

NEWS LETTER

"If things go wrong, don't go with them." – Roger Babson



AM I MY BROTHER'S KEEPER?

"All men are born brothers, and anything that hurts my brother hurts me. If my brother commits a crime, I am a criminal; if he sings, there is music in my heart. Before you have dealings with any man, ask yourself: 'Am I my brother's keeper?' The answer should always be YES."

This snippet from Henry Hassett Browne speaks in a male tense but can easily be replaced to 'my sister's keeper or any other gender identification inclusively. We are all each other's keeper and should wholeheartedly embrace this during the upcoming Holiday Season. Looking out for

each other and displaying empathy is one of the best gifts we can give to one another.

It is often stated that love, sincerity and peace should not only be displayed during the 'holiday season.' I do agree with this sentiment, however, it is a great place to start because every journey does begin with a first step and why not take this time to start that journey. Certainly doing good deeds and treating others as you would want to be treated couldn't be all that bad, right? Besides, resolutions are coming up, so, why not make one that can easily be kept.

THIS TIME IS MY TIME
A story of recovery that gets straight to the point with no holes barred. You'll certainly be intrigued.

MEET OUR VERY OWN
Meet our very own Bernice Taylor-Davis and fall in love with her big personality and sweet spirit!

CALENDAR OF EVENTS
Don't miss a beat with our upcoming events!

WHAT IS EMPATHY

What is Empathy? Simply put “putting yourself in someone else’s shoes”. This can be very challenging. Some people find it harder than others to feel what someone feels. To genuinely express empathy, it takes a special character to be able to feel someone’s pain and relate to their suffering.

In the field of behavioral health we have to have this kind of character. Some develop this character through lived experience, for others it may come natural. However one may have achieved this characteristic, it is a must.

How Does Empathy look? It displays consideration; acknowledges someone’s pain; does not minimize the feelings of another.

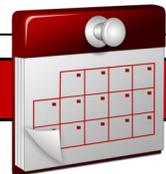
The generic responses such as “Everything happens for a reason,” “They are in a better place now” or “just look on the bright side” does not comfort someone who has lost a loved one. Empathy would say I can identify with how you may feel and adding lived experience or if one has no lived experience try, “I am willing to support you how can I

help? Give them the opportunity to share and then listen. People in pain just want to be heard. They may want validation that what they are going through is difficult. “That must be really hard for you.” This is a statement that acknowledges their pain. The best thing you can do is to acknowledge how the other person feels. When you connect with someone’s pain or struggle, it helps him/her feel supported. It shows you understand (or are trying to understand) how they might be feeling.

There is no script for empathy. It’s less about what you say and more about showing up and listening well. Sometimes, it’s ok to simply admit you don’t know what to say or that you can’t imagine what it would be like to experience what they are going through.

In all your efforts remember to show gratitude for them sharing and be supportive. What do you say to show empathy?

By Yolanda James



WHAT'S COMING UP AT THE CRANE?

DECEMBER 2ND & 16TH

Computer Class ▪ At The Crane ▪ 2 pm

Learn tricks that you can use daily from Trakell ▪ Weekly Classes will begin in January

DECEMBER 3

Tree Trimming
At The Crane ▪ 10 am start

DECEMBER 3

Live Raffle Drawing
Facebook Live ▪ 3 pm ▪ Look for The Paula Crane Page

DECEMBER 19TH

Christmas Family Feud
At The Crane ▪ 2 pm

DECEMBER 20TH

2nd Annual Talent Show
At The Crane ▪ 2 pm

MONTH OF DECEMBER

Holiday Caroling ▪ Multiple Locations ▪ Call for more information

7 REASONS TO CONSIDER VOLUNTEERING

Volunteering not only offers ways to assist in your local community, it also offers a means to building professional skills and developing your career. Volunteer work can be important in highlighting your abilities and experience in your resume, especially if you are still building up your work experience.

Volunteer work is typically considered to be an altruistic activity where an individual, group or organization provides services with no goals for social or financial gain.

Often, people may think of volunteering to help a non-profit organization achieve its goals or provide support for people in the local community. While these activities are important, volunteering can also provide substantial benefits to your career development.



7 BENEFITS OF VOLUNTEERING FOR CAREER GROWTH

Volunteering can have a big impact on your career growth. From showcasing your work ethic on your resume to helping your community, volunteer work has a variety of benefits. Here are some reasons it can be important to volunteer.

- Volunteering can add experience to your resume
- You can expand your network
- Volunteering can help you avoid job gaps on your resume
- You can learn and apply new skills
- Volunteering can help you increase your job confidence
- You can showcase your fit for open positions
- Volunteering can help prepare you for a career or role change



Submitted by Tia Adams

LIFE OF RILEY

A new man is brought into Prison Cell 102. Already there is a long-time resident who looks 100 years old. The new man looks at the old-timer inquiringly.

The old-timer says, "Yeah, look at me. I'm old and worn out. You'd never believe that I used to live the life of Riley. I wintered on the Riviera, had a boat, four fine cars, the most beautiful women, and I ate in all the best restaurants of France."

The new man asked, "What happened?"

"Ah well," the old man replied, "One day Riley reported his credit cards missing!"



A man sits in a restaurant and cries. The waiter comes and asks what happened.

The man replies: "My wife told me that she wouldn't talk to me for a month."

The waiter replies, "Oh no, that's horrible!"

Man: "Yes!!! (Sobs) Today that month is over."

TIME'S UP

HELPING

I saw a poster today, somebody was asking "Have you seen my cat?" So I called the number and said that I haven't. I like to help where I can.



GRATITUDE LETTERS

On Tuesday, November 19th, Individuals were tasked with expressing what they were grateful for within a written format. Headed by Education/Employment Specialist Tia Adams and Peer Specialist Yolanda Adams, the day included unlimited pastries, cocoa and scrumptious coffee as they expressed themselves from the heart. Below are mere samples of what was written.



Thank-n-God

I want to give thanks to the greatest, most supreme power on this Earth. He took the time to create the land I walk on, the air I breath and the fish I catch. He has let me fall when I made bad choices, but he is always there to pick me up. Through my life, He has allowed me to give life. His love took the time to make me. I want to share the love he has for all, and show how they can truly be free.

Rex

I'm grateful that I'm in my brother's keeper, because my life has been changing a lot since I've been in the program. It has changed my whole way of thinking about life being here at Clayton Center's program. It is a good experience and it has truly been life changing. I am no longer in the bubble I used to be in. I am out of my shell just a little bit, and since then, a lot of good stuff has been happening to me. My friends are back in my life, and I am meeting people in meetings that have been changing my whole outlook of things in life. I'm going to do better because of how the program is helping me; all of the staff is helpful. I know this time, I'm going to get it right and I am thankful and grateful to have all this support.

Marcos Vasquez

I am so grateful to be clean for one hundred and sixty days. I just thank God for today. I am truly blessed that I do not have any burning desires anymore. I'm clean and I am going to stay clean as I go through my recovery. God has delivered me from alcohol & drugs; God saved me from the bondage of alcohol. I am free at last. It feels good to be free. To the outside world: I have started to live my new life and I truly just thank God for saving me.

Remargie D. Jackson



CELEBRATION OF KWANZAA

Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach, created Kwanzaa in 1966. After the Watts riots in Los Angeles, Dr. Karenga searched for ways to bring African-Americans together as a community.



He founded US, a cultural organization, and started to research African “first fruit” (harvest) celebrations. Karenga combined aspects of several different harvest celebrations, such as those of the Ashanti and those of the Zulu, to form the basis of Kwanzaa.

KWANZAA HISTORY

The name Kwanzaa is derived from the phrase “matunda ya kwanza” which means “first fruits” in Swahili. Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, the family gathers and a child lights one of the candles on the Kinara (candleholder), then one of the seven principles is discussed. The principles, called the Nguzo Saba (seven principles in Swahili) are values of African culture which contribute to building and reinforcing community among African-Americans. Kwanzaa also has seven basic symbols which represent values and concepts reflective of African culture. An African feast, called a Karamu, is held on December 31.

The candle-lighting ceremony each evening provides the opportunity to gather and discuss the meaning of Kwanzaa. The first night, the black candle in the center is lit (and the principle of umoja/unity is discussed). One candle is lit each evening and the appropri-

ate principle is discussed.

Seven Principles

The seven principles, or Nguzo Saba are a set of ideals created by Dr. Maulana Karenga. Each day of Kwanzaa emphasizes a different principle.

Unity:Umoja (oo–MO–jah)

To strive for and maintain unity in the family, community, nation, and race.

Self-determination: Kujichagulia (koo–gee–cha–goo–LEE–yah)

To define ourselves, name ourselves, create for ourselves, and speak for ourselves.

Collective Work and Responsibility: Ujima (oo–GEE–mah)

To build and maintain our community together and make our brother’s and sister’s problems our problems and to solve them together.

Cooperative Economics: Ujamaa (oo–JAH–mah)

To build and maintain our own stores, shops, and other businesses and to profit from them together.

Purpose: Nia (nee–YAH)

To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

Creativity: Kuumba (koo–OOM–bah)

To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

Faith: Imani (ee–MAH–nee)

To believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

MEET OUR VERY OWN

Bernice

My name is Bernice T. Davis and I am in long term recovery and I have been on this journey for 22 years.

I am a Mother of five girls and one son and I have 17 grandchildren and eight great-grandchildren. I am the oldest of nine and I have always been the one that my family come to for advice on an issue and I help them get to the solution.

In 2010, I went back to school to get a college education and doing so I was put on the Dean's list three times and I received my AA and my BA in 3 years and I was the first sibling in my family to receive a degree. I was so thankful to my God for giving me the opportunity to move ahead in my life. He let me know that I can do all things through Him if I kept my mind stayed Him and that is how I live my life today. After graduation, I applied for a position at CCSB and they hired me to

work with the men and women who were in the residential treatment facility and after 3 and a half years at the residential facility, I was asked if I wanted the job of Transportation specialist at The Crane and I said yes.

I started working with these amazing people on October 1, 2018 and it has been a wonderful journey. My co-workers are my family away from home and I always can count on them to help me get through whatever situation I am faced with. So today I do the work God has put before me: to serve and be an advocate for those who can't speak for themselves.



Yours Truly,
Bernice T. Davis

THE ORIGINS OF CHRISTMAS

Christmas is celebrated on December 25 and is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive. December

25—Christmas Day—has been a federal holiday in the United States since 1870. In the early years of Christianity, Easter was the main holiday; the birth of Jesus was not celebrated. In the fourth century, church officials decided to institute the birth of Jesus as a holiday. Unfortunately, the Bible does not mention date for his birth (a fact Puritans later pointed out in order to deny the legitimacy of the celebration). Although some scholars believe his birth may have occurred in the month of winter (why would shepherds be out in the field of winter?), Pope Gregory III set the date as December 25. It is commonly believed that the church chose this date in an effort to adopt and absorb the traditions of the pagan Saturnalia festival.



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THE CRANE'S FAMILY FEUD

The top answers were on the board, prizes ready to be given out and refreshments hot and ready to go as Yolanda and Donald hosted an interactive game of Thanksgiving family feud to all who wanted to participate. Groups were divided into sets of five and finger snacks of popcorn chicken, tenders, veggies, chips, sweets and sodas were served as the Individuals received instructions of how to play the game.

Once spilt, two teams battled each other to get the most answers on the survey board in the attempt of reaching 300 points. The winning team then headed off into the final round for the grand prize of actual monetary gift cards for the entire team. After the first game was completed, the next two teams started their battle under the same rules.

Luckily both teams were able to win the gift cards and everyone learned how to work together and just have a good time. Because the games were such a hit, The Crane staff has decided to host another round, this time with Operations Manager, Trakell as the host and the games centered on the holiday festivities of the month on Thursday, December 19th at 2 pm. If you would like to reserve a spot to be on a team, simply go to thecrane.org and click on the event's tab to RSVP.

There are sure to be more giveaways, refreshments and a lots of fun guaranteed!!



MY LIFE

My life was burdened down
Aimlessly I wondered round
It seemed I'd truly lost my way

I had came to my end
When I found a new friend
Who introduced me to A.A.

Now my life has changed
My future is rearranged
As I travel down this road

I found freedom in that room
From all my gloom & doom
A.A. helped relieve the heavy load

So lay your burdens down
Find the freedom I have found
Let A.A. help you thru your trial and strife

Stick around my friend
Don't let addiction win
Learn the A.A. way of life

*Written by
George Williams*



Did you know that you can pace yourself and learn how to type in our computer labs Monday through Saturday?

That's right, each computer is equipped with Mavis Beacon typing tutorial and is completely self paced. So why not finally learn that skill that you've procrastinated on. No time like the present!!



STRESS, DEPRESSION & THE HOLIDAYS

TIPS FOR COPING



The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would. Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

ACKNOWLEDGE YOUR FEELINGS. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

REACH OUT. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

BE REALISTIC. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if

others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

STICK TO A BUDGET. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

Donate to a charity in someone's name.

Give homemade gifts.

Start a family gift exchange.

PLAN AHEAD. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

LEARN TO SAY NO. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

DON'T ABANDON HEALTHY HABITS. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.

Get plenty of sleep.

Incorporate regular physical activity into each day.

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PROTECTING YOUR SOBRIETY DURING HOLIDAYS

'Tis the season of glad tidings and good cheer, but for people in recovery from drug or alcohol addiction, the holidays can be an especially trying time to stay healthy and sober.

Holiday customs, childhood memories and annual gatherings that are closely associated with drug or alcohol use can also tug at your emotions and put your recovery at risk.

But there are ways you can prepare for this challenging season and safeguard the greatest gift you've ever given yourself and those you love: Your sobriety. Here are seven practical tips to help you avoid relapse and stay sober during the holidays and beyond.

HAVE SOBER STRATEGIES IN PLACE

Develop a plan to protect your sobriety ahead of any holiday event and activity that could potentially trigger relapse to substance abuse. This may mean going to a Twelve Step meeting before or after the event, attending the festivities with your sponsor or a sober friend, or making sure you can leave the gathering at any time and are not dependent on someone else for transportation.

ADJUST YOUR ATTITUDE

Talk with your sponsor, a friend who understands addiction recovery, or a professional counselor about the emotions and expectations you have wrapped up in the holidays—especially if you find yourself replaying childhood experiences or memories during this time of year. This is called "calculating reality." Remember that your loved ones, coworkers and friends are probably feeling tired and stressed during the holidays, too. This realization alone will help you adjust your attitude, lower your expectations and be forgiving of yourself and others.

BE OF SERVICE

The holidays offer powerful opportunities for spiritual growth by sharing your gratitude and joy with others. Connecting with others in this way can be a new experience that takes courage. But because you're in recovery from active addiction, you've already demonstrated the capacity for tremendous courage and change. So keep strengthening your recovery. Look for ways to be of service to others.

BE MINDFUL OF WHAT YOU'RE DRINKING—AND THINKING

At social gatherings, it might be helpful to always have a beverage in hand so people aren't constantly offering you a drink. When you order a beverage, pay attention to how it is being made. If you ask someone to get a beverage for you, he or she may not know your situation or might forget your request and bring you an alcoholic drink. If you accidentally pick up the wrong drink and swallow some alcohol, this doesn't mean you will automatically relapse. But watch for

any rationalizations that could creep in: "Hmm, I guess I can handle alcohol in social situations after all. Perhaps my period of abstinence taught me how to control my drinking." Do not go down that road. Instead, tell someone who understands recovery from drug or alcohol addiction about your experience as soon as possible. A mistake is not a relapse—but it can lead to one if kept a secret.

-Hazelden Betty Ford Foundation



THIS TIME IS MY TIME

My name is Arthur Ballard and I was born in Mobile, Alabama. I am the second oldest of three brothers and three sisters. At the age of nine, I moved to Atlanta, Georgia with my mother and stepdad. Shortly after my move, I started experimenting with marijuana. My experimentation in doing what so many others around me were doing led me to a whirlwind of trouble in school. My grades plummeted and I constantly got into fights and occasionally skipped classes.

At the age of 17, I moved to Clayton county with other family members. Four years later I started using heavier drugs, namely cocaine. For a while I was able to manage my drug use but my work performance took a nosedive. I was fired from my job and started to reevaluate my life. At the age of 28 I had three children that played a significant role in me stopping my drug use at the time. I noticed that me using was pulling me away from my children and that was a feeling that started to really tear at me.

Some time went by, and before I knew it, I was rolling with my old crew and started to use drugs again. Around this time, my daughter was incarcerated and nothing broke my heart more than to hear her say that my absence played a role in some of the decisions she made. I knew then that it was imperative that I got my act together.

In 2016, I heard about Clayton Center's *My Brother's Keeper*. I ended up joining the program and stayed for three short months before getting put out due to my inability to

comply with the house rules of remaining clean and sober. I figured to myself, "maybe you can do this on your own. You can get clean without *rehab*." These thoughts and I left the program and moved

with my mother and I started working to assist in taking care of my son who was recently released from jail.

Unfortunately, I fell short again and picked back

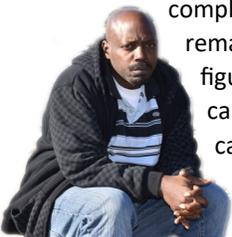
up on my drug usage. Determined and motivated to make it this time, I sought guidance from My Brother's Keeper again. My tenure in 2018 was 13 months. I was on the right track, being employed at Hartsfield Airport and having my own apartment, things were finally looking up for me.

Time and time again in the fellowship I had been told that during the first year of recovery that you should stay away from relationships. With things going so well for me, I figured "how can I possibly mess this up, I'm stronger mentally." With these thoughts, I started a relationship with a female that I met in recovery and before I knew it, I was back out there. I started calling into work, if I decided to even go at all, I would show up late. It was inevitable that I lost that job too.

Here I am today, six months clean, sober and determined to make this my last rodeo. During this journey, I have done things differently. I am more focused and not complacent as I was before. I inspire to be a better man for my eight children. I want to be a great role model for my grandchildren. In order to do that, I will take it one day at a time and continue to work on my sobriety.



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O' GIVE THANKS

When given the task of brainstorming events for November, the incredible duo of Tia & Yolanda immediately jumped on it and got to work. The week of November 18th - 22nd was filled with various activities (most located throughout the newsletter). The week ended on a high and beautiful note all set up by the best in the area, The Crane staff.

November 22nd was a time for Individuals to reconnect and spend time with their loved ones, as many gathered in the afternoon with hugs and lots of love in the great room.

The event room welcomed everyone with mood lighting, light jazz, waterfalls and beautiful aromas of Thanksgiving as they made themselves comfortable. Operations Manager, Trakell and Office Manager, Ursula welcomed everyone and spoke of all of the services offered at the center, as well as giving homage to the Program Director, Ava.

Ms. Tia then took the floor as she spoke on the gratitude letters written earlier that week. Individuals shared their heartfelt letters with such compassion and sincerity that the pre-placed waterfalls couldn't keep up with the tears falling around the room.

Family members began to share what they were thankful for, which included their loved ones fighting for their recovery. One share stated that it was the first time they'd ever seen their loved ones clean and sober, and gave thanks to Clayton Center and The Crane for making this day possible.

Ms. Bernice then delivered a rousing prayer to bless the food and the feast kicked off. Catered vittles included fried chicken, sugar cured ham, dressing, Hawaiian rolls, macaroni & cheese, yams, collards, and green beans. Desserts ranged from chocolate and pumpkin cake to sweet potato, pecan, apple, peach, and blueberry pies.

After the feast, the floor was opened to Ms. Yolanda to share certificates of achievement on days clean. This celebrated Individuals who had reached a mile stone of staying clean and sober and ranged from 30 days & upward.

The floor was then opened back up for anyone to share words of thanks that was on their hearts as the event started to come to a close. Both family members, Individuals and staff alike shared their hearts. The whole event ended with a rousing sing-along edition of Lean on Me.

Believe it or not, this year was the first year The Crane has hosted a Thanksgiving event, but it surely will not be the last. The vibe of the entire event was absolutely beautiful and something we wouldn't want anyone else to miss out on.



YEP, THAT'S A TRAFFIC LAW TOO!!

Sometimes, drivers in Georgia get pulled over because they were breaking a law they just didn't know about.

Police understand that drivers are less aware of certain laws; those are the ones they see broken often.

Here are a few laws that police say many drivers seem not to know exist:
YOU CAN STILL BE PULLED OVER FOR GOING THE SPEED LIMIT.

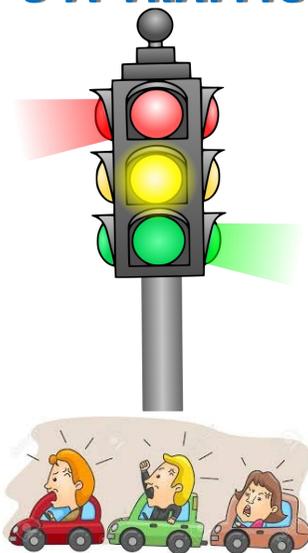
Way back in 2014, Georgia passed the "Slowpoke Law," which requires that drivers in the left lane on a Georgia highway, interstate or expressway must move over if a faster car approaches them. Slow drivers cannot linger in the left lane, even if doing the speed limit.

IT'S ILLEGAL TO USE THE CENTER LANE TO MERGE INTO TRAFFIC.

The center lane **cannot** be legally used for any purposes besides making a left turn. Drivers should not enter the center lane before they are 300 feet from the location where they will turn left, per Georgia law. "Drivers often will use the center lane to merge into traffic, or they will enter it well before they legally can," Fedak said. "The laws says that it only be used to make left turns, and you can't be in the center lane more than 300 feet. You can't use it as a merge lane."

NO PART OF YOUR TAG CAN BE OBSTRUCTED FROM VIEW.

Drivers will often cover their tags with illegal frames or covers, often in an attempt to



fool cameras designed to catch running red lights and speeding.

Policemen state that before you buy a tag frame or cover, check that it will not illegally obstruct the view of the tag. In Georgia, the entire tag must be clear and unobstructed, a law he said is unique to GA

YOU HAVE TO TURN YOUR HEADLIGHTS ON IN THE RAIN AND SHOULDN'T RELY ON YOUR AUTO-LIGHTS.

Georgia law requires car headlights to be turned on when it's raining. But often people will rely on their automatic lights, which do not turn on the rear lights as well.

"You still have to turn your headlights on because it illuminates your front and rear lights," Fedak said. "Even though you have daytime driving lights, you have nothing on in the back."

A BICYCLE CLASSIFIES AS A VEHICLE.

"A lot of people don't realize that a bicycle under GA law is considered a vehicle, and the law requires that bicyclists follow the same laws vehicles do," an official stated. This includes stopping at red lights and riding on the correct side of the road.

YOU MUST MOVE OVER ONE LANE NOT JUST FOR POLICE CARS, BUT ALSO FOR ASSISTANCE VEHICLES & GARBAGE TRUCKS.

Most people knew about emergency vehicles, but not the garbage trucks. If you can't move over, you must slow down to 10 mph.

GAME DAY AT THE CRANE

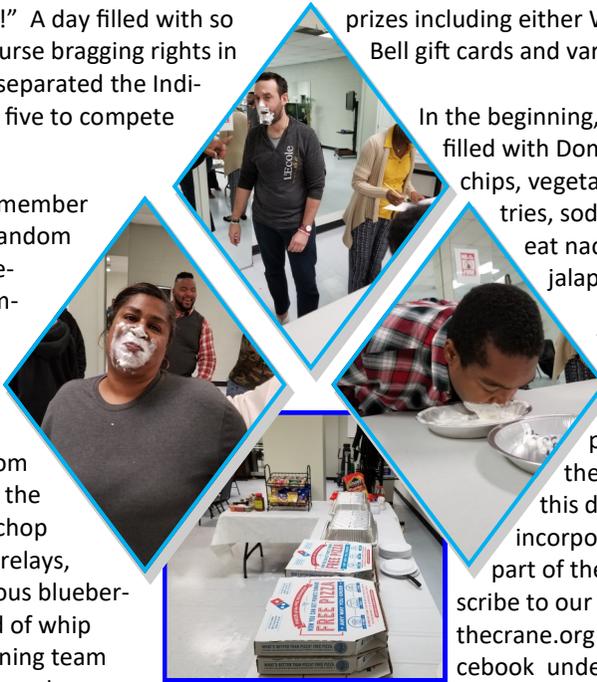
On Thursday, December 21st, The Crane presented, "Game Day!" A day filled with so much fun and of course bragging rights in the end, game day separated the individuals in groups of five to compete for the grand prize.

Each team chose a member to participate in a random game that wasn't revealed until the competitor was chosen. Games included musical chairs, bottle shaking (funneling candy from one water bottle to the other), corn candy chop sticks, cup stacking relays, and the now infamous blueberry hunt under a bed of whip cream with the winning team finishing in mere seconds.

The winning team walked away with random prizes including either Wal-Mart or Taco Bell gift cards and various other prizes.

In the beginning, tummies were all filled with Domino's pizza slices, chips, vegetable selections, pastries, sodas and all you can eat nachos complete with jalapeños.

The day was filled with so much fun, it is sure to be repeated with some of the same games from this day and new games incorporated in. To be a part of the next festivity subscribe to our webpage at thecrane.org or follow us on Facebook under Paula Crane Center.



THE TRADITION OF HANUKKAH

Hanukkah, also known as the Festival of Rededication, celebrates the rededication of the Temple in Jerusalem after its defilement. Although it is a late addition to the Jewish liturgical calendar, the eight-day festival of Hanukkah has become a beloved and joyous holiday. It is also known as the Festival of Lights and usually takes place in December, at the time of year when the days are shortest in the northern hemisphere. Much of the activity of Hanukkah takes place at home. Central to the holiday is the lighting of a menorah, an eight-branched candelabrum to which one candle is added on each night of the holiday until it is ablaze with light on the eighth night.

Since Hanukkah is not biblically ordained, the liturgy for the holiday is not well developed. It is actually a quite minor festival. However, it has become one of the most beloved of Jewish holidays. In an act of defiance against those in the past and in the present who would root out Jewish practice, the observance of Hanukkah has assumed a visible community aspect. Jews will often gather for communal celebrations and public candle lighting.

Like Passover, Hanukkah is a holiday that celebrates the liberation from oppression. It also provides a strong argument in favor of freedom of worship and religion. In spite of the human action that is commemorated, never far from the surface is the theology that the liberation was possible only thanks to the miraculous support of the Divine.





FIESTA DE GUADALUPE

The feast day of Our Lady of Guadalupe, also known as the Virgin of Guadalupe, is celebrated annually on December 12th. For

Mexicans and Mexican-

Americans as well as other Latinos, Our Lady of Guadalupe is a powerful symbol of devotion, identity, and patriotism. Her image inspires artists, activists, feminists and the faithful.

Yet while Our Lady of Guadalupe is revered, recognized, and commercialized throughout Latin America, many Americans are likely unaware of the origins and impact of her iconic status.

According to lore, in 1531 the mother of God appeared to a peasant named Juan Diego on a hill near present-day Mexico City and asked that he build her a shrine. Twice Juan Diego reported her appearance to his local bishop, who did not believe him. The second time, the bishop asked for proof. On the morning of December 12, the vision appeared again to Juan Diego and directed him to gather flowers at the top of the hill. This was unusual because it was winter and flowers were

not in season. Nonetheless, he followed her instructions and discovered an array of Castilian roses. The "lady" helped Juan Diego arrange them in his *tilma*, or cloak, and he went back to his bishop. When Juan Diego showed the bishop his cloak, the roses tumbled out and on the inside of the cloak was an image of the Virgin Mary. Since then, this image has been known as Our Lady of Guadalupe.

What sets this purported appearance apart from others such as the visions in Lourdes or Fatima is that the "proof" that Our Lady of Guadalupe gave Juan Diego can still be seen today, on display at the Basilica of Our Lady of Guadalupe outside Mexico City.

The *tilma's* colors have not faded despite the passage of hundreds of years, and the cloak has reportedly defied some scientific explanation. The Basilica itself is one of the top tourist attractions in the country, drawing millions of visitors a year, including Pope Francis in 2016. The Basilica is a sacred place to devout Roman Catholics, as they believe it marks the only place in the Americas visited by the Virgin Mary.

By Raul A. Reyes

NEW YEAR'S SAFETY TIPS

While staying safe on the road must be a high priority for New Year's Eve revelers, it's certainly not the only safety issue that you may confront as you ring in the New Year. With a little care and foresight, you can protect yourself from some of the more common New Year's risks.

PARTYING Ensure that everyone has a designated driver for the night . . . even better, make arrangements to stay where you are celebrating New Year's Eve. You may be in fine condition, but you don't know about the driver next to you or around the corner.

FIREWORKS - When it comes to explosives, follow the same rules on New Year's Eve that you would any other time of the year: Leave it to the experts. The best way to enjoy fireworks is to watch a public exhibition from a safe distance. If you feel you must light your own fireworks never allow children to handle or light any kind of fireworks.

FIREARMS It is a tradition for some to shoot firearms up in the air. This is a very bad idea, especially in populated areas as what goes up, must come down. In 2002 for example, a 9-year-old boy was killed while celebrating Independence Day in Buena Park near Los Angeles from a stray bullet shot into the air.

THE ORIGINS OF CHRISTMAS *(continued)*



First called the Feast of the Nativity, the custom

spread to Egypt by 432 and to England by the end of the sixth century. By the end of the eighth century, the celebration of Christmas had spread all the way to Scandinavia. Today, in the Greek and Russian orthodox churches, Christmas is celebrated 13 days after the 25th, which is also referred to as the Epiphany or Three Kings Day. This is the day it is believed that the three wise men finally found Jesus in the manger.

By holding Christmas at the same time as traditional winter solstice festivals, church leaders increased the chances that Christmas

would be popularly embraced, but gave up the ability to dictate how it was celebrated. By the Middle Ages, Christianity had, for the most part, replaced pagan religion. On Christmas, believers attended church, then celebrated raucously in a drunken, carnival-like atmosphere similar to today's Mardi Gras. Each year, a beggar or student would be crowned the "lord of misrule" and eager celebrants played the part of his subjects. The poor would go to the houses of the rich and demand their best food and drink. If owners failed to comply, their visitors would most likely terrorize them with mischief. Christmas became the time of year when the upper classes could repay their real or imagined "debt" to society by entertaining less fortunate citizens.

Written by History.com Editors

STRESS, DEPRESSION & THE HOLIDAYS TIPS FOR COPING *(continued)*

TAKE A BREATHER. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- Taking a walk at night and stargazing.
- Listening to soothing music.
- Getting a massage.
- Reading a book.

SEEK PROFESSIONAL HELP IF YOU NEED

IT. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to

face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional as soon as possible.

TAKE CONTROL OF THE HOLIDAYS

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.



By Mayo Clinic Staff



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