

A DIFFERENT STREET

The GOALS Center Erie Community College 45 Oak Street Buffalo, New York 14203
A Quarterly Newsletter The Fall Recall 2013



Taking Charge of Your Health During the Holidays

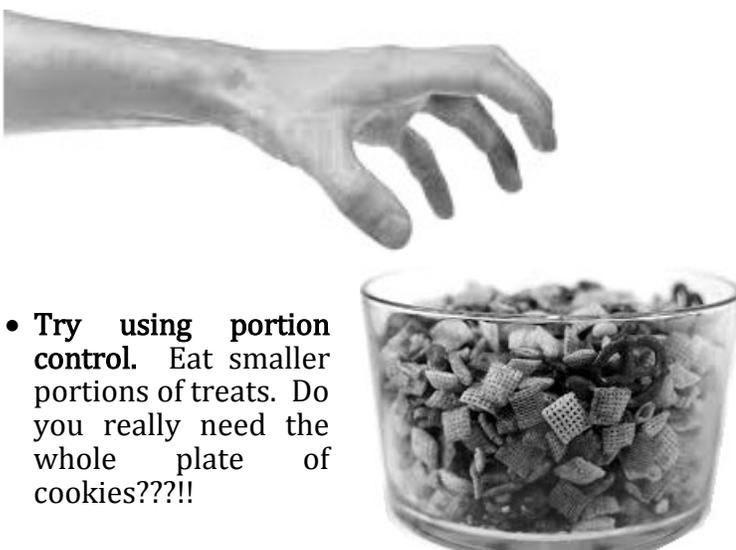
What??? You say the holidays are a time to “slack off” and eat whatever you want? All those parties, all that delicious food!!! Take charge—you can enjoy your holiday treats, but do it in a way that does not sabotage your healthy lifestyle.

Going to a party where there will be decadent food and treats?

Ask yourself: “How can I take charge, maintain my healthy lifestyle during the holidays, and enjoy all these special foods that are around only at this time of year?”

Consider these tips:

- **Before you go, have a healthy snack.** Fill yourself with healthy calories and take the edge off arriving at the party in a hungry manner! Foods such as veggies, a salad with low fat dressing, or a peanut butter sandwich on whole-grain bread before you go are all healthy and filling.
- **No skipping meals on the day of the party.** Have your usual breakfast that day (and lunch, if not a snack). If you stick to your regular schedule and eat sensibly, you will not arrive at the party “starved” and overeat as a result.



- **Try using portion control.** Eat smaller portions of treats. Do you really need the whole plate of cookies????!!

- **Use the smallest plate available and choose only 2 items at a time.** The smaller plate may make your portion look bigger, and taking only 2 items at a time allows you to really savor and enjoy the items you choose.
- **“Savor the flavor”** and eat mindfully. This means slowly, and with great enjoyment. Take your time! Notice all of the flavors in your favorite treat food. You may find a smaller portion is all you need. (Maybe eating 1 cookie mindfully is really all that you need!) This also leaves room to sample and savor other treats that you may enjoy.
- **Drink water.** This will help to fill you up a bit, and there are no calories in—zero!!!!
- **Keep one hand busy.** Hold a glass of water in your dominant hand—that way it may prove to be easier to slow down with your eating as you will be using your non dominant hand when reaching for the treats!
- **Chew gum!** You may find that you do not want to alter that fresh breath flavor in your mouth with other flavors.
- **Socialize, play games, dance**—take advantage of the fun things going on at the party! Remember—it is not all about the eating and the food—holiday parties are about having fun times together with those you love and whose company you enjoy!
- **Just say “No!”** Feel free to assert yourself. Tell people “no thanks” and say it like you mean it when they push food your way.

Enjoy the treats at the party—using your new-found discipline and portion control! You will feel good about eating healthy before the party, and enjoying small portions of treats at the party. Remember to eat the treats in a mindful manner!

WARM-UP WORDS

Each Creative Writing class begins with a five minute drill to document one's stream of consciousness around a single word.

Where's My Rose...



"I Never Promised You A Rose Garden" is kind of a good quote to learn from. It has been said that life is beautiful but is not easy. Even Marcus Aurelius said that life is more like wrestling than it is dancing. One thing that is true is that life could always be worse. God never gives us more than we are able to handle with his help.

-Marcus K.

1. Eden
2. Secret
3. Flowers
4. Respite
5. Planting and sowing, and harvesting
6. Colorful
7. Aromatic

-Michele B.

The garden of life is full of joy and happiness. Friendly people remind me of blooming flowers with their majestic appearances. Vegetable gardens grow our food which nourishes us in our daily lives. Gardens also get me to remember the counting song of many years ago, "I Never Promised You A Rose Garden." I used to love this song and found it to be inspirational.

-Mark Boyce

DOORKNOB 

When I think about a doorknob I think about the TV show Bewitched. Aunt Clara on the show collects doorknobs as a hobby. She has a real bit collection. Door knobs are important because they decide to let you in or keep you out.

-Mark Boyce

I close the door!
 My hands and back holding it closed.
 Screeching nails scratched and clawed
 Voices and banging passed through.
 Thoughts began to clamor in my head.
 These demons of yesteryear howled.
 Closing the door did not
 Seem to be the answer.
 But how do I open it to face
 One past demon at a time?
 What do I do when one of
 Those monsters is me?

-anonymous

A door appeared out of nowhere. As I step up to the door not knowing what's on the other side, I feel apprehensive. There could be danger, a thug ready to strike. Or opportunity may make itself known. Possibly it is a door leading to another reality where trees are blue and rain falls up instead of down. Oh what could be on the other side of the door. As I grasp the handle a thrill runs through me. Slowly I twist and start to pull, and I see you.

-K.L.G.

What animal would you take care of?

I would like to have a vulture as a pet. I've seen it on TV shows like The Munsters or The Addams Family. They are ugly, but I find them to be fascinating. I think their hunting habits are interesting, even if they are gory.

-Mark Boyce



"Where did the footprints lead?"

I followed the footprints for a long time realizing that they must have come from somewhere. Then I came to think it was probably a yeti or the sasquatch because of the unusual size and shape of the footprints. However, the footprints came to just, for the most part, go around in circles. So I quit.

-Marcus K.

“If I could...”

...draw, I would like to be the guy that does the covers for science fiction and fantasy books. Creating strange planets with fantastical landscapes or dragons in battle or creating a new alien race. I could possibly impart a sense of wonder and adventure to the reader before he or she even opens the book. It's easy to tell a story with words but to tell a whole story with just one picture is art.

-Kevin Goodrich



...draw I would draw jellyfish under seawater. I would draw all forms of sea life underwater like octopi. I would draw seaweed and tropical fish. I would draw all the oceans in the world, especially the ones with white sand.

-Rashene Taylor



...play violin. I would like to play the violin. I always thought the instrument contributes a large part in music. I sometimes try to imagine notes and play them like air guitar. I wish I could read music and play my own beautiful masterpiece or mimic others. The violin, if I learned to like it or to play it, would keep me out of a lot of trouble.

-anonymous



The nation is controlled by the government that is made up of people who are elected by the majority of the working class of its citizens represented by the common people. Everyone that is able to work has their voice in this democratic government. Those who cannot work are given supplementary income and these citizens are given the education they require to be productive in this society.

-Marcus K.

“The asteroid became a meteorite hurtling toward Earth...”



The asteroid became a meteorite when it came through Earth's atmosphere. It frightened only thousands of people because it was not very large. However it landed on the geyser by the name of Old Faithful and made many little children happy because of the sprinklers that developed.

-Marcus K.

An asteroid is headed straight for the Earth. Will it be the end of the world? I wonder what NASA will do about it. I think we should all get aboard a rocket and shoot it out of the way with our secret weapons. Hopefully this will work. If it doesn't I don't wouldn't know what to pack.

-Mark Boyce



Habit 2: Begin with the end in mind

Use your powers of self-awareness, reexamine your deepest values. You may Realize the “script” you’re living is likely not harmonious with those values, nor of a polished creation of your active intent. Use your imagination to create a Personal Mission Statement consistent with your values. Begin each day with purpose, manifest and be responsible for your own creation.

GOALS Students in “Habits of Success” class were tasked with creating drafts of their own personal mission statements.

I will...

- Take note of my needs.
- Listen to my wife’s feelings more.
- Continue treatment.
- Start exercising.
- Get an education.
- Be more open-minded.
- Try to love myself.
- Take care of me first.
- Try to be more organized.
- Work on my goals in GOALS.
- Socialize more.

I won’t...

- Give up on my meds.
- Be so judgmental.
- Isolate.
- Quit.
- Hold my feelings in.
- Be such a know it all.
- Won’t be so critical.
- Be a spendthrift anymore.
- Be so condescending.
- Be so antiestablishment.

-Kevin Goodrich

I will...

- Take care of mom.
- Take care of myself.
- Take one day at a time.
- Get out of debt.
- Be a good listener.

-Jay

I will...

- Quit smoking.
- Exercise more often.
- Start reading.
- Get my GED.
- Get a job.
- Continue to go to school.

-M.G.

I will...

- Try to go to 3 schools.
- Study hard.
- Get my Associates.
- Follow Democritus.
- Be asexual.
- Take care of myself.
- Be more patient.
- Stay motivated.

I won’t...

- Skip class.
- Let the Holy Ghost fail.
- Feel depressed.
- Get discouraged.
- Use drugs or alcohol.
- Not believe in the Bills.

-Michael Monfils

I will...

- Stay focused on my own recovery.
- Love myself.
- Stay more in the present than in the past and the future.
- Try to be more appreciative of TSI.
- Call my loved ones more often.
- Attend Step Action no matter how I feel.
- To better myself not because of expectations.
- Be honest with myself and others.
- Attend GOALS so I can better my future.
- Do my best to help others who want help or lead by example.
- Keep my higher power and trust him.
- Listen to boyfriend’s feelings more.
- Balance my life better.
- Take care of my body.

I won’t...

- Let others influence my beliefs and values.
- Put myself down.
- Give up my sobriety.
- Worry so much (it’s a waste of time).
- Be better than anyone else.
- Cut or harm myself because emotions take control.
- Be frustrated because I think I should be further along.
- Be afraid.

-Kimberly S.

I will...

- Be guided by religion and nature.
- Develop my appreciation for the arts.
- Utilize my education.
- Pursue a career in the arts

I won’t...

- Be intimidated by my relatives.
- Be influenced by superstitions.
- Be abusive with my humor.

-John W.

Solstice Word Search

Find and Circle: Six 20°F apparel

Five holiday root vegetables

Four classic board games

Four varieties of snowfall

“_____ On 34th _____”

The New Year’s Eve drink



S B S T B Y R R P B B G S S P R
 T O T Y A E U I P A L N N C I E
 R O A M T T N A R C I I E R N W
 E T H A A S R Y I K Z T T A R O
 E S E B R K J H S G Z S T B U H
 T W A A A S V M K A A U I B T S
 S G P F L U R R Y M R D M L U O
 A Y L O P O N O M M D D B E W N
 E L C A R I M H X O T O R R A C
 E N G A P M A H C N S C A R F C

GOALS students in Leisure Education plan monthly trips to nearby communities in Western New York. Corroborating the territory with one's maps, frontiers recede, new experiences are had; one inherits a richer, more dynamic sense of what our region has to offer.



On August 28th our GOALS group went to the Bird Island Pier. To get there you go to Niagara St. and W. Ferry. Drive toward the river and

cross over the draw bridge. They are doing construction in the area now so when they're done it should really be nice down there. So you park your car and go toward the river and you'll see a walkway. It was a nice day and our group decided to walk the pier. On one side of the pier you have the Niagara River. On the other side of the pier is the canal where boats can pass through. The West Side Rowing Club practices there because the water is calm. So after walking for about 30 minutes our group turned

around and headed back. But David Clark and I decided to keep going to the end. After 10 more minutes we reached the end and felt ecstatic. So after a quick pace walking back, me and David caught up with the others. On the way back people were fishing and we saw a man catch a fish in the river. So we climbed in the van and headed back and this was the end of our field trip. We thank David and Janine for taking us.

-Jay

The GOALS Center went to the Great Pumpkin Farm for Halloween. Located in Clarence, NY, the Great Pumpkin Farm offers games and surprised for all kinds of "trick-or-treaters."

On the weekends in October, the Great Pumpkin Farm holds contests like "the pumpkin smashing contest." We went on the weekday when there was less of a crowd.

There was a ranch house that looked like it came out of the nineteenth century. We went inside. Furniture from pioneer America embellished the place. Articles from that time period were on sale. It took

us an hour to explore the whole house and adjacent Halloween Store.

Housed in a sprawling barn, the Halloween Store offers all the props, decorations, knick knacks, and costume accessories you could want.

Outside there were farm animals. Sheep, cows, and chickens were quarantined in the barnyard. Kids who were there on field trips were allowed to pet and feed them.

And, of course, there were lots of goodies: all kinds of pies and doughnuts, with plenty of apple cider to wash them down. The prices were reasonable.

We would highly recommend the



Great Pumpkin Farm to others around Halloween. It helps people get in the Halloween mood, and offers lots of fun.

-John W.



We could not have asked for a nicer day for our most recent class trip. Where you ask did we go? Well I'll tell you, we went to Griffis Sculpture Park. Griffis Park is a 400 acre outdoor sculpture museum that

encourages you to interact with art. It was started by a man named Larry Griffis a former WWII veteran and hosiery company owner. The park is nestled in the countryside of an area known as East Otto, NY.

The park currently contains over 250 sculptures many of which you can climb on and interact with. One of my impressions was that if I were blind this would still be an enjoyable outing due to all the different surfaces and textures. Everyone enjoyed themselves and worked up a good

appetite. We brought our own lunches and ate picnic style. Conversation was lively and everyone practiced their small talk skills.

In closing I would urge you the reader to pay Griffis Sculpture Park a visit, especially when the trees are exploding with the colors of fall. Bring a lunch and expect to get a good night's sleep afterward. I would like to say thank you to GOALS staff and students for making this a peaceful and enjoyable trip.

-Kevin Goodrich

What are the qualities of a true friend?

- ◆ Listen to your problems
- ◆ Doing nice thing-thing that you should do in return
- ◆ Hanging out
- ◆ Taking care of your friend when he is in need like when he's sick or homeless
- ◆ Celebrate your friend's birthday
- ◆ Chipping in 50/50 on things if you were roommates
- ◆ Don't put your friends down
- ◆ Don't seduce your friends or have them do drugs
- ◆ Visit your friends in the hospital



-anonymous

- ◆ A good listener
- ◆ Helpful
- ◆ Honest
- ◆ Doesn't put their friend down
- ◆ Tries to help at all costs
- ◆ Will go above and beyond to help out
- ◆ Someone to talk to
- ◆ Congratulates their friend when they do something good
- ◆ Spends a lot of time with their friend
- ◆ Keeps their word
- ◆ Looks out for their friend
- ◆ Is respectful



-E.P.

- ◆ Still believes you when you say you'll be "right back"
- ◆ Forgives you when you "clean up" her postmodern still life
- ◆ Assassinate zombie-cowhide foot-leaches while they sleep in their lair
- ◆ Takes it upon herself to assess the gastrointestinal health of the cat
- ◆ Unshakably loyal



-D.S.



Call any of the staff if you believe GOALS classes could be a part of your recovery...or if you know someone who may be interested:

- | | |
|----------------------------|----------|
| David Clark, COTA | 851-1283 |
| Janine Ortman, CTRS | 851-1298 |
| Gary Mulrain, Voc. Teacher | 851-1297 |



Solution to word search clues

Boots, Hat, Mittens, Parakee, Scarf, Sweater / Carrot, Parsnip, Rutabaga, Turnip, Yam / Backgammon, Monopoly, Risk, Scrabble, Bizzard, Dusting, Flurry, Shower / Miracle, Street / Champagne