

Here's Our Pointe

Fall 2009



Dear Sweetie Pie

Finally we are at the good part! We have found each other. Just because it is the good part doesn't mean it's going to be easy.

I know you've been afraid most of your life. When you were young and people were hurting you, the only way to survive was to hide and stop feeling. Then I came along and promised I would take care of you. I didn't do this in the right way. I'm sooo sorry! I thought I lost you FOREVER! And yet you're still with me. It makes me sad that I haven't taken care of you better. Now it's your turn to have some fun and good times.

The people that hurt you when you were young are not going to hurt you anymore. I promise! I am promising you that we will be as one. You don't have to hide anymore, Baby! I love you now and forever! You can be happy now! You can play and I'll play with you. There are good people in our life now. I will nurture you and we will laugh. And the important part is that we will have each other to keep balance in our life.

Please have faith in me so I can take care of you now.

I'm not a pro at it, but I will do better than I have in the past. I love you! Laugh with me! Play with me! Love me! 'Cause I'm here for you now.

Love, Now & Forever,

Me

You

Us

~ Anonymous



Addiction

My addiction caused me to be homeless, stuck and very moody. I was ignorantly rude and mean on alcohol and selfish with my drugs – for the most part. I began having hallucinations about someone being there that wasn't and people taking my drugs when they were right in front of me. I'm hurt and upset with myself because of all the years I've lost with my family. Not having or taking responsibility for my children. Down and out

most days. I didn't want to get out of bed unless I had a hit. I went out of my way, so much that I'm embarrassed, ashamed, in pity, and stressed. I had done so much bad, I don't think or know if I can possibly change for the good of myself, let alone to help another.

I now can state: I believe the barrier is GONE. Matthew 27:50-51 NIV:

And when JESUS had cried out again in a loud voice, he gave up his spirit. At that moment the curtain of the temple was torn in two, top to bottom.

Curtain size was 60 feet tall and 30 feet wide. This means the barrier has been removed that separates us from Him. (Barriers of sin!) The curtain is gone. We are always welcome to enter into God's presence. This is more than I can understand or realize at times. However, He shows me daily that He is not going anywhere. He accepts me as I am. As long as I call on Him continuously, He works on me daily.

I Thank You GOD for Life Again!

~Teresa

Favorite Outings

Top Favorites:

Louisville Lake
Saltdogs Baseball
Bowling
Nebraska State Fair

Other Favorites:

Movie Theater
Jazz in June
Branched Oak Lake
CiCi's Pizza
China Buffet
Aardvark Antiques



Recipes



Cherry S'mores

Ingredients:

1 Plain Milk Chocolate
Candy Bar (7 ounces)
8 Graham Cracker
Squares
8 Large Marshmallows
1 cup Cherry Pie Filling

Directions:

Divide chocolate into eight pieces; place a piece on each graham cracker. Top with a piece on each graham cracker. Top with a marshmallow.

Microwave on high for 15-35 seconds or until chocolate is melted and marshmallow is puffed.

Top each one with 1 Tablespoon of cherry pie filling.

Enjoy!

~Justin



Mummy Dogs

1 pkg. 8 Hot Dogs
1 can Crescent Rolls

Heat oven according to crescent roll baking directions

Unroll dough and cut into strips

Wrap strips around hotdogs to look like mummies

Bake and enjoy!!!

~Jenna H.



Kentucky Fried Chicken Recipe

Prep: 15 min; Cook: 30 min
Medium Difficulty
Serves 4

In your frying pan with a lid heat lard/oil to 365° F.

Ingredients: 1 good chicken or you can use 8-10 pieces and mix with 1 tablespoon curry powder and ½ teaspoon of ground allspice.
1-2 cloves garlic, minced
1 tsp. cayenne pepper
1 egg

1 cup flour
Salt and pepper to taste

Directions: In bowl, mix chicken with salt, pepper, spices, garlic, chili, egg and 2 tablespoons of water.

Keep mixing until most of the flour is blended with other ingredients and chicken is coated (add more water or flour if mixture is too thin or too dry; it should be dry, but not powdery and not too wet.

When oil gets hot add chicken and cover for 7 minutes.

Turn chicken again and cook for about five minutes more, turning as necessary to ensure that both sides are golden brown.

Remove chicken from skillet and drain on paper towels placed on newspaper.

Serve chicken immediately or cold.

~Chad





Shepherd's Pie

Ingredients:

2 lbs hamburger
 2 cans cream of mushroom soup
 ½ onion, chopped
 8 potatoes
 1 can peas
 1 can corn
 4 tbsp butter
 1 cup milk
 8 pieces velveeta cheese

Directions:

Brown hamburger. Add onions and 2 cans of cream of mushroom soup. Mix well. Boil potatoes until soft and mash them with butter and milk. Add salt and pepper to taste. Drain a can of corn and peas and stir into mashed potatoes.

Spread hamburger mix into a 9 x 12 in. pan. Spread mashed potato mix over that and top with 8 pieces of velveeta cheese. Bake in the oven for 30 minutes. Enjoy!

~ Diane



What Are You Thankful For?

Jeff – a place to live
 Diane – to have a roof over my head
 Dan – that the system has faith in me and gives me a chance
 Jenna – reuniting with my kids
 Chris – my family not giving up on me
 Steven – for CenterPointe
 Melody – for CenterPointe giving me a second chance
 Chad – no more court
 Mark – for having gratitude and being thankful
 Travis – for my peers and opportunities
 Nathan – new beginnings
 Kelli – family
 Jacob – my kids
 Justin – for my life and that I'm alive
 K.T. – for family
 Kimmy – for CPS that they helped me take a new look at myself
 Teresa – to be clean and sober



What's the Cook Up To?

An interview with
 D.J. Davis

KT – So, how do you like it here?

DJ – I love it here! Actually, working here has renewed my passion for cooking.

KT – Do you relate to the clients?

DJ – I do. I'm in recovery myself so I'm where I want to be.

KT – Have you always wanted to be a chef, or did you fall into it?

DJ – I fell into it. Out of high school, I took a job cooking.

KT – How was school?

DJ – I did a lot of my schooling through SCC, but I haven't finished the program yet.

KT – What's your favorite meal?

DJ – Osso Buco. It's braized lamb shanks on the bone, in the stew. It's yummy. I had it several times on my honeymoon.

KT – How many meals do you make a week?

DJ – A week? Well, we cook for 90 people, so that x2 meals per day, and then for 7 days...I can't do that in my head. [that's 1,260 meals per week!!]

KT – Are you the cook in the family?

DJ – My wife and I both cook. She works in a nursing home. None of us want to cook when we get home!

KT – What do you like to do in your free time?

DJ – I watch my 2 year old. When I have time, I work on model railroads. I have about 80 sq. feet of rail roads in my basement. I also do woodworking.

KT – Do you have a dream job?

DJ – Yes. One of the reasons I was so excited about this job, was that I want to be a counselor for youth. I'm hoping to go to school this spring (cross my fingers).

KT – Have you always lived in Lincoln?

DJ – I was born in Chicago. I've been living here since 1987 and went to Pound Middle School and Southeast High School.

KT – Do you watch the Food Chanel. What's your favorite show?

DJ – Yes. Iron Chef America with Alton Brown. I always thought it would be fun to be on that show. I'd get my butt kicked. I worked at the Embassy and we had put together fancy plates so that may be similar.

~K.T



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**Poetry**  
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What CenterPointe Gave to Me.....

*There were times when I
 had no hope
 And you helped me get it
 back*

*There were times when I felt
 I couldn't be helped
 Now I know I can*

*There were times when I felt
 I was worth nothing
 Now I know I am somebody*

*There were times when I
 literally felt I wouldn't survive
 Now I am a survivor*

*There were times when I
 saw no future
 Now I have dreams*

*In a life full of darkness your
 light shined through
 I see life is worth living
 And I know I can go on!!!*

~Kelli S.



Hour Thoughts

Depression
 Contagious
 Fight back or die
 Recovery = Control

Manageability
 Follow rules
 Impulsivity
 Gambling with God and

Running = earning a
 chance
 To be part of the
 solution

Simplicity
 Relief
 Heartache

Nate



Paved Flowers and Plastic Parking Lots

Of course, it was all
 nebulous...
 Faint...

Vague, not even any
 sense of or inklings of
 anything

Embryonic, a creation yet
 to be; its destiny still
 free...from the power of
 suggestion, the force of
 three.

Their rock masses, the
 crowd limited in their
 haste and tenacious need
 to capture; and spill with
 collective dye colorless
 answers as to what life
 should be.

Their webs agreed most
 like iron silk to bind and
 box, to narrow and lock
 to line – and straight –
 All within their dreaded
 gate.

So it is with bated breath,
 imbued with life I await
 these things I think to
 escape such fate, decline,
 and rather pursue and
 emerald in a gold mine
 ready to shine.

~Mark



CenterPointe

Oh shoot, my boots are filled with dreams and nightmares. Somebody might care enough to house me.

Lost and CenterPointe found me.

Drowning in a pool of hate. Escape is the greatest feeling. Wait maybe it is soberness. Lalalalala...take a minute to breathe relief only comes in two ways. You say Free, I say dumb.

Numbness comes from within. Begin my journey on a new path.

I take two baths standing. Also known as a shower. Power can run you over or it can help give you spare change.

Even if it is against the rules, well...do it anyway.

~Jeff



Untitled

I'm leaving here... With a whole new look on life.

With confidence.

With the tools I need to make it in the real world. With the belief I can make it.

With hope.

With faith.

With a support system, that CenterPointe helped me to build.

With new found friendships.

All gifts I have received while being in CenterPointe. I finally get it, I finally get that I can have a life with out drugs. Life that is so much better, a life worth living.

And I couldn't be more excited.

~Kelli S.



Poem of Life

CenterPointe, How appropriate. Stuck in the middle between soberness and Death.

Questions to be answered served up with a side of gravy. Lazy days, crazy ways. Babies.

Oh yeah.

We got the time if you got the free meals, beds, outings cable on televisions.

I had a vision.

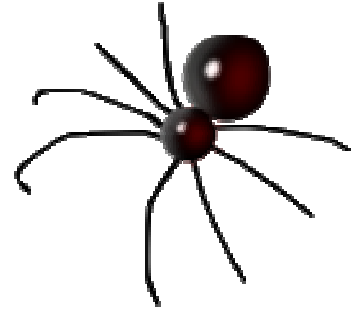
Imagine a sunset

Yea, Imagine a sunset of drugs, prescribed drugs that we will throw the meds away, cause we wanted to .

Off my meds straight from the nuthouse. You live what house?

CenterPointe...

~Jeff



Once Lost Now Found

Once Lost, now found, Sober bound, CenterPointe helped me

Put the joint down, they gave me

The tools to cope, without the dope, and gave me hope, Fall time is here, winter is near, Prison you should fear.

Just listen, quit dissin', cause you Might be missing'out, the counselors Know what they are talkin' about, I'm a new man with whole new

Game plan, one day at a time, such sublime, CenterPointe helped me be free, From this insanity I can be me

~Spencer





THE TYGER (from Songs of Experience)
By William Blake

Tyger! Tyger! Burning bright
In the forests of the night,
What immortal hand or eye
Could frame thy fearful
symmetry?
In what distant deeps or
skies
Burnt the fire of thine eyes?
On what wings dare he
aspire?
What the hand dare seize
the fire?
And what shoulder, and
what art.
Could twist the sinews of
thy heart?
And when thy heart began
to eat,
What dread hand? & what
dread feet?
What the hammer? What
the chain?
In what furnace was thy
brain?
What the anvil? What
dread grasp
Dare its deadly terrors clasp?
When the stars threw down
their spears,
And watered heaven with
their tears,
Did he smile his work to
see?
Did he who made the
Lamb make thee?
Tyger! Tyger! Burning bright
In the forests of the night,
What immortal hand or eye
Dare frame they fearful
symmetry?
1794

~Mark

**Favorite Groups At
CenterPointe**

- Top Favorites:**
1. Open Therapy
 2. Cooking Skills

- Other Favorites:**
- Morning Walk
 - Coping Skills
 - Library Outing
 - Leisure Skill Development
 - Community Skill Building
 - Special Interests



**Under the Red
Sky**
By Bob Dylan

I enjoy this song because it's neat to go back sometimes and look at things through a child's imagination once again. ~submitted by Mark

There was a little boy and
there was a little girl
And they lived in an alley
under the red sky
There was a little boy and
there was a little girl
And they lived in an alley
under the red sky

There was an old man and
he lived n the moon,
Once summer's day he
came passing by
There was an old man and
he lived n the moon,
Once summer's day he
came passing by

Someday little girl
everything for you is gonna
be new
Someday little girl you'll
have a diamond as big as
your shoe

Let the wind blow low, let
the wind blow high
One day the little boy and
the little girl were both
baked in pie
Let the wind blow low, let
the wind blow high
One day the little boy and
the little girl were both
baked in pie

This is the key to the
kingdom and this is the
town
This is the white horse that
leads you around

Let the bird sing, let the bird
fly
One day the man in the
moon went home and the
river went dry
Let the bird sing, let the bird
fly

The man in the moon went home and the river went dry



“Jobless”

- Help
- Hope
- Doubt
- Fear
- Frustration
- Depression
- Help

I have unplugged myself from society. Never was plugged in to family very much.

Help, Help, **HELP, HELP**
~Nate



Untitled

A day I wake up is a day I remember to be thankful and glad for things I

have, for the ones I love and remember that God loves me. When I am feeling ungrateful I strive to achieve at whatever it is I am doing.

When I am sad I find the small pleasures in life. When I am being thoughtful for who has been brought into my life I say a prayer.

~Travis



Collage by Kimmy

