

A DIFFERENT STREET

The GOALS Center Erie Community College 45 Oak Street Buffalo, New York 14203
A Quarterly Newsletter Fall 2014



14 Years and Counting: My Journey with Cigarettes

My smoking started when I was a freshman in high school. Everybody thought it was cool and so did I. That was in 1982. I was 14 years old! I rationalized that smoking wasn't dangerous because I knew people who smoked for years and died of old age.

When I started smoking, cigarettes were 85 cents a pack and destined to forever rise. I seemed to be doing okay health-wise for a while. Then I watched friends of mine that were only in their 40's die of lung cancer. I also developed a persistent cough myself.

On New Year's Eve 2000 I resolved to stop smoking. I wore the patch. Coupled with faith and willpower, I was able to give them up. You can do it too! Find a method that helps you to quit. It's been 14 years for me without a cigarette. How long will it be for you?

-M.B.

How is this profound? Both alcohol and nicotine affect the brain in the morning. Alcohol gives you a headache, while nicotine makes you crave it! They're both a bad trip!! My advice is to stay away from both of them.

-R.B.



Living a drug free life

is the best life you could ever have, because when you are on drugs your mind is always cloudy and full of paranoia. You'll never pass school doing drugs, and you'll be out on the streets. It can break a family apart. What I am trying to say is that doing drugs is not the way to go. And when you are drug free you will be proud of yourself and pat yourself on the back, because you are passing the one trick in life. I am happy and proud of myself, being drug free, I'm able to go to school.

There are many ways that you can make it through without wanting to touch any of that stuff.

Here are a couple of steps that I follow:

- Step 1:** Keep your mind on the most positive things that you are doing in your life right now, without using substances.
- Step 2:** Go out to the movies or out to eat with some friends and talk about what you are going through.
- Step 3:** Do things that you enjoy and actively filling your days with these things
- Step 4:** Reset your mind to be future-oriented, to work at your goals, and keep at it!

-M.T.

Alumni Update:

D.M. continues his studies at Empire State College and involvement with RAMS

R.M. made the Spring 2014 dean's list at ECC

Squash Season is Here

Do you like squash?

Fall is a great time of year to enjoy the squash of the season—butternut, acorn, spaghetti, Hubbard, and pumpkin—just to name a few. All of these are available locally, either in your favorite supermarket or at the farmer's markets (which are available through the end of November).



How do you prepare the squashes?

If you buy it whole: wash, cut in half, and roast in the oven (approximately 30 minutes at 375° F). Once the squash is soft, let it cool, scoop out the interior (save the seeds), place in your favorite serving dish and enjoy! You could also microwave it. In doing so, place cut side up covered in wax paper, and microwave for 5 minutes and check softness and doneness of the squash. (Cooking time will depend on your individual microwave.)

Before you add any butter, maple syrup, or other ingredients to the cooked squash for flavoring, sample the plain squash fresh and warm out of the oven. You may be surprised at the naturally sweet flavor many of the squashes have and may not want to add anything at all to it! Butternut is especially sweet and nice tasting without any additional flavorings.

Spaghetti squash is rather unique and fun to prepare. Once you have cooked it (as specified above), let it cool so that you can easily hold it and scoop out the interior with a fork. Strands of squash will come off—resembling spaghetti pasta. You can use this as a nice side dish to a meal, or use it as a main dish with tomato sauce and a side salad for a nice vegetarian dinner.

Make nutritious, flavorful squash soups!

Start by sautéing onions, celery, and any other veggies you like (think carrots, mushrooms, peppers, okra). You can do a water sauté (cuts down on calories). Start with a small amount of water in the pan and add the veggies to it. Add a bit of olive oil and garlic later in the process for great flavoring (before you add the broth in the next step).

Once the veggies are softened, add a container of your favorite broth—either chicken or vegetable. Let it come to a soft boil. Turn the heat down and add cooked butternut squash, or a can of pumpkin—simmering and stirring so you get a nice, blended consistency. Add your favorite herbs to taste (maybe sage, black pepper, oregano, or any of your favorites). Top it off with your roasted squash seeds, add a salad, and you have a nice healthy meal—easy to prepare and very nutritious.



Pro-Tip Squashes are typically very good sources of Vitamins A and C, and fiber. The seeds of pumpkin and butternut squash can also be rinsed, roasted, toasted and eaten. They are a great addition to salads, soups, or on their own as a tasty, nutritious snack!

Halloween Word Roundup

Find and Circle: Six party decorations

Six trending female costumes

Five unpopular trick-or-treat loot

Three creepers beginning with "G"

John Carpenter's 1978 masked slasher



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EXCURSIONS IN CREATIVE WRITING

A candle reminds me of a religious vigil; it is holy to me and God's way of letting us as humans see the world as something physically beautiful. The blood of Jesus is a monotone of a burning candle. Candles shouldn't be avoided in a hospital setting just because you'd have a way to light a "cigarette on the 'sly.'"



Flashlights are one of the "cousins," so to speak, of the candle. A flashlight is even more or less material "order." Flashlights and candles emit light either constructively or industrially. God created both ideas

-Michael Monfils

Thomas Edison, who invented the light bulb, took 20 years and I think tried hundreds of times if not thousands to invent the light bulb. Thomas Edison, I think, also said that success was 10% inspiration and 90% perspiration.

The light bulb used to be made with Tungsten, but is now made with Wolfram. When a person in a cartoon or comic strip has an idea they have a light bulb over his head. Usually the flashlight is sort of a modern kind of candle.

In the beginning the candle was like a small flame holder that replaced the fire that men, thousands of years ago, used to cook food and keep away wild animals.

-Marcus

I found a trunk the size of a doorway buried in my backyard. It was covered with iron chains and a padlock. I thought "is there a treasure in it?"

My first task was to open it. So I took a crowbar and broke the chains.

I lifted the lid to look inside and I saw historical events flashing by very rapidly.

I stuck my hand in and felt for the bottom, but there wasn't any. Then I found a key taped inside the box that fit the lock on the chain which had sealed it shut. But when I put the key in the lock and turned it back and forth, the passage of time in the box went backwards to forwards.

Then I thought maybe this is a time machine. The very thought was so frightening to me, that I quickly resealed the box and buried it deep in another spot.

I hid it away because the temptation to meddle with history was great and I realized the danger of time travel. So I hid it and determined it should remain hidden forever.

-R.B.

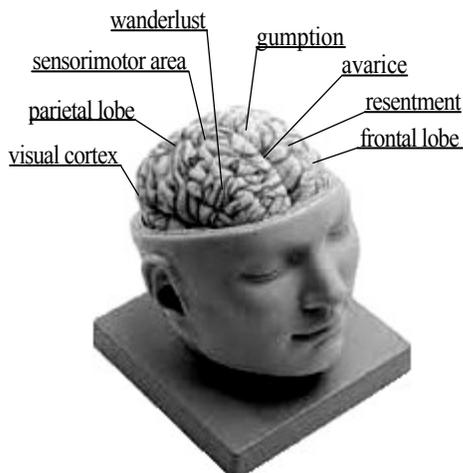


In some place far away a mad scientist was trying to make a body come to life. The scientist had the entire body ready and all it needed was a brain.

So he decided to take half of his brain out and stuck it in the human he made. They both survived and were like brothers.

-Andrew

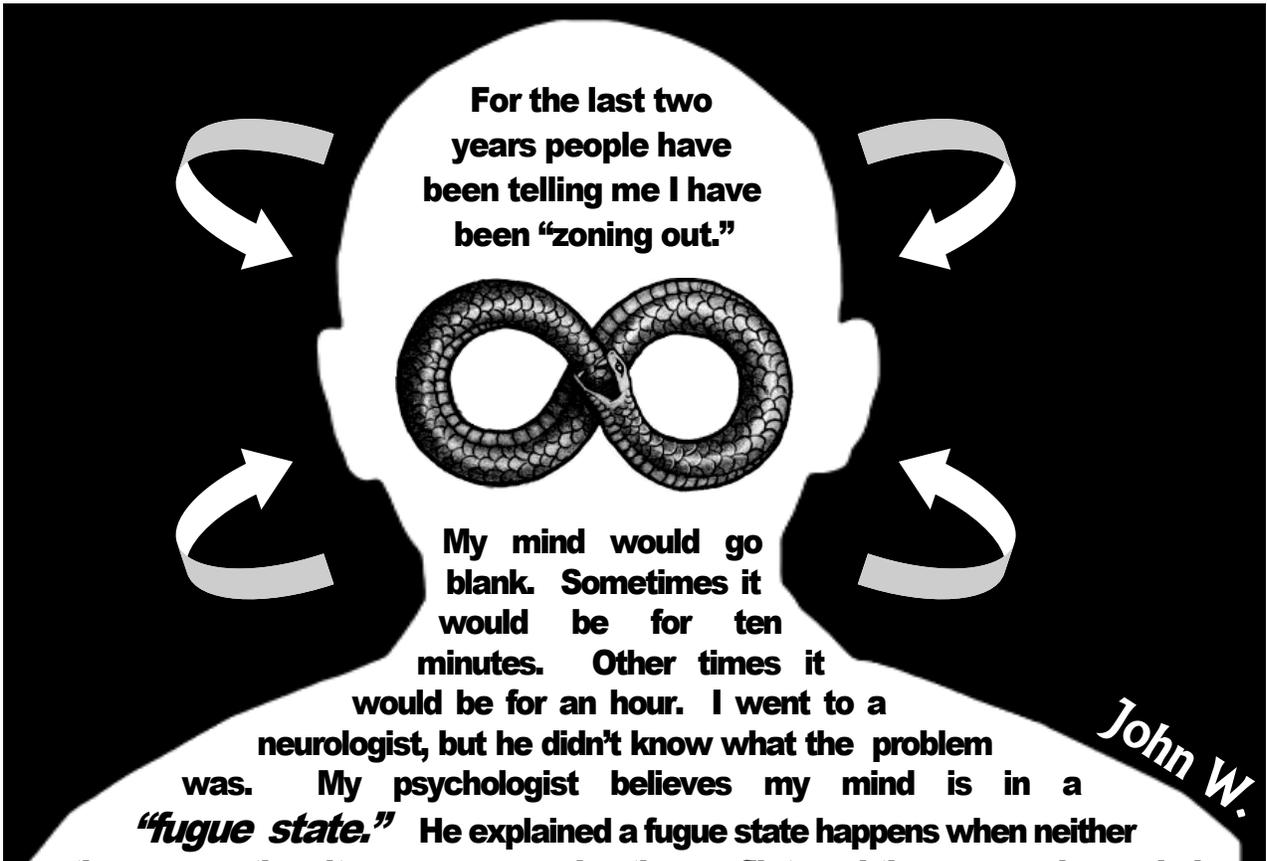
RESPONSES TO A MODEL OF A HUMAN BRAIN



Looking at this model with its labels of the different parts of the brain gives me the creeps. Doctors and scientists performed a lot of cruelty to get this knowledge. How far in the name of science will the technocrats go? In the developed world, human vivisection is taboo. Instead they've conscripted the lesser mammals.

Perhaps, when invasive instruments are small enough, it'll be fashionable to participate in continuous monitoring, recording, and mapping. In order to remain competitive, individual human nervous systems will become redundant nodes in some über hive-mind, whose mantra is: "Stand Clear, you're steer. Get used to it!"

-anonymous



For the last two years people have been telling me I have been "zoning out."

My mind would go blank. Sometimes it would be for ten minutes. Other times it would be for an hour. I went to a

neurologist, but he didn't know what the problem was. My psychologist believes my mind is in a

"fugue state." He explained a fugue state happens when neither

the ego nor the alter ego can resolve the conflict, and the unconscious mind replaces the conscious mind. After the conscious mind returns, the person has no recollection of what happened. The consequence of the fugue is your memory comes out of place and the same thoughts go through your head over and over. People in the hospital who pace back and forth and talk to themselves most likely are in a fugue state. Ultimately, the fugue *eats up your mind*.

My fugue state was caused by a death in the family. With proper counseling, I'm hoping to put my memory back into place.

John W.

I have a theory that television can put the mind into a fugue. Sometimes when we watch TV, we zone out. That's the fugue. For example, when we watch a football game, the football might be on the thirty yard line. But before we know it, the ball is on the goal line. It can happen without us realizing it because we have zoned out. That's the fugue. A consequence of the fugue from watching television can be *"racing thoughts."*

I can go on and on about the fugue. But I just want to get my mind **BACK...**

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Leisure Education gets you in touch with yourself, connecting your disparate interests into an integrated repertoire, improving resiliency in recovery and enjoyment of life. Over the summer Leisure Ed. students and GOALS staff engaged in weekly outings to locales throughout WNY—reinforcing the notion of a rich network of places and possibilities for self enrichment.

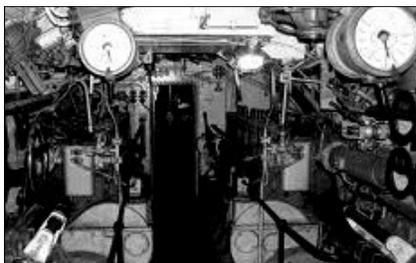
Evangelos: I woke up to a sunny day. Then I went to school for a fieldtrip to the beach and ran to the park. I hurried with excitement to catch up with my class to go to the beach. I got some sea shells to mend a necklace with it and some different colored rocks.



-L.A.

Buffalo Naval Park: I and other students with staff from the GOALS Center departed for a walk to the navel yard. As we arrived we noticed two ships and a submarine. The largest was known as the “USS Little Rock.” The smaller one the “USS Sullivans” (as in the brothers of the Sullivans Act) and even smaller, the submarine the “USS Croaker.” There were also jets and tanks and boats of sorts. We walked through some of the ships for part of the day. There were many parts of the ship: sick bay, captain’s deck, guns, and the missile area. I was intrigued by it all and I assume the group was too. And for all those party animals, there are overnight stays for the public which sounds very cool. To conclude, it was a fun day.

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WATCH YOUR HEAD!

We had a wonderful day at **Bemus Point**, the narrowest spot on Lake Chautauqua. It was a long ride, but well worth it. The day was cloudy with a little drizzle, but that didn’t dampen our experience. Along with picturesque scenery, there is plenty of history there—it was settled by William Bemus

-T.L.

The GOALS program ventured to historic **Lewiston** the first week in August. The trip up there was scenic as we traveled along the mighty Niagara River. Also, the weather cooperated as it was a sunny day.

When we first got there, we decided to explore Artpark, both by van and by foot. There were a couple of abstract statues which captured our attention. Furthermore, there were endorsements for the musical *Marry Poppins*, as the park puts on those type of productions.

A gentle breeze was coming off the river and kept us cool as we broke for lunch. A restaurant was situated on the river’s bank and proved to be popular, along with “the Caboose” which was an ice cream stand.

After lunch we toured the river. We came upon the narrowest point between Canada and the U.S. along the river. This point was significant because it was part of the



“Underground Railroad.” It was here runaway slaves crossed into Canada.

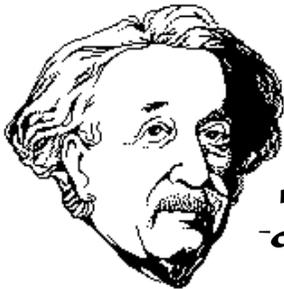
We went into town and found other historic sites. A Presbyterian and Episcopalian church were also part of the Underground Railroad and dated back to the early nineteenth century. The town was unique. No building was over two floors and a lot of the houses were summer homes for the wealthy.

When we got back to Buffalo, we all agreed it would be worth another trip to Lewiston.

-John W.

GOALS Students and staff celebrated a day of “all that is German” in recognition of Oktoberfest which just concluded. Educational and fascinating facts about German history, the Oktoberfest, culture, and music were shared. Authentic German food was enjoyed. Limburger cheese and onions on pumpernickel bread, Bavarian pretzels, and Rote Grütze samples were enjoyed by all, with foamy root beer! “Prost!”

Quotation as a Creative Writing Prompt



There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.
-Albert Einstein

The basic universal concepts of the “Big Bang,” the dinosaurs and common-present man plays a role in “miracle or not a miracle.” All of Jesus’s Bible gratitude and life, co-exists—and veers on the resilience of time, space, and doctoral themes and issues. Everything is a miracle. $E=mc^2$ is cordial and ascetic. Everything you see is through the eyes of creation.
-Michael Monfils

Einstein meant that you must believe everyday that your ordinary life is a miracle and everything and everyone’s a miracle.
-D.L.

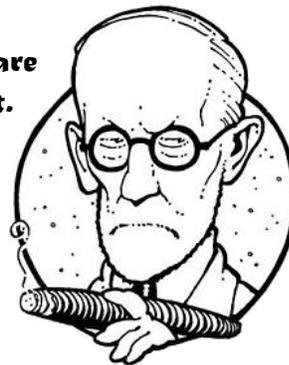


The brain is like a muscle. When it is in use we feel very good. Understanding is joyous.
-Carl Sagan

The brain is also like a muscle because the more we use it, the stronger it becomes. For example, when we read, we are exercising it, which makes us smarter. And when we become smarter, we feel exhilarated.
-John W.

Our bodies are resilient and self organizing. Muscles propel us physically. Our brains are fulcrums to navigate the mind. The state we maintain our mental faculties is equally important to that of our feral flesh. Atrophy of your sense of wonder is more debilitating than being confined to a wheelchair or complete paralysis. Mastery of conceptual displacement allows you to soar to ecstatic heights!
-Phil R.

“Flowers are restful to look at. They have neither emotions nor conflicts.”
-Sigmund Freud



Flowers have an indifferent place in my life.

Having them never really puts me in a happy state of mind. Roses bring me to a different and equated mind, to undiscovered and different understandable places.
-S.B.

The flowers are in peace—never fighting because the flowers do not see or think certain ways as we do. But they grow in pairs, and each one of them sees that every flower is going through a change which seems to be called a metamorphosis. So they are all together as one.
-anonymous



If it's over, then don't let the past screw up the rest of your life.

-Nicholas Sparks

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:

- Janine Ortman, CTRS 851-1298
- Gary Mulrain, Voc. Instructor 851-1283
- Christopher Keller, PsyD 851-1297



Solution to word search clues

Cauldron, Cobwebs, Comstalk, Guillotine, Pumpkin, Skelton / Cleopatra, Flapper, Maleficent, Mermaid, Nurse, Supergirl / Buttercotch, Licorice, Raisins, Penny, Toothbrush / Ghost, Goblin / Michael Myers