

The Ice Breaker

Moms and Dads Against Meth, Inc.

E-mail: madatmeth@yahoo.com
Website: www.methawareness.org
Website: www.butterflyhousescf.org

Volume 5, Issue 3
Summer 2010

Who is M.A.D.A.M., Inc.? A Re-Introduction

By Mary Hubbell
Ice Breaker Editor

As we near the end of our fifth year of operation, we look back on how far we've come and how many ways in which our organization has changed, and all we can say is "Whew! Who knew we'd end up here?"

While many of our readers are familiar with our history, some may not be aware of how the group formed, and what were the original objectives.

It started with two mothers whose sons were using methamphetamine. Doreen and I turned out to be kindred spirits and we helped each other work through all the emotions involved when you discover that your child is using a dangerous drug.

One thing was clear from the very start: something needed to be done about the "methedemic" in our area. We knew too many kids who were using meth, addicted to it, selling it, and letting their lives trail away with the smoke from the bubble.

One afternoon, I took all the information about meth we had compiled and wrote a letter to the editor of the local paper. We were hoping someone would read it and be moved to DO SOMETHING. The letter never got mailed because we kept adding information and we realized that we were the ones who needed to take action; no one else seemed to know what to do.

We were meeting with people in law enforcement, the court system, the boards of two counties, and anyone else who could give some insight into the role methamphetamine played in the area's crime rates, emergency room visits, and jails.

We made beaded bracelets with the words "It's up to you!" and the phone number for the Polk County Sheriff (modeled after the signs that began appearing in Polk County about that time). Other bracelet messages included "Drugs End All Dreams." We put the bracelets in local convenience stores, with a page of information about meth, and they sold like the proverbial hotcakes.

We researched meth with a vengeance. After seeing the disappointing displays the sheriff's department had at a community meeting about illegal drugs, Doreen designed the terrific displays M.A.D.A.M. takes to such events. We brainstormed ideas for buttons that teens might like to wear: "Be the change you want to see in the world," "Meth = Death", "Change, Grow, and Live for the Future", "Be strong, little marshmallow!" and even a mother's button "If I find out my kid is using meth, it won't be the meth that kills him." The buttons were popular at events like county fairs. When we took the

displays to schools, the buttons were free to students.

I began compiling our research into what became the earliest stages of *The Ice Breaker*, the first issue of which was printed in July, 2005. That initial issue was one page, with an introduction to Moms and Dads Against Meth, Inc., a story on the newly formed St. Croix County Meth Advisory Board, some facts about meth, and a few notes about our activities (bracelet sales, t-shirts available, and our first highway cleanup site).

Doreen was accepted on the Meth Advisory Boards of both Polk and St. Croix Counties, which gave us another forum for educating the public.

Our membership grew; more parents with meth-addicted children and more people who wanted to do ANYTHING to stop meth's march across the state. Local law enforcement agencies supported us, schools used our materials to educate their students and parents about meth, and politicians were listening to our ideas and concerns. We started our website: methawareness.org to reach a wider audience.

Butterfly House came about as we heard the stories of addicted women and their children. We couldn't believe that there were no transitional or sober houses for women in Western Wisconsin when the need for such facilities was so obvious. One evening, before a meeting of our Meth Support Group, we saw that a house a few doors down from the Alano club was for sale. Doreen put a medallion in a hole in the tree in front of the house and we said a little prayer for guidance. A few days later, Doreen toured the house and found it wouldn't meet our needs. Shortly after that, a realtor called with news that another house in St. Croix Falls might be more suitable.

Things just flew into place after that, as they often have with M.A.D.A.M., Inc. Soon the lovely Victorian house was filled with volunteers busily painting, papering, fixing, and moving furniture. Our first residents moved in on May 1, 2007. The house can accept up to ten residents at a time and the usual term of stay is 3 to 6 months. Butterfly House has its own website : www.butterflyhousescf.org.

As we look back, we hope our organization has helped. Meth use did take a little dip after legislation to limit pseudoephedrine sales came about, but it appears to be surging again. We'll continue to educate the public, reach out to those who need help, and hope for the eradication of methamphetamine and other drugs of abuse. We still believe that we can make a difference in this fight, even if it's only one person at a time.

Moms and Dads Against Meth, Inc. is dedicated to the eradication of methamphetamine. Our approach is to stop use before it starts through education and offer help and support to people who are dealing with an addicted loved one.

- There are no dues but the ones we have already paid by loving a meth user.
- There are no meetings except for those who choose to go to a support group.
- We believe that there is life after meth.
- We believe that *hope* is the strongest anti-meth tool we have.

+++++

T.O.A.D.

(Think Over And Discuss)

Topics

Slippery Slope Thinking

Out of nowhere, a random thought pops up in your mind, "I can take a break from being sober and have a drink." Somehow, it seems like a great idea, one that has never been thought of before, the solution to everything! You think you'll have a drink or two, enjoy that little taste of freedom from sobriety, and then get "back on the wagon" when you're ready. The question of when you'll actually be ready to be sober again doesn't even enter your mind . . . Why should it? You're already into the relapse frame of mind where there is no reality but the one your disease creates for you. Denial has already kicked into high gear now, and you're thinking that maybe you were never really sick in the first place. That's it, you're not really an alcoholic or drug addict! Hooray! You're cured!

If you don't stop yourself right then and there and call your sponsor, a sober friend, or head to a meeting immediately, you're going to take a slide right back into addiction.

One little goofy thought like "taking a break" can lead you right back to where you were right before you stopped. In alcoholism, you pick up drinking right where you left off. You don't go back to how you were before the onset of the disease, having a beer or two and being able to stop there. No, the disease waits for you to slip, and then it takes hold as strong as it ever was, and you can't stop. This is how people in recovery end up in emergency rooms, dying in alleys, or waking up in jail: they thought they could take a little break.

Another train of thought for people in recovery goes like this: "I had a problem with meth, but I quit using it, so what's a beer or two going to hurt?"

If, "had a problem" means that you were addicted, a "beer or two" can have significant consequences. It's a pesky little factor that experts refer to as "cross addiction." The addicted brain doesn't stop being addicted just because the drug is taken away. All drugs work on the same neurological pathways in the brain, and drugs work in virtually the same ways in the dopamine receptors and limbic systems of the brain. In other words, if the addicted brain can't have the drug of choice, it will "make do" with any chemical that is offered. *"What's your drug of choice? Well, what have you got?"*

A beer or two for a meth addict can quickly lead to a six-pack, a bottle of wine, tequila shots, and eventually, methamphetamine. The cycle almost invariably leads back to the original drug of addiction, because the addict's thinking has once again been distorted, and poor choices are inevitable.

Staying sober takes work, especially early in recovery. The *Big Book* is full of stories of people who hit a patch of slippery slope thinking and slid back into their disease. The stories are there to help people new to recovery (and even those who have years of sobriety under their belts) to recognize the signs of faulty thinking and get themselves back on track before they slip.

Below are some signs of danger ahead, and things to

think about before you make any sudden moves; a hazardous action, when you're on thin ice!

Things to watch for before you hit a slippery slope

Experiencing Post Acute Withdrawal: I start having problems with one or more of the following: thinking difficulties, emotional overreaction problems, sleep disturbances, memory difficulties, becoming accident prone, and/or starting to experience a serious sensitivity to stress.

Return To Denial: I stop telling others what I'm thinking/feeling and start trying to convince myself or others that everything is all right, when in fact it is not.

Avoidance And Defensive Behavior: I start avoiding people who will give me honest feedback and/or I start becoming irritable and angry with them.

Starting To Crisis Build: I start to notice that ordinary everyday problems become overwhelming and no matter how hard I try, I can't solve my problems.

Feeling Immobilized (Stuck): I start believing that there is nowhere to turn and no way to solve my problems. I feel trapped and start to use magical thinking.

Becoming Depressed: I start feeling down-in-the dumps and have very low energy. I may even become so depressed that I start thinking of suicide.

Compulsive And/Or Impulsive Behaviors (Loss Of Control): I start using one or more of the following- food, sex, caffeine, nicotine, work, gambling, etc. often in an out of control fashion. And/or I may react without thinking of the consequences of my behavior on myself and others.

Urges And Cravings (Thinking About Drinking/Using): I begin to think that alcohol/drug use is the only way to feel better. I start thinking about justifications to drink/use and convince myself that using is the logical thing to do.

Chemical Loss Of Control (Drinking/Using): I find myself drinking/using again to solve my problems. I start to believe that "it's all over 'till I hit bottom, so I may as well enjoy this relapse while it's good." My problems continue to get worse.

Adapted from Terence T. Gorski's Warning Sign Identification Process

Relapse

in Ten Easy Steps

1. Being in the presence of drugs or alcohol, drug or alcohol users, or places where you used or bought chemicals.
2. Feelings we perceive as negative, particularly anger; also sadness, loneliness, guilt, fear, and anxiety.
3. Positive feelings that make you want to celebrate.
4. Boredom.
5. Getting high on any drug.

6. Physical pain.
7. Listening to war stories and just dwelling on getting high.
8. Suddenly having a lot of cash.
9. Using prescription drugs that can get you high even if you use them properly.
10. Believing that you no longer have to worry (complacent). That is, that you are no longer stimulated to crave drugs/alcohol by any of the above situations, or by anything else – and therefore maybe it's safe for you to use occasionally.

+++++

*I've heard these words of wisdom 'round tables void of blame;
Spoken by men and women . . . Who only used first names.
They kept their message short; they always spoke in turn,
And from their little slogans, I must say I have learned.*

I'VE LEARNED . . .

90 meetings . . . 90 days . . . Keep on coming back; When I think I'm in control, it's the thing I lack. It works if you work it. You get back what you give,

And living life on life's terms is the only way to live.

We have coffee, tears and laughter nearly every time we meet,

But we're not hear because we've seen the light, it's cuz we felt the heat!

Take away the alcohol and we still have the "ism". Leaving us with choices of Recovery, Death, or Prison.

When you read the Big Book, read only what's in black,

Welcome every newcomer, and then invite them back.

Recovery is a process; it's not just an event.

A meeting is money in the bank, not just paying rent.

Fake it 'til you make it, Act as if and you will see, But for the Grace of God Go I, yes that guy could be me.

Willing to go to any length? How important is it?

To stay away from that first drink and pay your sponsor visits?

Unity, Service, Recovery . . . Say the Serenity Prayer.

Our Experience, Strength, and Hope, is what we've come to share.

Traditions, Steps and Promises, Hang out with Those Who Win.

The only meeting that you're late for, is the first one you walk in.

They tell me Turn it Over, and Be the Change you want to see,

With an Attitude of Gratitude, the change is up to me.

Big Book, Grape Vine, Sponsor, Old Timers, and Hard Core

Tell us "Leave your Credentials and your Intellect just outside the door".

By Don K.

ANONYMITY IN RECOVERY: Friends of Bill W. understand what it means

It was an irony that the man himself would have found intriguing, when Bill W., co-founder of Alcoholics Anonymous, was named by *Time* Magazine in 1999, one of the Top 100 most influential people of the last century. When he was alive, Bill Wilson had refused to allow his photograph, even from the back, on the cover of *Time*, despite being described as "a guy who loved being the center of attention."

From the beginning of Alcoholics Anonymous in 1935 to the present day, anonymity serves two vital functions:

- *At the personal level, it provides protection for members from identification as alcoholics (new members, in particular, are comforted by their anonymity).*
- *At the public level (newspapers, radio, television, and Internet) anonymity stresses the equality of all members and impedes those who might exploit their membership to gain recognition, fame, or personal status.*

The earliest AA members understood the shame of alcoholism and the fear of public exposure. In those days, alcoholism was deemed a moral failure, rather than a disease, and "drunks" were looked down upon as unrepentant social misfits. In order to attract and help other alcoholics get sober, the group needed to assure confidentiality to all members. In the years since, members have recognized anonymity as one of the greatest gifts that A.A. can offer to the suffering alcoholic. Indeed, many would never have attended their first meeting without it.

"The word 'anonymous' has for us an immense spiritual significance. Subtly but powerfully, it reminds us that we are always to place principles before personalities; that we have renounced personal glorification in public; that our movement not only preaches but actually practices a true

humility.”

—Bill W.

Public anonymity came about as AA wished to avoid the publicity-seeking practices of the Oxford Group (the religious movement that started Bill W. and Dr. Bob on the path toward the inception of A. A.) and not develop, in Wilson's words “erratic public characters who through broken anonymity might get drunk and destroy confidence in us.” By 1937 Wilson had separated from the Oxford Group to help form Alcoholics Anonymous. Later, being “a friend of Bill W.” became a euphemism for being a member of AA.

Questions about personal anonymity often come up, both in and out of meetings. New members wonder if, and how much, they should tell family members or friends about their affiliation with A.A. Those who wish to disclose their own membership may certainly do so, but they must remember to preserve the anonymity of others by not discussing who is seen and what is heard at meetings.

Celebrities may have the most difficult time preserving anonymity. A case-in-point could be actress Lindsey Lohan, who has been hounded by photographers as she attends meetings, relapses, enters treatment, and attends more meetings. That kind of celebrity certainly places a burden on the members who attend the same meetings, as they also have to deal with the photographers, and may be approached to comment on Lindsey's recovery.

Celebrity Rehab and *Sober House* are “reality” television shows that present famous people in the process of getting sober. There is no question of preserving anonymity under those circumstances, but the programs do not claim to be affiliated with Alcoholics or Narcotics Anonymous, and therefore can skirt that issue.

The promise of anonymity allows attendees of an AA or NA meeting to speak openly about issues that may be compromising their sobriety, to seek advice from other members, and to share their experience with newer members. Meetings can create an atmosphere of trust and mutual understanding, where members can feel free to speak about their day-to-day struggles without threat of it getting back to their loved ones.

It's said often at AA and NA meetings, and it seems to sum up the concept of anonymity in recovery:

What You See Here

What You Hear Here

When You Leave Here

Let It Stay Here

Editor's Corner

Thinking of anonymity in AA and NA meetings made me think about members of the Board at Butterfly House. We are privileged to have several members who are in recovery, with a combined time of sobriety close to 50 years. From them we get a unique perspective on what our residents are experiencing and what things they need to work on. Because they attend some of

the same meetings our residents do, it could be perceived that they are in a position to repeat what residents say at meetings and offer opinions of whether a resident is sincere in her quest for recovery. Nothing could be further from the truth.

Our Board members take their own recovery very seriously; that includes adhering to AA/NA principles. What is said at AA/NA meetings is not discussed at our Board meetings.

Of course, many of our residents are new to recovery and may not have a grasp of the concept of anonymity (sometimes we have to remind them that they cannot repeat what they hear others say at meetings). By the same token, they sometimes hold back from saying things that they don't wish Board members or the house staff to know about. In those cases, we hope that what they hear at a meeting will be as important as what they might have said.

We know that it places our Board members in a tenuous position, but they handle it well, and we've never felt that there was a conflict of interest. The recovery community in the St. Croix Falls area could be compared to a very small town: everyone seems to know everyone else and nearly everything about them. In an actual small town, that might lead to gossip, distrust, and hostility, but in this community, it leads to empathy, concern, and fellowship. Our Board members want to help see Butterfly House residents through their stay with us and into their sober lives as a part of the extended community. Membership on the Board could be considered Twelve-Stepping times five (or six, seven, or even eight), and the promises of the program come true with every single successful resident.

Family members' codependency may sabotage recovery

Treatment counselors often refer to addiction as a family disease. This does not refer to heredity, but to those most affected by a loved one's disease, their close family members.

Throughout the course of a loved one's addiction, it is the parents, brothers, and sisters who have been in the trenches, dealing with the debris of a shattered life. The family members have been front and center for the lies, theft, manipulation, and threats that come with having an addict in their lives. They have been subjected to the stress and pain of living with an addicted child or sibling, and consequently, may be codependent or suffer from other psychological problems related to their loved one's disease.

Once the addict starts to get sober, it is not uncommon for well-meaning family members to sabotage recovery by adhering to their old patterns of behavior with their loved one. In these cases, the whole family needs to learn about recovery, and what they can do to help. Our first recommendation is that family members attend Alanon meetings, where they will meet other people in similar circumstances, and can learn new ways of coping.

One of the reasons many treatment facilities offer family-oriented programs is that some family members may be co-dependent, which is a disorder unto itself. A co-dependent family member can easily derail an addict's recovery.

Symptoms of Codependency:

- *Inability to know what "normal" is.*
- *Difficulty in following a project through.*
- *Difficulty having fun.*
- *Judging self, others without mercy.*
- *Low self esteem, often projected onto others. (eg: Why don't they get their act together!)*
- *Difficulty in developing or sustaining meaningful*

relationships.

- *Belief that others cause or are responsible for the codependent's emotions.*
- *Overreacting to change. (or intense fear of / inability to deal with change.)*
- *Inability to see alternatives to situations, thus responding very impulsively.*
- *Constantly seeking approval and affirmation, yet having compromised sense of self.*
- *Feelings of being different.*
- *Confusion and sense of inadequacy.*
- *Being either super responsible or super irresponsible. (Or alternating between these.)*
- *Lack of self confidence in making decisions, no sense of power in making choices.*
- *Feeling of fear, insecurity, inadequacy, guilt, hurt, and shame which are denied.*
- *Isolation and fear of people, resentment of authority figures.*
- *Fear of anger or bottling anger up until it explodes.*
- *Hypersensitivity to criticism.*
- *Being addicted to excitement / drama. (Chaos making.)*
- *Dependency upon others and fear of abandonment.*
- *Avoidance of relationships to guard against abandonment fears.*
- *Confusion between love and pity.*
- *Tendency to look for "victims" to help.*
- *Rigidity and need to control.*
- *Lies, when it would be just as easy to tell the truth.*

Are you codependent?

Melody Beattie, author of *Codependent No More* developed this check list:

- *Do you feel responsible for other people—their feelings, thoughts, actions, choices, wants, needs, well-being and destiny?*
- *Do you feel compelled to help people solve their problems? Do you feel you must take care of their feelings?*
- *Do you find it easier to feel and express anger about injustices done to others than about injustices done to you?*
- *Do you feel safest and most comfortable when you are giving to others?*
- *Do you feel insecure and guilty when someone gives to you?*
- *Do you feel empty, bored and worthless if you don't have someone else to take care of, a problem to solve, or a crisis to deal with?*
- *Are you often unable to stop talking, thinking and worrying about other people and their problems?*
- *Do you lose interest in your own life when you are in love?*
- *Do you stay in relationships that don't work and tolerate abuse in order to keep people loving you?*
- *Do you leave bad relationships only to form new ones that don't work, either?*
- *Ironically, codependency isn't about other people - it's about the relationship with the self. Codependents often believe that if the addict in their life sobered up their problems would go away.*

Co-dependency manifests itself in a variety of ways when a loved one enters a sober living environment. Family members may shower the newly sober person with gifts, to reward them for staying sober (and take a little bit of credit for it). A shopping trip with a family member can become an exercise in manipulation. The addict falls back on her old behavior by inducing her loved one to spend, spend, and spend on her; the co-dependent buys, buys and buys to foster her own sense of self-sacrifice.

Loved ones may also be threatened by the recovering addict's new lifestyle. Still needing to feel in control of their family member's environment, they may criticize the sober house, other residents, or those in charge of the residence. They may question rules and regulations, insisting that in their loved one's case, they simply don't apply, and must be changed or

ignored. Some family members will actually help the resident break rules by supplying contraband, such as cell phones and credit or debit cards.

The result of a codependent family member trying to take charge of a sober house resident's recovery can become an unsuccessful stab at sobriety.

At Butterfly House, we advise family members to learn all they can about recovery and codependency (and we offer many books and pamphlets to help), to offer emotional support to their loved one, and then, stand back to let the miracle happen.

~~~~~

## Butterfly House Mission Statement

Our mission is to provide a safe, sober residence for women in recovery from alcohol or other drug dependency while introducing sober living skills, peer-to-peer fellowship and support and educational experiences that will aid them in the transition back into their families and/or communities.

As of this writing, on June 1, 2010, Butterfly House is FULL! Eight women are in residence, seven of whom have jobs!

Our longest-term resident has been with us for eight months, and our newest house member has been there for a week. All but our "old timer" are following the 90 meetings in 90 days program. One resident is with us through the H.E.A.R.T. program (see page 6).

Many of our residents are able to have their children visit on weekends, which makes for a rowdy household. This is a busy group of women, who plan to have camp-outs, go canoeing, and enjoy other sober activities, which we applaud. Learning to keep themselves occupied, engaged, and to have fun while sober are living skills they need for a full life.

---

---

## Program is all H.E.A.R.T. for people in recovery

Help Every Addict Receive Treatment, Inc. has been helping alcoholics and addicts get into treatment since 1971. The Plymouth, Minnesota-based program has helped over a quarter of a million individuals get treatment and achieve long-term sobriety.

H.E.A.R.T. connects people with treatment centers, helps to pay for incidental expenses (dental care, eyeglasses, transportation, etc.) incurred during treatment through their Right Thing Right Now grants, and helps to pay for sober living with their 90 in 90 Into Action Program.

In order to be eligible for funding, applicants must be in or entering a H.E.A.R.T.-affiliated facility for primary treatment. A list of approved treatment facilities can be found on the H.E.A.R.T. website at <http://www.heartinc.org>.

### 90 in 90 Into Action Program

In the belief that the first few months of recovery after successful treatment are critical to long-term sobriety, H.E.A.R.T. offers scholarships to people in early recovery to help them concentrate — without distraction — on what is important in order to succeed. Applicants are nominated by facility staff, with acceptance based on financial need

and commitment to their recovery program.

H.E.A.R.T. will provide \$900 monthly for three months to individuals who:

**Are recommended by their counselor at a H.E.A.R.T.-affiliate care facility**

Have successfully completed their course in treatment  
Commit to and follow H.E.A.R.T.-affiliate aftercare directions

Attend 90 meetings in the 90 days immediately following treatment

Meet employment standards and work toward being self-supporting at the end of 90 days

Once in a sober living facility, the H.E.A.R.T. client is required to spend H.E.A.R.T. funds in a responsible manner; attend one recovery meeting every day for 90 consecutive days; maintain abstinence from all mood-altering substances; follow all aftercare recommendations from treatment program and all rules of the sober house; contact H.E.A.R.T. through the website at least every two weeks with updates, as well as respond promptly to any H.E.A.R.T. communications; and agree to repay his or her grant (in any amount, or by volunteering) when he or she is re-established. The last requirement ensures that the client contributes toward another person's recovery, in gratitude for their own sobriety.

Sober Houses approved by the H.E.A.R.T. program must agree to have a house manager on-site daily, must have access to Internet (which can be off-site, such as at the library), and have reliable mail delivery. In addition, the house manager must be able to contact H.E.A.R.T. through the website every two weeks with updates on the client, respond to any H.E.A.R.T. communications within two days, and be willing to help the client with a monthly budget and develop a plan for disbursement of funds.

**Right Thing Right Now Program**

The HEART Right Thing-Right Now Grant is a way to pay for urgent necessities for those in treatment.

HEART will consider grant requests for:

- Treatment costs
- Halfway housing
- Sober housing

HEART will also accept grant requests for any combination of the following, not to exceed \$600 total:

- Transportation Costs for client or family
- Rent / Mortgage / Utilities
- Medical / Dental / Eye care
- Daycare / Babysitting
- Insurance and Cobra Payments
- Room and Board Family
- Other (e.g., storage)

**\$300 per Person Includes:**

18 Holes of Golf

Cart

Lunch and Dinner

And Much More!

**Many Chances to Win!**

2 Hole-in-One Contests - **win a car from Bloomington Acura!**

15+ Team and Player Prizes

Raffle

And More!

0000000000000000000000000000000000

**Justin F. shares his meth addiction nightmare**

Hello, my name is Justin. I'm an inmate and drug addict. I'd like to share my story and hope it helps someone that is headed down the road I was on!

I grew up in a house with two parents that both used meth. I thought I lived a life most kids did, but in the end, I found out I was wrong! My step-father was a person I thought was normal, until he started beating me every day for reasons he had no right to, such as: I would play with my friends at the park or around the neighborhood and would come home with my clothes dirty, only to get a beating because I did what most kids did and got my clothes dirty.

It got worse than that, I would hide in my room for days, scared to come out in fear of getting hit. I would wait until my mother would come down the hallway to my room, just to ask if I could come out and watch t.v. I lived in fear as a child and little did I know it was all because of meth!

As the years passed and I got to the age of making choices on my own, my life only got worse. I found a friend that was a drug dealer and a buddy of mine when we were little. He asked me if I wanted to get "high" . . . "Sure, why not, I want to be cool," I thought. He gave me a white baggie full of my "new lover" crystal meth. I smoked and snorted and from that day on, I was hooked! Meth quickly took over my life. I lost friends, family, and most of all, my pride, in what seemed like the blink of an eye. I didn't care what anybody said, I had one goal in mind . . . How to get my next high.

I was stuck on the streets because I had burned my bridges with family and nobody trusted me enough to let me stay with them. The way I was going, they could have woken up to an empty house, just because I wanted to get high. I had no way of supporting my habit as I couldn't keep a job long enough to make any money. So what did I do? I turned into a person so many people feared and hated: I started robbing people for anything they had. I would run up in houses, see someone walking down the street and beat them up for what money or drugs they had, if any. There were times I beat someone up to find they had nothing.

I would wait outside bars to find someone staggering out and use them as an easy victim. It was to the point I did just

**23rd Annual HEART Memorial Golf Classic**

**Monday, August 16, 2010 Olympic Hills Golf Club  
Eden Prairie, MN**



St. Croix Falls, WI  
Salvation Army, Somerset and  
Balsam Lake, WI  
St. Croix Plumbing and Heating,  
St. Croix Falls, WI  
Hazelden Foundation, Center City, MN  
Peace Lutheran Church, Dresser, WI  
A&K Construction, Range, WI  
Falls Orthodontics, St. Croix Falls, WI  
Dr. Martin Tahara,  
Dental Surgeon SCRMC  
Counseling Associates, formerly of St. Croix Falls, WI  
Somerset High School, Somerset, WI  
Western Wisconsin Community  
Action Program (WESTCAP)  
UFE Corporation, Dresser, WI  
Village Pizzeria, Dresser, WI  
Super America Station,  
St. Croix Falls, WI  
Maynards BP Station,  
St. Croix Falls, WI  
Dairy Queen, Osceola, WI  
Copy Shop, St. Croix Falls, WI  
Rivard Stone Company, Somerset, WI  
Bethesda Lutheran Church, Dresser  
Coffee Time, St. Croix Falls, WI  
River Falls Partnership for Youth  
PLUS,

**MANY, MANY INDIVIDUALS!**

***We Thank You All!!!***

**Watch your words, they become your actions  
Watch your actions, they become your habits  
Watch your habits, they become your character  
Watch your character, it becomes your destiny.**  
—Anonymous

+++++

**“The being who patiently endures injustice, and  
silently bears insults, will soon become unjust, or  
unable to discern right from wrong. “**  
—Mary Wallstonecraft  
in *Vindication of the Rights of Women*

+++++

**Everything you do in life, every choice you make,  
has a consequence. When you do things without  
thinkin', then you ain't makin' the choice. The choice  
is makin' you.**

—Mark Steven Johnson,  
*Ghostrider, 2007*

**One more thing before we go . . .**

**Watch your thoughts, they become your words**