

NEWSLETTER

“Spread love everywhere. Let no one ever come to you without leaving happier” –Mother Theresa



ADDICTIVE LOVE

Love is in the air; we are only a few days away from Valentine’s Day. I love this time of the year. In fact, I love love. And I love seeing people in love. Wouldn’t it be wonderful if intense romantic love lasted forever? But what if such a desire for love becomes excessive in some people? Could love really become an addiction?

While the term “love addiction” may be controversial among mental health professionals, having an overwhelming or obsessive compulsion toward love or a loved one is not uncommon. Love addictions are formed as a defense against psychological pain. Love addicts have a fantasy of being rescued by their loved one

and often believe that this one person can somehow make them okay. They have too high an opinion of the object of their affection, and too low an opinion of themselves. Because of this, love addicts pour too much time and energy into their relationships, while neglecting their own well-being, family, friendships and even careers.

It is important to note that “love addiction” has not been classified as an official diagnosis. Many mental health professionals take issue with attaching the designation of “addiction” to what most seem to consider simply a passion-related behavior.

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THE ENRICHMENT OF BLACK HISTORY

From the hidden figures that made an impact, essential Black inventors, change-making civil rights leaders, award-winning authors, and show-stopping 21st century women, Black history is rich in America. Resources like BlackPast.org, the National Museum of African American History and Culture, and the Library of Congress are great ways to expand on your knowledge as well as learn little-known Black history facts to further your understanding of African American culture. Here are just a few hidden gems to wet your appetite and get you started.

1. Dubbed "Hip-Hop's First Godmother" by Billboard, singer and music producer Sylvia Robinson produced the first-ever commercially successful rap record: "Rapper's Delight" by The Sugarhill Gang. And along with her husband, she co-owned the first hip-hop label, Sugar Hill Records.
2. Renowned singer and jazz pianist, Nat King Cole, was the first Black American to host a TV show: NBC's The Nat King Cole Show.
3. Stevie Wonder is not only the first Black artist to win a Grammy for Album of the Year for 1973's Innervisions, but the first and only musician to win Album Of The Year with three consecutive studio albums.
4. In 1981, Broadcast journalist Bryant Gumbel became the first Black person to host a network morning show when he joined NBC's Today Show.
5. Hairdresser Christina M. Jenkins is credited with inventing the weave. Also known as a sew-in, the Louisiana native (who eventually relocated to Ohio) earned a patent for her creation in 1952—though it was overturned in 1965, according to Stylist Magazine.
6. The oldest Black female Greek-letter organization, Alpha Kappa Alpha Sorority, Inc. (AKA), was founded at Howard University in 1908. Alpha Phi Alpha Fraternity, Inc. (Alpha), the first Black male Greek-letter organization, was founded in 1906 at Cornell University.
7. Loretta Lynch became the first African-American woman to be named US Attorney General in 2015
8. In 2008, Tyler Perry became the first African American to launch his first film and television studio
9. The first African-American billionaire was Robert Johnson, who sold BET to Viacom for \$3 billion.
10. Stacey Abrams became the first black woman to become the Democratic nominee for Governor of GA, winning more votes than any other Democrat in Georgia's history. She also was the first Georgian to deliver a response to the State of the Union.
11. In 2021, Kamala Harris became the first black/south Asian Vice President of the United States.

*From McKenzie Jean-Philippe
and the Black Detour Team*



WE KNOW THEIR NAMES

As protests have spread around the globe, the pressure is on police departments and politicians, particularly in the United States, to do something — from reforming law-enforcement tactics to defunding or even abolishing police departments. No matter what, we will never forget the lives of those lost by the brutality of those who were sworn to serve



RAYSHARD BROOKS, 27 - ATLANTA, GA - 2020

What he was doing: He fell asleep in his car, blocking the drive-through lane at a fast food restaurant

How he was killed: Police body cameras showed former officers Garrett Rolfe and Devin Brosnan speaking to Brooks for more than 40 minutes after complaints that the 27-year-old Black man had fallen asleep in his car. The officers told Brooks he had had too much to drink to drive and attempted to restrain him, a struggle ensued, and Brooks fled. He was shot twice in the back, according to the autopsy.

Action taken: Rolfe was fired; he faces 11 charges, including felony murder. Brosnan faces a number of charges including aggravated assault.



DANIEL PRUDE, 41 - ROCHESTER, NEW YORK - 2020

What he was doing: He ran onto the street, naked, while experiencing a mental health episode

How he was killed: Prude was initially compliant when emergency services found him at 3 am, though he became agitated. Police placed a “spit hood” on his head. Officer Mark Vaughn used his body weight to force Prude’s head against the pavement as other restrained him. Prude said police were “trying to kill” him as he was restrained for over three minutes. An autopsy found he died of “complications of asphyxia” due to the restraint, as well as acute intoxication.

Action taken: New York Attorney General Letitia James says Prude’s death is being investigated. Seven police officers involved were suspended on September 4, 2020



GEORGE FLOYD, 47 - ROCHESTER, NEW YORK - 2020

What he was doing: Allegedly tried to use a counterfeit \$20 bill

How he was killed: Floyd was handcuffed on the ground as Officer Derek Chauvin knelt down on his neck for eight minutes and 46 seconds - as Floyd pleaded with the four officers present and repeatedly told them that he could not breathe.

Chauvin kept his knee on Floyd’s neck even when he became unresponsive. Two autopsy reports listed Floyd’s death as homicide, although they gave different causes.

Action taken: All four officers involved were fired. Chauvin faces the most serious charges, including second-degree murder. The three other officers were charged with aiding and abetting second-degree murder and manslaughter.



BREONNA TAYLOR, 26 - LOUISVILLE, KENTUCKY - 2020

What she was doing: Asleep at home

How she was killed: Taylor and her boyfriend, Kenneth Walker were sleeping when three plain-clothe officers arrived at their apartment to execute a search warrant in a drug case. They believed it was a break-in and Walker called 911 and fired his licensed firearm. Taylor, who was unarmed, was shot eight times.

Action taken: Officers involved in the incident were reassigned

Pending the results of an investigation.

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A SURVIVOR'S GUIDE TO GETTING THROUGH VALENTINE'S DAY

Valentine's Day sucks for a lot of people. No matter how brands modify marketing strategies to be inclusive as possible of all relationship statuses and orientations, it still feels a lot like a holiday reserved for couples, who then feel obligated to show affection in grandiose ways. But what about the many people who've suffered abuse from a partner rather than love and tenderness? No amount of flowers and chocolate, whether from a loving new partner or bought for oneself, can make up for that.

Partner violence is far from uncommon. According to the National Coalition Against Domestic Violence (NCADV), one in three women and one in four men in the United States has experienced some form of physical violence at the hands of an intimate partner. Additionally, 48.4 percent of women and 48.8 percent of men have faced psychologically aggressive behavior from an intimate partner. It's prevalent across all communities, regardless of age, socioeconomic status, sexual orientation, gender, race, or religion (though studies suggest that LGBTQ folks face it at higher rates than others). And even after a victim escapes an abusive relationship, the physical and psychological effects can last a lifetime.

"I always have this feeling of deep sadness on Valentine's Day that I just can't shake off," Mirela, a survivor of domestic abuse, tells Allure. "I had a really hard time allowing other people to get close to me, as I was afraid I will get hurt again."

"V-Day made me feel even more worthless than I already did," Kate, another survivor, says. For some survivors of domestic or dating violence, Valentine's Day imposes a painful sense of responsibility to show love and affection. On February 14th, they often feel more alone, depressed, and vulnerable than they do all year — but that doesn't

mean there isn't hope.

GETTING THROUGH THE INEVITABLE 14TH

If you're an abuse survivor, there's not one way to cope with feel-

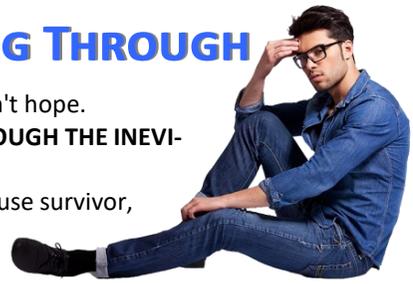
ings that Valentine's Day might stir up. But if you can do things that empower you and make you feel good, that's a step in the right direction. (And for those of you who haven't experienced abuse but know a friend who has, Valentine's Day is a good time to reach out and remind them you're there for them in any way they need.)

Here are some general suggestions that may work for you.

- Surround yourself with support: Seek out friends and family who make you feel validated and won't encourage you to return to your abuser.
- Turn to therapy: Talk with a therapist or a survivor group where you can be candid about the trauma you experienced. "The ability to process and sit with your trauma is one of the hardest and most important parts of healing," Dutchevici says.
- Put your own needs first: Do whatever makes you feel good and at peace. It could be meditating or seeing a silly movie or reading that book you've been curious about.

Overall, the hope is that with the right support, no matter where it comes from, triggers like Valentine's Day will, over time, become less impactful and destabilizing. Yes, the trauma you experienced was real, but the memories of it don't have to keep hurting you. The more autonomy you allow yourself to have over them, the sooner they'll fade into the background.

Written By: Ally Hirschlag



LOVE AND EXAMPLE RAISES OUR GIRLS

To all my mothers, who are raising young girls, whether they be black, white, tall, or short; with long hair or short hair, or they have you pulling out your own hair on Saturday only to notice it grew back Tuesday. Then again on Friday it is all gone, and you notice by Sunday it is even longer than ever.

Always remember, I must be the example for my daughter. Our daughters are our daughters, not only on the days my hair is beautiful and healthy and laid just the way I want it, but on the days my split ends are unmanageable, or my lace front wont stick, or my locks need to be retwisted; the days it look as if the color is faded away the perm didn't curl it enough or straighten it enough. No matter what, I still have to RAISE my young girl. How do I be the EXAMPLE when the world is telling her that her butt is not big enough, or that it's too big, or that her lips are not the right size, and if she's not showing enough skin then she not worthy.

She eats the food I buy, wears the clothes I purchase, lives under my roof, and I don't do this because I birthed her and it's my duty until she turns 18, NO!!!!!! this is my duty until I take my last breath (I MUST RAISE HER WITH LOVE AND EXAMPLE). It's my duty to LOVE her so much that she has no other choice but to

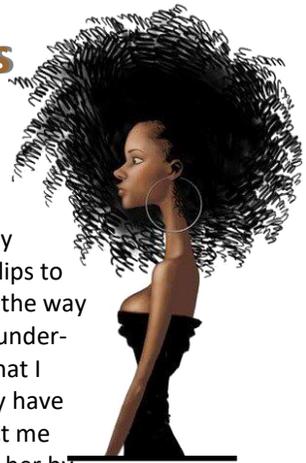
love herself. It's my duty to make sure when I walk out of the house my hair is nice, I'm happy with the body God gave me, I use my lips to speak life into her, and the way my clothes fit me they understand without words, that I respect myself and they have no choice but to respect me too. This is me RAISING her by EXAMPLE. I give her duties around the house, I put her on punishment when necessary, I am learning to apologize when I'm wrong because she has feelings too, this is me loving her.

Now!!! For me I've been around long enough to understand and accept that I am beautiful and I still need to be RAISED BY LOVE AND EXAMPLE. And it is you, mother, yeah you right there! You have something I want, something I need, something I could use. I need for your LOVE to not judge me, to hear me, to understand me, to never give up on me. I need for you to give me EXAMPLES of what works for you and your daughter. How do you continue to listen when she say, "But Mom?" How do you talk *with* her, and not *to* her; how do you spend more time with her?

The only way I can LOVE and be an EXAMPLE for my daughter even your daughter, is with you! Yes, you the mother right there and over there, and over there too...I need you to help me RAISE my daughter, because there are days, I want to pull my hair out and leave the house with clothes that makes me look as though I'm homeless, but what kind of SELFLOVE would that be and what kind of EXAMPLE will that show her.

I will raise my daughter with LOVE and EXAMPLE because it truly raises young girls into women of valor.

Written By Freda Green



DID YOU KNOW:

February 11th is known as Asian-American Women's Equal Pay Day. The aim is to raise awareness about the pay gap between Asian American women and White men. Asian-American women are paid 90 cents for every dollar paid to white men. Black women are paid 62 cents for every dollar. A bigger divide.



ADDICTIVE LOVE

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However, the term “love addiction” can be very useful in understanding specific problematic relationship patterns and behaviors. It can also be helpful in shedding light on

how to break a deeply rooted psychological compulsion.

Love addiction has similar characteristics and cycles to other addictions. Definitions of addiction range from narrow to broad. Addiction can be defined as

a physical or psychological dependence on a mind-altering substance

a brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences

a dependence on or compulsion to any substance or behavior

Love addiction is similar to other addictions in that it is formed as a defense against unresolved pain. Like other addictions, love addiction focuses increasingly on the object of the addiction at the detriment of the love addict. The typical love addict loses interests in activities outside of their addiction. Furthermore, the addiction causes problems with family and friends, even at work. When the addiction is interrupted, the addict will feel an intense, emotional withdrawal.

WHAT IS THE CYCLE OF LOVE ADDICTIONS?

Love addictions tend to follow a predictable cycle.

- In the initial stage of attraction, both partners are very drawn to one another.
- As they get involved, the love addict forms a fantasy of being rescued. At the same time, their partner begins to put up walls to avoid real intimacy.
- The love addict becomes enamored with a fantasy and is blind to real flaws in the relationship and their partner. The relationship becomes the center of their uni-

verse and they start to think about it incessantly. Meanwhile, the avoidant partner begins to pull away more and more. Sensing their partner’s neediness and insecurity leads them to resent the relationship. When the avoidant partner pulls away, the love addict’s fear of abandonment is triggered and they cling on more tightly.

- The love addict becomes frustrated and upset. No matter how much energy they pour into the relationship, they can’t seem to make it work. They try to fix themselves, still clinging to the fantasy that their partner is perfect or “going to change.” At this point, the avoidant partner may be distancing himself further from the relationship, potentially abusing alcohol or drugs or having an affair.
- Eventually the love addict starts to recognize their partner’s bad behavior. They may lash out with emotional outbursts. They might act compulsively.
- Feeling ashamed of their own bad behavior, the love addict apologizes and returns once again to the fantasy that things will all work out.

This cycle can repeat many times in the course of one relationship. If at any point, the love addicted partner ends the relationship, the avoidant partner may suddenly do a complete 180 and fight to get the relationship back. However, as soon as the relationship picks up again, the familiar dynamics take over.

For mental health and treatment programs, please call Clayton Center’s centralized scheduling department at 1.844.438.2778



REMEMBER: When you come into any Clayton Center building you must wear a mask at all times, covering both your nose and your mouth. This is for your protection and others.

WHAT'S COMING UP AT THE CRANE?

FEBRUARY 1ST

Education Orientation at the Crane. Choose between 10 am and 2 pm. Registration is still opened via the education portal at: thecrane.org/education. Contact Ms. Freda Green for more information: 770.960.2010

GET FIT WITH THE CRANE

Join the challenge and win big, through weight loss and prizes. The first weigh in will be Friday, February 8th. Standard workouts will be Monday, Step Aerobics on Wednesday and Friday will be ZUMBA and Nutrition classes. All classes begin at 1 pm.

FEBRUARY 1ST - 15TH

Drop in to leave a message of inspiration at our front table or pick up a little inspiration from our Valentine's Day table. We look forward in sharing some of the festive love in the air with you.

February 22nd - 26th

Black History Week. See our website: thecrane.org for activities that you can participate in!!

One On One Appointments

Monday - Friday, Call or visit website to book appointment With CARES Specialists

Peer Groups

With Certified Addiction Recovery Empowerment Specialists
2:00 pm ▪ M-F ▪ Virtual on Zoom

ALL FEBRUARY

HIV Appointments
Call for an Appointment
or book your own appointment online

All Meetings on Zoom:
Member ID: 838.951.2807
No Password Required!!



The Crane would like to welcome two of the newest members to the team that have already started to make incredible contributions.

Ms. Robin serves as our new Office Manager and brings her years of experience and organizational skills to the center as she manages the logistics of the office. She is no stranger to the center, as she initially started with Clayton Center as the transportation specialist of The Crane before being elevated to front desk positions throughout the agency. We are ecstatic to have her back in a larger capacity and we look forward to what she is already planning for the betterment of the center.

Ms. Freda comes to us as a Certified Addiction Recovery Empowerment Specialist to fill the role of Education and Vocation Specialist. The heart, compassion and empathy that she displays daily is a welcomed breath of fresh air as she assists those pursuing their educational goals or try to get back into the working force. She comes with ample resources and the ability to push forward in meeting the individuals where they are and getting them to the finish line. Welcome Ms. Robin and Ms. Freda and we look forward in what we can achieve together as a team.

OUT OF BREATH

There's a home-improvement store near me that has a big green button in one of its departments. If no assistant is present, you push the button, which starts a timer. If you're not served within a minute, you get a discount on your purchase.

We like being the customer in this scenario who enjoys the speedy service. But the demand for fast service often takes a toll when we're the one expected to deliver it. So many of us today feel rushed doing our jobs, working long hours, checking email multiple times a day, and feeling pressured to meet tighter and tighter deadlines. The customer service tactics of the home-improvement store have seeped into all our lives, creating a culture of rush.

When God told the Israelites to keep a Sabbath, He added an important reason:

"Remember that you were slaves in Egypt" (Deuteronomy 5:15). There they'd been forced to work ceaselessly under Pharaoh's excessive time constraints (Exodus 5:6–9). Now freed, they were to give themselves a whole day each week to ensure they and those who served them could rest (Deuteronomy 5:14). Under God's rule, there were to be no flush-faced, out-of-breath people.

How often do you work to the point of exhaustion or get impatient with people who keep you waiting? Let's give ourselves and each other a break. A culture of rush is Pharaoh's doing, not God's.

By: *Sheridan Voysey*



DEALING WITH THE PAIN



Dealing with pain for many of us requires a prescription, or pain-relieving medicines.

However, we should try as often as we can to relieve pain without meds. Our society is becoming more and more addicted to prescription drugs, even more than the "street drugs". Using physical therapy (such as heat or cold packs), massages, meditations, relaxation techniques, hydrotherapy (water exercise classes) and exercise, many times can be a healthy relief for pain. A simple massage with your fingertips to your temple on both sides of your face can relax and relieve your headache. When you feel a headache, begin to massage your temples and your head in the area of the pain and see if massaging gives you relief before reaching for the Tylenol or other pain meds. Water aerobics and the whirlpool also works for joint areas of pain. There are many other ways to control and relieve pain, no matter where it is located.

Here's what I am suggesting to you, before receiving prescription from your doctor, ask the doctor if there are other ways to treat your pain other than the opioids and other medications. *This is Dathon Brown dealing with pain.*



DID YOU KNOW: We've all heard the term, "laughter is the best medicine." It's fun to share a good laugh, but did you know it can actually improve your health? Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. It also helps you release anger and forgive sooner.

THE ULTIMATE TEST

THE STORY: One night, four college students stayed up late partying, even though they knew they had a test the next day. The next morning, they came up with a plan to get out of having to take their test.

Each student rolled around in dirt and then went to the teacher's office.

They told the teacher that they had gotten a flat tire the night before, and they spent the entire night pushing their car back to campus.

The teacher listened, and to the students' delight, he offered a retest three days later.

On the day of the test, the students went to their teacher's office. The teacher put all four of the students in separate rooms to take the test. The students were okay with that because they had been given a chance to study.

The test had 2 questions:

- 1) Your Name _____ (1 Points)
- 2) Which tire was flat? _____ (99 Points)

Front Right

Front Left

Back Right

Back Left



THE MORAL: You always need to take responsibility for your actions aside from making wise decisions. Aside from making wise decisions, you always need to take responsibility for your actions. This means not blaming other people for your mistakes, not complaining about the reality of the present moment, and not giving in to other people's pressure.

FINDING LOVE AFTER ADDICTION

When you're trapped in addiction, you're unable to rationalize the right decisions for your health and happiness, let alone care for another person. The Steps encourage newly sober individuals to wait at least one year before dating after completing rehab at a drug and alcohol treatment center. This allows newly sober people to find their interests, reintegrate into daily life, and develop healthy coping mechanisms after rehab. If you're ready to begin dating after rehab, be sure to approach the adventure with the right perspective and expectations.

WHEN TO DATE AFTER REHAB

Many people look forward to finding love after addiction and being able to form genuine relationships now that addiction isn't in the way. But under no circumstances should you date while you're staying at a treatment facility, halfway house, intensive inpatient care center, or residential mental health program. Dating too soon can result in disaster

for your relationship and even your recovery. After fully finding sobriety and completing a treatment program, you should wait a year before you begin dating. This allows you the time you need to develop healthy coping mechanisms, establish employment, and solidify lasting sobriety skills.

DATING IN RECOVERY

Dating is difficult, and dating after rehab can be even more challenging. Your time at a drug and alcohol treatment center has given you the ability to self-reflect and focus on your growth. If you're feeling that it's time to start dating, it's important to take the lessons you've learned in treatment to heart.

For tips for dating after rehab, see page 13



IT'S NOT LOVE, IT'S STALKING

Like domestic violence, stalking is a crime of power and control. Stalking is conservatively defined as "a course of conduct directed at a specific person that involves repeated (two or more occasions) visual or physical proximity, nonconsensual communication, or verbal, written, or implied threats, or a combination thereof, that would cause a reasonable person fear." [1] Stalking behaviors also may include persistent patterns of leaving or sending the victim unwanted items or presents that may range from seemingly romantic to bizarre, following or laying in wait for the victim, damaging or threatening to damage the victim's property, defaming the victim's character, or harassing the victim via the Internet by posting personal information or spreading rumors about the victim.

According to the CDC's National Intimate Partner and Sexual Violence Survey, 1 in 6 women and 1 in 19 men have been stalked during their lifetime. For both female and male victims, stalking was often committed

by people they knew or with whom they had a relationship. Two-thirds of the female victims of stalking (66.2%) reported stalking by a current or former intimate partner and nearly one-quarter (24.0%) reported stalking by an acquaintance. About 1 in 8 female victims (13.2%) reported stalking by a stranger. [2] Stalking can be carried out in person or via electronic mechanisms (phone, fax, GPS, cameras, computer spyware, or the Internet). Cyberstalking—the use of technology to stalk victims—shares some characteristics with real-life stalking. It involves the pursuit, harassment, or contact of others in an unsolicited fashion initially via the Internet and e-mail. Cyberstalking can intensify in chat rooms where stalkers systematically flood their target's inbox with obscene, hateful, or threatening messages and images. A cyberstalker may further assume the identity of his or her victim by posting information (fictitious or not) and soliciting responses from the cybercommunity. Cyberstalkers may use information acquired online to further intimidate, harass, and threaten their victim via courier mail, phone calls, and physically appearing at a residence or work place.

Although cyberstalking does not involve physical contact with a victim, it is still a serious crime. The increasing ubiquity of the Internet and the ease with which it allows others unusual access to personal information, have made this form of stalking ever more accessible. Potential stalkers may find it easier to stalk via a remote device such as the Internet rather than to confront an actual person. Conduct that falls short of the legal definition of stalking may in fact be a precursor to stalking and must be taken seriously. [3] As part of the Violence Against Women Reauthorization Act of 2005, Congress extended the Federal interstate stalking statute to include cyberstalking.

From National Institute of Justice



DID YOU KNOW: St. Valentine's Day, observed on annually on February 14th is a Western Christian feast day honoring one or two early saints named Valentinus. It is typically associated with romantic love and celebrated by people expressing their love via gifts. It is the 3rd highest spending holiday in the USA.

SIGNS YOU'RE DATING SOMEONE NOT GOOD FOR YOU

You met just a few weeks ago, but already you're talking up a future together. He's brilliant, you have witty repartee, and he sends you the sweetest text messages. No one has ever seemed so smitten with you. And the sex? The best you've ever had.



Still, you have these niggling feelings that something's not quite right. You text more than you actually see each other and she has a hard time committing to your next date. But just as you're starting to wonder if you can trust her, she texts you to tell you that she can't stop thinking about you and she can't wait to see you. So you tell yourself that it's normal to feel anxious in the beginning of the relationship — isn't it?

Yes, it's normal to wonder if a new relationship is going to last. It's too soon to know otherwise. So if you spot red flags flapping in the distance, you need to slow things down. Below are five signs that the person with whom you're hoping to ride off into the sunset with isn't good for you:

EMOTIONAL INTENSITY

He burst into your life with the force of a tsunami. He wants you, needs you, and has to have you. He makes you feel like the hottest, most amazing woman ever. The relationship is fueled by drama and intensi-

ty, not substance. But you are too mesmerized by all the razzle-dazzle to notice.

BOUNDARY-BUSTING

People who aren't good for you bust your boundaries. They're overtly sexual from the get-go. They insert themselves in

your life, offering to help you with your career or creative endeavors. They sext you without your permission and talk you into why that's okay. They don't ask for consent in the bedroom and you find yourself going along with things that make you uncomfortable. Why? Because they have disrupted your life to the point where you've lost all sense of your boundaries.

CONVERSATIONS THAT AREN'T OF SUBSTANCE

Because you're drunk on emotional intensity, you don't notice that the quality of your conversations is actually pretty thin. She asks you superficial questions that don't lead to meaningful answers. If you stop to think about it, you know a lot more about her than she knows about you because the conversations revolve around her agenda. Yes, you talk for hours, but you don't talk about anything real. That's because she's not interested in you — she's addicted to drama.

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FEBRUARY IS AMERICAN HEART MONTH

Each February, NHLBI (National Heart, Lung, and Blood Institute) and The Heart Truth® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

Research shows that we're more successful at meeting personal health goals when we join forces with others. When we take care of #OurHearts as part of our self-care, we set an example for those around us to do the same. Inspire and motivate yourself and those you love to make heart health a regular part of your self-care routine!!



THE CRANE

WE KNOW THEIR NAMES



ATATIANA JEFFERSON, 28 - MIAMI, FL - 2019

What she was doing: At home

How she was killed: A police officer shot and killed Jefferson through the window of her home in the presence of her eight-year-old nephew. The police were responding to a call from a neighbor who reported that Jefferson's front door had been left open

Action taken: Officer Aaron Dean resigned. He was later indicted on murder charges.



AURA ROSSER, 40 - ANN ARBOR, MICHIGAN - 2014

What she was doing: At home

How she was killed: Rosser's boyfriend, Victor Stephens called 911 to ask the police to escort her out of the house because of an altercation. The official report says that when the officers entered the home, Rosser was holding a knife and refused to drop it. Officer Mark Raab used his taser. Officer David Ried fired a single shot that killed her.

Action taken: Ried did not face any charges over Rosser's death. The police department and city implemented reforms, including equipping officers with body cameras.



STEPHON CLARK, 22 - SACRAMENTO, CALIFORNIA - 2018

What he was doing: Standing in his grandmother's back yard

How he was killed: Officers said they believed Clark was holding a gun as they shot at him more than 20 times. Clarke was only holding a mobile phone.

Action taken: The district attorney declined to file criminal charges. Clark's family reached a \$2.4 million settlement with the city of Sacramento.



BOTHAM JEAN, 26 - DALLAS, TEXAS - 2018

What he was doing: Seated on his sofa at home, eating ice cream

How he was killed: Jean was shot by off-duty police officer Amber Guyger after she entered his apartment believing, she said, that it was hers and he was a dangerous intruder.

Action taken: Guyger was found guilty of murder and sentenced to 10 years in prison. Prosecutors had asked that she be sentenced to 28 years, Jean's brother, Brandt Jean, hugged Guyger in court and told her he forgave her.



FREDDIE GRAY, 25 - BALITIMORE, MARYLAND - 2015

What he was doing: In a police van

How he was killed: Gary had been arrested and placed in the back of a police van. He was found dead 45 minutes later, his spinal cord nearly severed. His hands and feet had been shackled and without a seatbelt he could not protect himself as he was tossed around the inside of the vehicle



ERIC GARNER, 43 - STETON ISLAND, NEW YORK - 2014

What he was doing: Allegedly selling loose cigarettes

How he was killed: Officer Danicel Pantaleo held Eric in a chokehold that he did not release in spite of Garner saying "I can't breathe" 11 times.

Action taken: A grand jury declined to indict Pantaleo. He was placed on desk duty after the incident and fired in 2019. The city reached a settlement with the Garner family for \$5.9 million

FINDING LOVE AFTER ADDICTION

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Tips for dating after rehab:

- Manage your expectations
- Do not compromise your sobriety
 - Avoid unhealthy levels of codependence
 - Maintain your independence
 - Don't depend on your relationship for your own security
- Dating after rehab can be a beautiful thing as long as you approach it properly. Understanding the right timing on when to date after rehab is crucial, and you need to ensure that you're at a healthy place before you begin dating.

From Banyan Treatment Center



DID YOU KNOW: February 1st is known as National Freedom Day, which celebrates the signing of the 13th Amendment that abolished slavery in 1865. Unfortunately it is yet to be recognized as a public holiday.

THE VOICE IN THE DARK: BETH'S STORY

The drugs came from her mother. Beth really was not sure what they were supposed to do, but knew that she needed to take them.

At first, her mom had to make her take the pills. Soon, Beth learned to take them on her own. It was not long before Beth started taking them herself. It was not long after that when she could not bring herself to stop taking them.

She was hooked.

She was not sure weather her mother did not notice, or just did not care. It did not matter to her though. As long as she could keep getting what she wanted, she did not care.

By the age of twelve, a friend had introduced her to alcohol and by fifteen, she was going to parties with college students and smoking marijuana. She still was not sure weather no one noticed, or just did not care until she was in college herself.

She never considered herself to be addicted, it all seemed so normal to her. Then, being away from home, everything fell apart. Her world fell to shambles when her father died in a car accident. He had been driving drunk when he hit a sixteen wheeler. He died on impact. The tragedy caused her to rely even more on the drugs and alcohol for an escape. Which ultimately caused her to spiral out of control.

One night she got wasted at a party, then the next thing she knew, she was facing multiple charges in court. From public intoxication, to domestic violence.

Do not let what happened to Beth, happen to you or someone you love! If you or someone you care about is struggling alcohol or drug abuse, do something about it!

Clayton Center's Substance Abuse treatment program is dedicated to helping people through alcohol and drug abuse. They strive for success, and tailor their program for recovery, and growth.

You can be the difference, the voice in the dark, that someone you know or love needs!



FEBRUARY CELEBRITY BIRTHDAYS

FREDERICK DOUGLASS February 1st	LANGSTON HUGHES February 1st	FARRAH FAWCETT February 2nd	ROSA PARKS February 4th
HANK AARON February 5th	BOB MARLEY February 6th	RONALD REAGAN February 6th	NATLIE COLE February 6th
CHRIS ROCK February 7th	MICHAEL B. JORDAN February 9th	ROBERTA FLACK February 10th	JENNIFER ANISTON February 11th
KELLY ROWLAND February 11th	SHERYL CROW February 11th	ABRAHAM LINCOLN February 12th	GUCCI MANE February 12th
ARSENIO HALL February 12th	MEGAN THEE STAL- LION February 15th	SUSAN B. ANTHONY February 15th	ICE T February 16th
LEVAR BURTON February 16th	MICHAEL JORDAN February 17th	PARIS HILTON February 17th	JIM BROWN February 17th
JOHN TRAVOLTA February 18th	RIHANNA February 20th	GEORGE WASHINGTON February 17th	FLOYD MAYWEATHER JR. February 24th
STEVE JOBS February 24th	FATS DOMINO February 26th	ELIZABETH TAYLOR February 27th	JA RULE February 29th

SOMETIMES YOU NEED TO SMILE

TIME

I heard on the news that two guys stole a calendar. They got six months each.



CIGARETTES & PEANUTS

A man walks into a bar and sits down. He asks the bartender, "Can I have a cigarette?" The bartender replies, "Sure, the cigarette machine is over there." So he walks over to the machine and as he is about to order a cigarette, the machine suddenly says, "Oi, you bloody idiot." The man says with surprise in his voice, "That's not very nice." He returns to his bar stool without a cigarette and asks the bartender for some peanuts. The bartender passes the man a bowl of peanuts and the man hears one of the peanuts speak, "Ooh, I like your hair." The man says to the bartender, "Hey, what's going on here? Your cigarette machine is insulting me and this peanut is coming on to me. Why's this?" The bartender replies, "Oh, that's because the machine is out of order and the peanuts are complementary."



SIGNS YOU'RE DATING SOMEONE NOT GOOD FOR YOU

KEEPING YOU ON THE HOOK

Shortly after your relationship becomes sexual, his hot pursuit cools. You don't hear from him as often. He can't commit to anything because he's swamped at work, or his college buddy suddenly came to town, or he feels like he might be coming down with the flu. You end up keeping your schedule open in the event that his schedule frees up. His mixed messages keep you on the hook so he can swoop in for a dose of you when it suits him. He'll play cat-and-mouse until he realizes you have needs and expectations, at which point he'll vanish into the ether — until the next lull in his sex life, when he'll suddenly reappear.

SEEMING LIKE DIFFERENT PEOPLE

Yesterday he was so romantic and tender, totally taken in by you in a schoolboy way. Today he's distant and irritable. When you ask him what's going on, he'll tell you he's just distracted by work, and he'll try to "do better." He does better for a while, and then he doesn't. The person you thought was your soul mate is now someone you don't even know.



People who thrive on this kind of drama aren't usually capable of sustaining a healthy relationship. It's unlikely you'll be able to create anything meaningful with a boundary-busting, excitement junkie. And don't waste time trying to figure out if they're intentionally exploitive or just self-absorbed. The bottom line? Someone doesn't have to be a bad person to not be good for you.

ADDICTION RECOVERY AWARENESS DAY

On February 2, 2021, join the Georgia Recovery Community for this historic ARAD during COVID-19. Each year, at the opening of Georgia's legislative session, the Georgia Recovery Community joins together to communicate with our legislators and other state leaders to share our message that addiction is a preventable, treatable, chronic health condition, from which people do recover!

The 2021 ARAD Official Session is your opportunity to hear from recovery leaders and state leaders on those issues important to the Georgia Recovery Community. You will learn how to speak up for recovery, about the issues impacting recovery, and learn how to be a positive and powerful voice for recovery. Over 25 million Americans, including hundreds of thousands of Georgians, are in long-term recovery. We are spreading hope because RECOVERY IS REAL!

You can register at www.gasubstanceabuse.org

The Crane will be there, will you?

MARDI GRAS & COVID Is Mardi Gras occurring this year? What is happening because of the pandemic? Should we still plan to visit? Will there be parades? Well, you can't cancel Mardi Gras anymore than you can cancel Christmas or Easter. It's the parades that have been canceled .. not the holiday. Not the King Cakes. Not the Mardi Gras Music. Not the decorations. Just the huge gatherings. The Spirit of Mardi Gras lives on in New Orleans year round and keeps us going during this pandemic. In it's purest form, Mardi Gras represent the last day for Catholics to indulge before Ash Wednesday starts the sober weeks of fasting that accompany Lent.



THE CRANE

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