THC in the nonsmokers' urine.

Sensitive laboratory tests were able to find THC in the nonsmokers' urine, but not enough to trigger a positive result on most commonly used drug tests.

Next, the researchers conducted the same experiment for 1 hour in an unventilated room with marijuana that had higher levels of THC (11.3 percent, compared with 5.3 percent in the previous experiment). This time, some nonsmoking participants did



test positive for THC in their urine—but that was rare, and it only happened in the hours right after the experiment.

**What are the health effects of inhaling secondhand marijuana smoke? Researchers are working to figure this out.**

We don't know yet how a person is affected if they live with somebody who smokes marijuana regularly, or how higher concentrations of THC in today's marijuana could affect secondhand smoke.

A study using rodents found that secondhand marijuana smoke can do as much damage to the heart and blood vessels as secondhand tobacco smoke. But researchers haven't fully explored the effect of secondhand marijuana smoke on humans.

We also know marijuana smoke contains levels of chemicals and tar that are similar to tobacco smoke, raising concerns about risk for cancer and lung disease. We don't know yet how it affects a person's health in the long run.

Research is also being done on possible risks of secondhand vaping; this will be important to know, because a growing number of teens report vaping THC.

**As researchers learn more, we'll keep you updated.**

# COUGH & COLD MEDICATION: CAN I GET ADDICTED?

Every year, millions of Americans take cough and cold medicines to help reduce symptoms that come with a cold. When they're taken as instructed, these medicines can be safe and effective.

But they can become harmful if they're misused—for example, if a person takes more of the medicine than they're supposed to, or uses the medicine when they don't have cold symptoms.

A person can also get addicted to cough and cold medicines. Addiction happens when somebody can't stop using a drug, even though using it has bad effects on their life. Several cough and cold medicines contain ingredients that are psychotropic (mind-altering) when they're taken in higher-than-recommended dosages.

One kind of cough medicine—called dextromethorphan (DXM)—acts on the same brain receptors as hallucinogenic drugs do.

So, misusing DXM can lead to hallucinations (seeing or hearing things that aren't there).

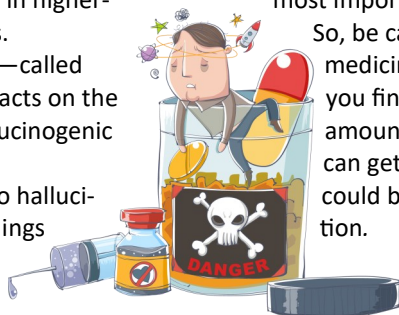
Misusing DXM can also

cause loss of coordination, nausea, increased blood pressure, and other health problems. Some prescription cough medicines contain codeine, an opioid drug that attaches to the same receptors as opioids like heroin do. If a person misuses codeine over and over, they can develop a tolerance for it. That means it takes more and more of the drug for them to get the same feeling they got when they used it the first time. This is how addiction starts.

Misusing codeine can also cause a person's heart rate and breathing to slow down. High doses of codeine can lead to overdose and death. Overdose can be treated with CPR and certain medicines like naltrexone, but the most important step is to call 911.

So, be careful to use cough and cold medicines only as instructed. And if you find yourself buying large amounts of these medicines so you can get high, then seek help—you could be on your way to an addiction.

*From The National Institute of Drug Abuse*



## THE HANGOVER MYTH

Hangovers are caused by switching drinks. Hangovers are caused by the amount of alcohol consumed and the rate at which it is consumed, not by the kind of alcohol consumed. While metabolizing alcohol, the liver cannot perform its normal functions, one of which is keeping the blood sugar at a normal concentration. The results of this state called hypoglycemia, or lower than normal blood sugar. The change in blood vessels, as mentioned in Myth 3, can cause headaches. Lastly, a hangover is actually a "mini-withdrawal." When the central nervous system is released from the depressed state, the opposite state develops—feeling edgy and irritable. This effect is known as "rebound."

## APRIL CELEBRITY BIRTHDAYS

<b>APRIL 3</b> Eddie Murphy	<b>APRIL 3</b> Alec Baldwin
<b>APRIL 4</b> Robert Downey Jr.	<b>APRIL 5</b> Pharrell Williams
<b>APRIL 6</b> Freda Green	<b>APRIL 6</b> Billie Dee Williams
<b>APRIL 9</b> Kristen Stewart	<b>APRIL 10</b> Shelby Dodson
<b>APRIL 10</b> Steven Seagal	<b>APRIL 12</b> Ed O'Neill
<b>APRIL 12</b> Shannon Doherty	<b>APRIL 12</b> David Letterman
<b>APRIL 15</b> Emma Watson	<b>APRIL 17</b> Jennifer Garner
<b>APRIL 16</b> Martin Lawrence	<b>APRIL 19</b> James Franco
<b>APRIL 19</b> Kate Hudson	<b>APRIL 20</b> Debra Pinkston
<b>APRIL 20</b> Carmen Electra	<b>APRIL 20</b> Shemar Moore
<b>APRIL 21</b> Tony Danza	<b>APRIL 22</b> Jack Nicholson
<b>APRIL 23</b> George Lopez	<b>APRIL 24</b> Djimon Hounsou
<b>APRIL 25</b> Donald Moyo	<b>APRIL 25</b> Al Pacino
<b>APRIL 26</b> Paula Tyler	<b>APRIL 26</b> Channing Tatum
<b>APRIL 26</b> Jet Li	<b>APRIL 28</b> Jay Leno
<b>APRIL 29</b> Michelle Pfeiffer	<b>APRIL 30</b> Gal Gadot

## SOMETIMES YOU NEED TO SMILE

These GPA looking gas prices need to go. \$3.89 is summa cum laude gas.

I need some academic probation gas!



My grandfather died peacefully, in his sleep...not screaming like the passengers in his car.

### A Little Poem For Seniors, So True It Hurts...

Another year has passed  
And we're all a little older.  
Last summer felt hotter  
And winter seems much colder.  
There was a time not long ago  
When life was quite a blast.  
Now I fully understand  
About 'Living in the Past'  
We used to go to weddings,  
Football games and lunches..  
Now we go to funeral homes  
And after-funeral brunches.  
We used to go out dining,  
And couldn't get our fill.  
Now we ask for doggie bags,  
Come home and take a pill.  
We used to often travel  
To places near and far.  
Now we get sore bums  
From riding in the car.  
We used to go to nightclubs  
And drink a little booze.  
Now we stay home at night  
And watch the evening news.  
That, my friend is how life is,  
And now my tale is told.  
So, enjoy each day and  
live it up...

Before you're too  
damned old!



THE CRANE

11

# THE NEW QUESTION

I hope you had a great Easter Resurrection Celebration Holiday. Let's talk about the Covid-19 Vaccines. "To take or not to take the vaccine that is the question?" I recall at an early age I was a military brat. My father was a Navy Radarman. My mother would take sister and I the Health department for our vaccinations especially when my dad was out to sea. We had to "have our shots rec-

ords" to begin private kindergarten and public first grade. The unique difference between the vaccinations from my childhood and these today- Pfizer, Moderna and Johnson & Johnson; the vaccines from my childhood were preventative and these vaccines for Covid-19 do not prevent you from getting the Corona virus; they only minimize the symptoms when or if you get it. What is perplexing to me is that the vaccines from 50+ years ago are more efficacious than the vaccines today. Moreover, technology, medical research, and cures should be extremely more advanced today than 70+ years ago when my parents also took those same measles, mumps, chicken pox, and polio vaccines that were preventive. Here we are today smarter, wiser, and more



medically advanced and we have not developed a preventive vaccine for Covid-19. The critical question is why not? If they developed vaccines to prevent diseases and viruses in the past then, why not now.

Things to ponder: we have persons who invested in getting the vaccine developed. Therefore, the vaccine must make a profit for the return. Since these Covid vaccines are

not preventative, the vaccines must be given year after year and must make a profit. These are persons who have stock in these vaccines. The more people take the vaccines, the more profit to shareholders. I recall in the documentary of the inter-

view of Dr. Jonas Salk in 1955, who developed the polio vaccine. The interviewer asked Dr. Salk, "Are you going to patent the vaccine?" And Dr. Salk responded with a critical question, "Would you patent the 'sunshine'?" In my perspective, Dr. Salk wanted the cure for the people, not so much the cash. But today that is different.

*This is Dathon D. Brown "the vaccine to be or not to be, that is the question?"*

## ALCOHOL AWARENESS MONTH

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

If you feel you or a loved one may be struggling with alcoholism, don't worry, you're not alone. We understand how overwhelming it can be to consider seeking help for addiction and we're here to take that burden off your shoulders. Call us today at 1.844.438.2778 to take the first step toward recovery and a healthier life.





# THE FROSTING OF FAITH

Hand in hand, my grandson and I skipped across the parking lot to find a special back-to-school outfit. A preschooler now, he was excited about everything, and I was determined to ignite his happiness into joy. I'd just seen a coffee mug with the inscription, "Grandmas are moms with lots of frosting." Frosting equals fun, glitter, joy! That's my job description as his grandma, right? That . . . and more.

In his second letter to his spiritual son Timothy, Paul calls out his sincere faith—and then credits its lineage both to Timothy's grandmother, Lois, and his mother, Eunice (2 Timothy 1:5). These women lived out their faith in such a way that Timothy also came to believe in Jesus. Surely, Lois and Eunice loved Timothy and provided for his needs. But clearly, they did more.

Paul points to the faith living in them as the source of the faith later living in Timothy.

My job as a grandmother includes the "frosting" moment of a back-to-school outfit. But even more, I'm called to the frosting moments when I share my faith: Bowing our heads over chicken nuggets. Noticing angelic cloud formations in the sky as God's works of art. Chirping along with a song about Jesus on the radio. Let's be wooed by the example of moms and grandmas like Eunice and Lois to let our faith become the frosting in life so others will want what we have.

*Written by Elisa Morgan*



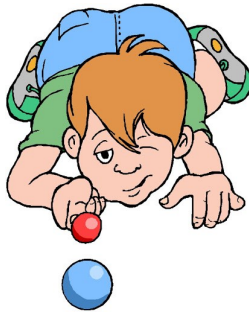
## SWEET DREAMS

A young boy and girl were enjoying a pleasant afternoon playing outside in their neighborhood together. The boy showed the girl his collection of beautiful, unique marbles. In turn, the girl showed the boy the handful of candy that she had just gotten for her birthday.

The boy proposed that the two of them switch—he would give her all of his marbles if she handed over all of her candy. The girl agreed, as she found the marbles to be beautiful as well.

The boy handed over all of his marbles, but kept one—the most exquisite one of them all—in his pocket. The girl kept her promise and gave the boy all of her candy. That night, the girl was happy with the exchange and peacefully went to sleep.

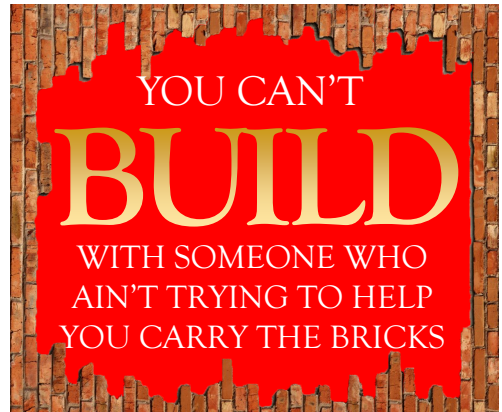
The boy, however, couldn't sleep, as he was up wondering if the girl had secretly kept some of her candy, just like he did with the marble.



## THE MORAL:

If you don't give 100% in your relationships, you will always assume your partner isn't giving 100% either. If you want your relationships to be built on trust, you have to be a participating factor in that. Honesty grows your character. By being honest in relationships, you're holding your partner ac-

countable to do the same. It allows both you and your partner to continuously think about your choices and how you can help (or hurt) your partner and your relationship.



# WHAT'S COMING UP AT THE CRANE?



## EDUCATIONAL CLASSES

Classes are held Monday through Thursday at 1 pm. If you missed the winter registration, don't fret, registration will resume in April. Contact Ms. Freda Green for more information: 770.960.2010

## .GET FIT WITH THE CRANE

The spring quarter of our Get Fit Challenge unfortunately had to be postponed in March, but we are now set. Starting April 19th, classes will consist of Body Toning, Step Aerobics, ZUMBA, Walking, Meditation & Nutritional Cooking Classes. Sign up via our website, or by calling us.

## STARTING APRIL 12TH

No, we are not officially opened to the public, but if you have registered with us, you can join us as we host virtual NA & AA Meetings, Life Skill Classes, Guest Speakers and more. Subscribe to our website and you'll receive a monthly calendar of events!

## APRIL 30TH

You're invited to join us as we celebrate achievements of those attending our Education Winter classes and those who have achieved great milestones.

## PEER GROUPS

With Certified Addiction Recovery Empowerment Specialists  
2:00 pm ■ M-F ■ Virtual on Zoom

## ALL APRIL

HIV and HEP C Appointments  
Call for an Appointment

## ONE ON ONE APPOINTMENTS

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

## ALL MEETINGS ON ZOOM:

Member ID: 838.951.2807.  
Remember to follow us on Facebook & Instagram at Paula Crane Center



## WHAT IS LEAN

We've described the risks of misusing cough and cold medicines to get high (page 7). Prescription cough medicines that contain promethazine (an antihistamine) or codeine are sometimes combined with soda and candy in a drink called "lean" or "sizzurp."

Lean is sometimes used at electronic dance music (EDM) parties, and a recent study found that half of the references to codeine use on Instagram were about lean.

Some of lean's effects come from misusing promethazine-codeine cough medicine in any form (syrup, gels, or capsules):

Codeine is an opioid (like morphine, oxycodone, and heroin). Misusing codeine—and that includes using lean—can cause a person's heart rate and breathing to slow down.

High doses of codeine can lead to a deadly overdose, by stopping the heart and lungs from working completely. Mixing codeine with alcohol or other drugs significantly increases that risk. Other effects can include nausea, dizziness, impaired vision, memory loss, hallucinations, and seizures. And misusing codeine over and over can lead to tolerance and addiction.

*From NIDA*



## GA RECOVERS SPECIALTY PLATE

The Georgia Council on Substance Abuse, is proudly partnering with Georgia Mental Health Consumer Network and the Georgia Department of Revenue on production of Georgia Recovers specialty license plate. In order to make this official, 1,000 individuals are needed to commit - by making their payment - to purchasing the Georgia Recovers specialty plate in order to move into production. How you can help is by visiting the GA Council webpage and completing the request form . The Georgia Council on Substance Abuse is ONLY a pass through facilitator to secure the required initial 1,000 pre-payments of \$25. Once they submit your information to Department of Revenue you will complete your purchase independent of the Georgia Council on Substance Abuse. Go to GA Council on Substance Abuse Website to secure you official plate today!!



**DID YOU KNOW:** April is National Volunteer Month, which was started in 1991 to encourage volunteerism at a young age. By volunteering, people can help save lives and create better environments for us all to live within. Thanking volunteers, such as volunteer fire and ambulance departments, is also an aspect of the celebration.



## APRIL IS CELEBRATE DIVERSITY MONTH

*continued from page 1*

Understanding is a crucial step before accepting and appreciating, it is the same for understanding different cultures around the world. Even if when we're unable to understand why certain cultures do the things they do, we're able to acknowledge it as their custom and not discriminate. However, total acceptance needs tact and aware-



ness. Some cultures and cultural practices may violate human rights in the general society's view. We must work towards educating the public without discriminating or insulting the community that culture or cultural practices belong to. It's almost impossible now to live in a place where it's strictly monoculture. Travels and

urbanization have widened our horizons in better understanding the world around us. It may be difficult for some of us to challenge our preconceived notions or our upbringing, but embracing cultural diversity can help us to become better people.

Change starts with us so, we need to foster cultural diversity at every chance we have. Giving others a chance to be understood will allow others to understand

us as well.

At the same time, we must educate ourselves about the pros and cons of cultural diversity so that the change we want to make won't be one-sided or in violation of anyone's rights.

*From Diversity for Social Impact*

# THE CRANE

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1792 MT. ZION ROAD, STE A, MORROW GA 30260 ▪ PHONE: 770.960.2009 ▪ FAX: 770.960.2024  
WEB: THECRANE.ORG ▪ FACEBOOK & INSTAGRAM: PAULA CRANE CENTER