

# CenterPointe Thoughts

Spring 2011

## Dear Addiction,

I'm afraid our relationship has finally come to a close. I wish I could have told you this much, much sooner. I realize that we have been the best of friends for many years, however you have unfortunately been my worst enemy as well. I simply cannot accept the inevitable consequences of having you in my life any longer. You have taken everything from me and given nothing in return. I've lost relationships, jobs, and countless material assets. It's time for me to stand up for myself and pick up the broken pieces. In some sick and twisted way, I will always miss you, but I have to be strong and walk my own path now.

~Anon.



"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face...Do the thing you think you cannot do."

~ Eleanor Roosevelt



## Why I Love Animals More than People

In grade school the kids were really mean. Afterward my cats would comfort me. They didn't make fun of my face or the way that I looked when I ran. They just loved the time I would take to cuddle with them to their hearts content.

Although I am not a dog person, I'd give my life to save all of them. Dogs have the soul of an angel; they are true to their reputation. Someday I hope to fandangle a cat shelter for them to defend.

I'll call it "Leaf's Cat Shelter Café," "Guarded by Dogs" (who'll live at the place). It will be a home to squirrels too...Chipmunks, rabbits and also possums. They won't be caged like in a zoo. We'll make it so they each feel awesome.

~Leaf

## Clear Mind

Cloudy days use to correlate With a clouded mind – but today, On a semi-cloudy day, my mind Is crystal clear, crystal –fucking Clear, for you see, what I'd do for a Small bag of white powder and a Clean needle, at this very moment- This list is pretty extensive... It could fill the scroll of an Ancient Greek philosopher, this is the Reality of my situation; on a late April Afternoon, the year 2011...

But instead of seeing out  
This powerful substance, I will  
Let my pen be my syringe,  
And the paper my skin, using  
Poetry as a replacement for using  
Drugs, this is my  
New found reality

For every second that passes  
Without an illicit substance in my  
Body a struggle, but today, I'll do  
My best to remain drug free  
Today I'll fight my inner demons,  
Today I'll reach out to someone,  
Hoping for and waiting for help

And as the sun sets, the clouds  
Are covering it, like a thin blanket  
Covering my cold feet on a  
Cold spring night,  
It covers it

But as it peaks through the horizon  
The last gleam of real light  
Peers through the clouds, a  
Reminder that I, Neil ██████  
██████, former womanizer,  
Hopelessly depressed, drug  
Addicted Neil ██████  
Can make my way  
Through the clouds  
That dominate my brain's forecast,  
And for this, I am going to bed  
Smiling, and I am pleased

~Neil





# Recipes



## Zucchini Fritters

These taste better just made as opposed to the next day after refrigeration. You can microwave them to make them seem more “just cooked” if you are taking them out of the refrigerator. Who knew? Perhaps you might like them chilled. I however don't. They are good dipped in Ranch Dressing. Oh yes, put bacon bits in the concoction if you want. Just so ya know.

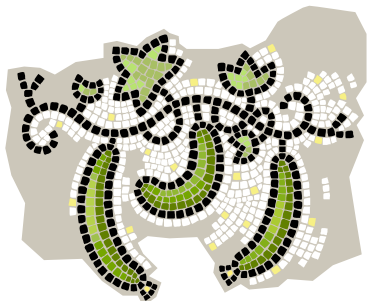
### Ingredients:

- 2 cups grated zucchini (make sure they're drained or they'll get yucky)
- 2 eggies
- 1/2 tsp (or is it tbsp? I don't know, just throw some damn baking powder in it)
- Dash of salt
- 1/2 cup flower (more if batter is too thin)
- 1/4 cup chopped onions
- 2 tbsp (I am sure that this is tbsp, so the baking powder must be tsp...like I really remember) grated parmesan cheese

### Directions:

Mix all together and drop into hot oil and fry until golden brown.

~Robert



## Forrest's Runzas

### Ingredients:

- 6 lbs Hamburger
- 6 lbs Italian Sausage
- 2 Bags frozen white bread dough
- 3 pkgs swiss cheese
- Tony Chachere's Spice

### Directions:

Set dough on cookie sheet to thaw and set overnight. Cut dough into 4 parts and roll flat. Brown hamburger and sausage in a pan. Layer sliced cheese on dough then meat mixture, then another layer of cheese. Fold to enclose meat. Bake at 350° for 20-30 minutes. Enjoy!

~ Forrest



# Poetry



## Not Much to Lose

Having nice things (a car, that good job to show who you are) – I had it all but I was living too fast. I lost it all 'cause I was in the past. Things and people disappeared out of my life.

I lost my job, my girlfriend and my home. I had nothing left so I turned it into a poem. I was out on the streets night to night, had nothing to eat not even a bite. My food was poisoned and played dirty tricks. All I could do is get my next fix. Sleep on the ground to catch a wink of the eye, had to be so hard when I wanted to cry. I twisted people into doing

what I wanted them to do. Thought to myself “Tommy this is not you.” the life of drugs took it's toll and brought me heartaches and little control. Someone from the sky tell me that no matter what happens, I'll help you till you die.

~Tommy



## One Day Too Late

Today, I'm gonna try a little harder  
Gonna make every minute last longer  
Gonna learn how to forgive & forget  
Cause we don't have long  
Gonna make the most of it

Today I'm gonna love my enemies  
Reach out to somebody who needs me  
Make a change, make the world a better place  
Because tomorrow could be one day too late

Here's my chance for a new beginning  
I've saved the best for a better ending  
In the end I'll make it up to you  
You soon will see the very best of me

~Christy





## Feelings

My feelings are real now,  
 they're not numb. So come on  
 now and hurt them some.  
 I'm tryin to stay clear now  
 and use my head, but my  
 head is aching for me to be  
 dead.  
 Pain and false feelings are  
 hard to overcome. Like that  
 feeling of being numb.  
 I always try hard to stay on  
 top, but I take a heavy drop...  
 Something inside me tells  
 there's hope and a cure, but for  
 some reason I'm not so sure.  
 I want to beat it and it's a  
 fight every day, so I hope you  
 understand what I'm trying  
 to say. It's easy from your  
 point of view until you walk  
 in my shoes, so don't tell me  
 what to do. I keep my faith  
 and my head up high, until  
 the Man from above takes me  
 into the sky. ~Tommy



## A Letter From Your Disease

Hello fellow addicts, I am your  
 disease. I will never let you  
 sleep or put your mind at ease.  
 I will always be here no matter  
 where you go, I am smarter  
 than you and I am in control.  
 Family, friends, and loved  
 ones, they won't matter  
 anymore. I've made you feel so  
 happy but in the end you were  
 always sad.  
 You will lie to everyone and say  
 that I ain't real, but if that's the  
 case, why can't you put down  
 that pill?

I come in many forms and  
 shapes and sizes, then  
 following comes denial, deceit  
 and lies.  
 I will turn you from everyone  
 that tries to take you from me.  
 Together we will spend all  
 eternity.  
 I'll embrace you in my arms  
 and I'll never set you free.  
 Spend our life together won't  
 that make you happy?  
 Don't let those people tell you  
 what I'm all about, 'cause then  
 you'll find a way; a way to kick  
 me out.  
 Well, here I go now, I'll just be  
 on my way, but not for too  
 much longer cause I still have  
 much to say.  
 So when you think I'm gone  
 and you can finally be at ease,  
 just remember this: I will  
 always be your disease.

~John

## I Bleed

Behind these eyes;  
 My entire soul cries;  
 Pieces of my heart;  
 Unfold under hurt;  
 All I have left to hold;  
 Is myself, behold;  
 Empty and broke;  
 Listen, my words are spoke;  
 Screaming from within;  
 I want out of my skin;  
 Feelings of abandon;  
 Bearing the scars of years I  
 branded;  
 Into my veins;  
 Evil spirits remain;  
 Fighting for freedom;  
 I hold on longer than most;  
 Tired and sick I feel within;  
 Needles and poison heal the  
 webs I spin;  
 Surrender, I must;  
 I come to the trust;  
 Take away my pain, I plead;  
 I'm just like you, we are the  
 same;  
 I've cut my ties and here I  
 bleed.

~John

## The World Today

There's so much greed, violence  
 and hate. Trust no one, you  
 never know, it might be bait.  
 They say money can buy you  
 everything, but it can't buy soul.  
 Even if you have money you  
 feel so low, things have  
 changed with the weather,  
 that's for sure. Things are so dry  
 and not pure.  
 Fires are burning out of control  
 for days. If they got some good  
 rain, it would be such praise.  
 People are lost in the world and  
 its ways, and nothing will  
 change, it will get worse by the  
 days.  
 Weird things are happening  
 now and they're unreal. Maybe  
 someone is trying to tell us how  
 He feels.  
 Maybe it's a sign of how things  
 are, but deep down we know  
 they are not normal by far.  
 I know He is angry with the  
 world today, so I guess all we  
 really can do is "pray"

~Tommy



## What Lies Ahead

At nite I lie in bed, thoughts of  
 my life running through my  
 head. At times it seems like  
 ever since that nite, I have no  
 future in sight, but suddenly a  
 smile rises from deep inside  
 and, like a light bulb, goes off  
 and I realize my life didn't end  
 that nite. My life came into  
 existence, worthwhile of going  
 the distance! Desire to be  
 proud to walk down this road  
 of life with a new lite, no  
 worries of having a fucked up  
 life, seeing things in a different  
 lite. Not worried about what  
 lies ahead or thoughts of being  
 better off dead, only dreams  
 and hope for all that is ahead!

~Tasha



### A Survey: What I'm Thankful for

Jessica – second chances, family, friends  
 Tommy – to be alive  
 Paige – life's learning experiences, my family, my sobriety  
 Leaf – the peace growing inside of me  
 Andrea – sobriety, my family, nature  
 Anon. – that I'm here at CenterPointe  
 Angel – to be sober  
 Anon. – having a life again  
 Dan – CenterPointe, my peers, growing relationships with family  
 Sandy – my daughter  
 Robert – all the years with my dog, my car, that I made it into CenterPointe  
 Christian – the friendly staff and welcoming peers at CenterPointe  
 Meghan – my kids, being able to laugh at life  
 Neil – my peers, my mind  
 Sara – for bright colors and variety  
 Johnny – being here at CenterPointe  
 Tasha – for CenterPointe  
 Mark – my daughter  
 Steven – my mom, my family, my peers  
 John – for my sobriety  
 ~Christy



## My Fire

*You were my fire, now I am burnt, there's nothing left of me!  
 I fiend for you yet I don't NEED you!  
 Thou, still...now and then thoughts of "You" wanna come around, like a storm cloud to bring me down...  
 But who are "YOU"!!!  
 "YOU" were MY fire so I burned.  
 "YOU" thought you took what was left of me??  
 "YOU" didn't! "MY" higher power saved me. "MY FIRE" brought out the BEST in ...ME!!  
 Because of you I am gonna be FREE and learn how to find me to truly LOVE...  
 "ME"*

~Tasha

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"Teamwork is the fuel that allows common people to attain uncommon results."

~Unknown



## Five Benefits of Exercise

1. It Reverses the Detrimental Effects of Stress. Just 30 minutes of exercise boosts level of "soothing" brain chemicals like serotonin, dopamine, and norepinephrine. Studies have shown that exercise may work on a cellular level, too.
2. It Lifts Depression. Research suggests that burning off 350 calories 3 times weekly can reduce

symptoms of depression about as effectively as antidepressants. Exercise has been found to stimulate the growth of neuron in certain brain regions damaged during depression.

### 3. It Improved Learning.

Exercise increases the level of brain chemicals called growth factors that help make new brain cells and establish new connections between brain cells to help us learn.

### 4. It Builds Self-Esteem and Improved Body Image.

Studies suggest that simply seeing fitness improvements, like running a s faster mile of lifting more weight than before, can improve your self-esteem and body image.

### 5. It Leaves You Feeling Euphoric.

Yes, that "runners high" really does exist if you're willing to shift into high-intensity mode. Its recommended sprint bursts through interval training, it will leave you feeling sparkly for the rest of the day.  
 ~Andrea



"We must stop assuming that a thing which has never been done before probably cannot be done at all."

~ Donald M. Nelson