

# NEWSLETTER



“Love, having no geography, knows no boundaries.” Truman Capote



## THE EIGHT TYPES OF LOVE

There are many paths in life. But the longest of them all is the path to the heart.

If you resist this path, you will take lifetimes to find it again. If you surrender and embrace it, you'll be home.

It's that time of the year when cupid sharpens his arrow and takes aim. Truthfully, we've all been blinded by the blanket of emotions that comes from falling down the precipice of union into love. While we, mere mortals, only have one word for it, the ancient Greeks in their pursuit of wisdom and self-understanding, found eight different varieties of love that we all experience at some point.



When we understand the different types of love out there, we can become conscious of how deep our connection is with ourselves and the other people in our lives.

As you dive into this month's newsletter, we hope that we can shed a better light on all types of love and their meanings.

– Continued on page 4





# THE HISTORY OF BLACK HISTORY

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

## ORIGINS OF BLACK HISTORY MONTH

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to

researching and promoting achievements by black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in part to the civil rights movement and a growing awareness of black identity, Negro History Week had evolved into Black History Month on many college campuses.

President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

## BLACK HISTORY MONTH 2020 THEME

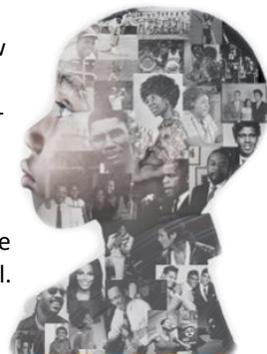
Since 1976, every American president has designated February as Black History Month and endorsed a specific theme.

The Black History Month 2020 theme, “African Americans and the Vote,” is in honor of the centennial anniversary of the Nineteenth Amendment (1920) granting women’s suffrage and the sesquicentennial of the Fifteenth Amendment (1870) giving black men the right to vote.

In the Radical Reconstruction period that followed the Civil War, newly freed black men made great political gains, winning office in Southern state legislatures and even Congress. The Southern backlash was swift

and marked by the passage of “black codes” designed to intimidate black voters, prompting a call for formal, national legislation on the right to vote.

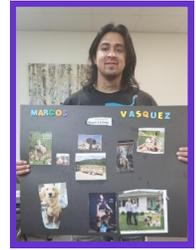
The women’s rights movement grew out of the abolitionist movement, with activists like Frederick Douglas working alongside Elizabeth Cady Stanton to secure the right to vote for all. This goal was achieved in 1920.



# 2020 VISION



On Friday, January 3rd, 2020 individuals started off the year with their first in-house event, a vision board party. As we all know, every new year we hear the same old clichés of: different year, different me or people planning on going to the gym only to fall off by the third week. For this upcoming year, our individuals were challenged with being more intentional with their thoughts; be clear



about what it is that he/she wants, write it down and go get it! A vision board can be a powerful tool that helps one narrow down his/her desires through the power of choice. Vision boards force you to examine your desires and focus on those that truly matter to you. Secondly, the tool helps you invest the time and energy to visualize your future. Visualization is nearly as powerful as performing the action. When a person visualizes oneself living in their dream home, the brain trains the body for that reality. Lastly it consistently reminds you of your life goals. Creating and placing vision boards in a spot you see every day, creates the opportunity for consistent visualization to train your mind, body, and spirit to manifest your desires.

*Written by Tia Adams*



## PARINIRVANA DAY

Parinirvana Day, or Nirvana Day is a Mahayana Buddhist holiday celebrated in East Asia. By some it is celebrated on the 8th of February, but by most on the 15th of February. In Bhutan, it is celebrated on the fifteenth day of the fourth month of the Bhutanese calendar.

It celebrates the day when the Buddha is said to have achieved Parinirvana, or complete Nirvana, upon the death of his physical body.

Passages from the Nirvana Sutra describing the Buddha's last days of life are often read on Parinirvana Day. Other observances include meditation and visits to Buddhist temples and monasteries. Also, the day is a time to think about one's own future death and on the death of loved ones. This thought process reflects the Buddhist teachings on impermanence.

Some Western Buddhist groups also celebrate Parinirvana Day.

*-Diversity Resources*



**DID YOU KNOW:** The Crane offers Education classes that go outside of the General Education Diploma realm? Registration for upcoming classes will take place on February 11th at 1 pm. These classes are specially designed for those that need to brush up on Math or English skills, but will also include field trips, science experiments and more! The purpose of these classes is to also help those transition into post-secondary education courses and to keep the mind sharp for those who just love learning! Sign up today, so that you don't miss out. Get that GED, Get into that college, Get that mind sharp...the choice is yours!!

# THE EIGHT TYPES OF LOVE (CONTINUED)

## 1. "EROS" OR EROTIC LOVE

The first kind of love is Eros, which is named after the Greek god of love and fertility. Eros represents the idea of sexual passion and desire.

The ancient Greeks considered Eros to be dangerous and frightening as it involves a "loss of control" through the primal impulse to procreate. Eros is a passionate and intense form of love that arouses romantic and sexual feelings.

Eros is a primal and powerful fire that burns out quickly. It needs its flame to be fanned through one of the deeper forms of love below as it is centered around the selfish aspects of love, that is, personal infatuation and physical pleasure.

## 2. "PHILIA" OR AFFECTIONATE LOVE

The second type of love is philia, or friendship. The ancient Greeks valued philia far above eros because it was considered a love between equals.

As Aristotle put it, philia is a "dispassionate virtuous love" that is free from the intensity of sexual attraction. It often involves the feelings of loyalty among friends, camaraderie among teammates, and the sense of sacrifice for your pack.

## 3. "STORGE" OR FAMILIAR LOVE

Although storge closely resembles philia in that it is a love without physical attraction, storge is primarily to do with kinship and familiarity. Storge is a natural form of affection that often flows between parents and their children, and children for their parents. Storge love can even be found among childhood friends that is later shared as adults. But although storge is a powerful form of love, it can also become an obstacle on our spiritual paths, especially when our family or friends don't align with or support our journey.

## 4. "LUDUS" OR PLAYFUL LOVE

Although ludus has a bit of the erotic eros in it, it is much more than that. The Greeks thought of ludus as a playful form of love, for example, the affection between young lovers.

Ludus is that feeling we have when we go through the early stages of falling in love with someone, e.g. the fluttering heart, flirting, teasing, and feelings of euphoria. Playfulness in love is an essential ingredient that is often lost in long-term relationships. Yet playfulness is one of the secrets to keeping the childlike innocence of your love alive, interesting and exciting.

## 5. "MANIA" OR OBSESSIVE LOVE

Mania love is a type of love that leads a partner into a type of madness and obsessiveness. It occurs when there is an imbalance between eros and ludus.

To those who experience mania, love itself is a means of rescuing themselves; a reinforcement of their own value as the sufferer of poor self-esteem. This person wants to love and be loved; to find a sense of self-value. Because of this, they can become possessive and jealous lovers, feeling as though they desperately "need" their partners. If the other partner fails to reciprocate with the same kind of mania love, many issues prevail. This is why mania can often lead to issues such as codependency.

## 6. "PRAGMA" OR ENDURING LOVE

Pragma is a love that has aged, matured and developed over time. It is beyond the physical, it has transcended the casual, and it is a unique harmony that has formed over time. You can find pragma in married couples who've been together for a long time, or in friendships that have endured for decades.



# THE EIGHT TYPES OF LOVE (CONTINUED)

## 6. "PRAGMA" OR ENDURING LOVE

Unfortunately pragma is a type of love that is not easily found. We spend so much time and energy trying to find love and so little time in learning how to maintain it.

Unlike the other types of love, pragma is the result of effort on both sides. It's the love between people who've learned to make compromises, have demonstrated patience and tolerance to make the relationship work.

## 7. "PHILAUTIA" OR SELF LOVE

The Greeks understood that in order to care for others, we must first learn to care for ourselves. This form of self-love is not the unhealthy vanity and self-obsession that is focused on personal fame, gain and fortune as is the case with Narcissism.

Instead, philautia is self-love in its healthiest form. It shares the Buddhist philosophy of "self-compassion" which is the deep understanding that only once you have the strength to love yourself and feel comfortable in your own skin, will you be able to provide love to others. As Aristotle put it, "All friendly feelings for others are an extension of a man's feelings for himself."

You cannot share what you do not have. If you do not love yourself, you cannot love anyone else either. The only way to truly be happy is to find that unconditional love for

yourself. Often learning to love yourself involves embracing all the qualities you perceive as "unlovable", this is where shadow work comes in.

## 8. "AGAPE" OR SELFLESS LOVE

The highest and most radical type of love according to the Greeks is agape, or selfless unconditional love.

This type of love is not the sentimental outpouring that often passes as love in our society. It has nothing to do with the condition-based type of love that our sex-obsessed culture tries to pass as love.

Agape is what some call spiritual love. It is an unconditional love, bigger than ourselves, a boundless compassion, an infinite empathy. It is what the Buddhists describe as "mettā" or "universal loving kindness." It is the purest form of love that is free from desires and expectations, and loves regardless of the flaws and shortcomings of others.

Agape is the love that is felt for that which we intuitively know as the divine truth: the love that accepts, forgives and believes for our greater good.



## RANDOM ACTS OF KINDNESS

It's early in the morning and that person in line at the coffee shop is working your last nerve. Instead of ripping them a new one, perk it up by doing something nice for them. The goal of Random Act of Kindness Week is to change schools, the workplace, families, and society through kindness. It starts the week of Feb. 16th and the Random Act of Kindness Website has ideas (<https://www.randomactsofkindness.org>) where there are all kinds of inspiring stories and ideas of random acts.

Psychiatrists say there are benefits for you in participating regularly, for example:

Fuels personal energy and self-esteem, Makes you happier, Good for your heart, Helps you live longer, Decreases the harmful chemicals in your body.

The Random Acts Of Kindness Day was first created in Denver, Colorado in 1995. Random Act of Kindness Week began in 2018.

# MY STORY; HIS GLORY



I felt like an unwanted guest in my own home.”

Hello, my name is Yolanda. I was born in Washington D.C., May 13th, 1965, but raised in SE Atlanta Georgia by my grandmother. I lived in a 4 bedroom house with her, my sister (a person who lived with mental and developmental disabilities), who died at age 44 from breast cancer, my brother, her youngest son (my uncle) who was an abuser, of drugs and us; and a couple of cousins from time to time. My grandmother was a God fearing woman who loved and spoiled me. We went to church often and I always enjoyed going. However, I had very little discipline as a

child because my grandmother was not successful with implementing structure or discipline. I was not given chores or responsibilities and I was allowed to do as I pleased which led to very unhealthy behavior and choices throughout life. I knew she always meant well, but I chose to do things for myself. In the long run, It led to very unhealthy choices later in life.

I suffered much abuse as a young child, not by my grandmother, but by my uncle, including verbal, mental and emotional. I felt like an unwanted guest in my own home. The abuse started so early that I remember I was molested from about the age 7 to 13 by a step-relative.

My mother became involved with another man, and later they were married. I didn't

really know it; I just knew we saw less and less of her. This bothered me immensely well into my adult life. I realized that I held a grudge against her and resented him for taking her away.

My biological father never lived close. He always lived in California or New York or Washington. This bothered me a lot as well because I very rarely saw him, just an occasional phone call. He remarried twice and because I didn't know, all I could do is wonder and imagine him with his new family. He was a writer and an artist of sorts, doing acting, singing and theater altogether. He died of cancer in 2013. Before his death I was able to develop a relationship with him and he was actually very instrumental and part of my network of people in my recovery. I also found that he was a person who lived with substance use disorders as well and had been in recovery for more than 20 years. We bonded and I forgave him for how I felt he hurt me as a child.

My mother died in 2017 of cancer. I was her care giver for almost 6 years before her death and was able to bond, forgive her and ask for forgiveness for terrible way I treated her and ask God and her for forgiveness. I understand that she did the best that she could and what she thought was best for us all. She was a mother of three who needed to know where our next meal was coming from and that the bills would be paid. Now, I get it!

I became pregnant at age 17 and had my first son two weeks before my 18th birthday. After graduating from High School I was accepted into Spelman College but had no direction and lacked the discipline needed to be successful so I dropped out after almost 3 years. My addiction started after using marijuana at age 11 and progressed. I tried freebasing cocaine for the first time at age 16 but not again until age 22 then continued off and on throughout my life and on until I was well into my 40's.

# MY STORY; HIS GLORY

My struggle was very long and a hard, uphill battle. The lows were lower than I ever thought I could ever go. However even while using, I continued in my faith, which started as a small child, going to church with my grandmother, and it made a mark that has never been removed. x

I felt very distraught and hopeless about my life and the decisions I had made. I remembered the book of Jerimiah. God knows the plans he has for me. He declares they are plans to prosper me and not to harm me, plans to give me hope and a future. I looked for him with my whole heart. Then I called on Him and prayed to Him and he listened and He answered. He declared that He will bring me back from places where He banished me to. I believed God for my deliverance.

Then one night I was upset and I went driving, not knowing where I was going. I hadn't used in 3 weeks. I had done this many times before, one time for two years another for four years, but I could never completely stop and I was still ambivalent to my using, not

knowing if I would use again. I was too was afraid to go back and unsure how to move forward.

My struggle was a very long and a hard, uphill battle. The lows were lower than I ever thought I could ever go.”



The uncertainty of my next move was absolutely frightening. Nevertheless, I kept driving. The last time I saw my second oldest son I asked him for money. He said no because he knew I was high and that's why I wanted money. He started to cry and asked me to stop using because he didn't want to lose me. I had just recently even lost the father of 5 of my last 6 children to a drug induced Cardiac Arrest. Why I ended up in this son's driveway, I didn't know, but God did.

*continued on page 15*

## ADDICTION RECOVERY AWARENESS DAY



Each year, at the opening of Georgia's legislative session, the recovery community joins together at the state capitol to speak to legislators with our individual voices to share our message that Addiction is a preventable, treatable chronic health condition from which people do recover!

This year, on Tuesday, January 28th, those in recovery, healthcare professionals, family members and other allies convened at the Georgia Fright Depot to rally for the cause. The purpose of the day annually is to recognize and lift up the power of recovery in the lives of everyday Georgians and to say thank you for the bi-partisan support the Georgia Recovery Community receives from the General Assembly and our state Constitutional Officers. This year marked the first time that a sitting Governor came to speak directly

to the assembly. Governor Kemp not only came to the depot to acknowledge the importance of this day but also declared it as the official day of recovery in the state.

# ST. VALENTINE: ORIGINS

Valentine's Day occurs every February 14. Across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from? Find out about the history of Valentine's Day, from the ancient Roman ritual of Lupercalia that welcomed spring to the card-giving customs of Victorian England.

## The Legend of St. Valentine

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting

himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

## Origins of Valentine's Day: A Pagan Festival in February

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial—which probably occurred around A.D. 270—others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat's hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year.



# ST. VALENTINE: ORIGINS

Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

## Valentine's Day: A Day of Romance

Lupercalia survived the initial rise of Christianity but was outlawed—as it was deemed “un-Christian”—at the end of the 5th century, when Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem “Parliament of Foules,” writing, ““For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate.”

Valentine greetings were popular as far back as the Middle Ages, though written Valen-

tine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.



## SELF-LOVE - THE BEST LOVE

When you practice self love, you are continually naming and claiming all of who you are — even the scariest parts. It's about developing your capacity to be aware, authentic and intentional in every aspect of your life. In doing so you'll build greater self confidence and also enhance your ability to offer compassion to others. Self-love can only come from a place of self understanding and affirming. Journaling can be a very helpful tool when it comes to self reflection. It helps you to bring clarity to your thoughts and feelings and also captures your thoughts so you can revisit later.

**Journaling Prompt:** Each day this week, open your journal and write for 20 minutes in response to a prompt. If you become stuck, just go to [thecrane.org](http://thecrane.org) and look under blogs and you will see a list of 5 prompts that you can use. Make no mistake: these are big, tough questions. Don't let them scare you out. Just write what naturally comes to you and hold back your desire to edit.



# CELEBRATE RECOVERY COMES TO THE CRANE

On January 30th, after many meetings of collaboration, Celebrate Recovery kicked off at The Crane. The meetings which will be held every Thursday from 6:30 to 8:30 has been highly anticipated and opened with great success. Some people, though, may be wondering, just what is “Celebrate Recovery,” and it’s our duty to fill you in on that question. It is a biblical and balanced program that helps those in recovery overcome their hurts, hang-ups, and habits. It is based on the actual words of Jesus rather than psychological theory. It was designed as a program to help those struggling with hurts, habits and hang-ups by showing them the loving power of Jesus Christ through a recovery process. The meetings are all open meetings and welcome both men and women alike.

Because The Crane believes that there are multiple routes to recovery, to have a program of this variation is highly important. We look forward in continuing with our collaboration in making the new meetings as successful as possible.



## MEETINGS

### MONDAY

NA Meeting (Second Chance) 7 pm

### TUESDAY

AA Meeting 1:30 pm

### WEDNESDAY

Double Trouble 1 pm

### THURSDAY

AA Meeting 1: 30 pm

NA Meeting

(Expect A Miracle) 5:15 pm

Celebrate Recovery 6:30 pm

NA Meeting

(Trust the Process) 6:45 pm

### FRIDAY

Double Trouble 1:45 pm

NA Meeting (Two Decs & Beyond) 6 pm

FA Meeting 6:30 pm

### SATURDAY

GA 9:30 am

NA (Women’s

Empowerment Meeting) 12 pm

NA Meeting (A New Beginning) 2 pm

\*All meetings are open meetings to the recovering community

## WHAT’S COMING UP AT THE CRANE?

<p><b>FEBRUARY 8</b> <i>Valentine Social</i> At The Crane ▪ 4 pm</p>	<p><b>FEBRUARY 11</b> <i>Education Testing</i> At The Crane ▪ 1 pm</p>	<p><b>FEBRUARY 24</b> <i>Movie Day</i> At The Crane ▪ 2 pm</p>
<p><b>FEBRUARY 25</b> <i>Black History Bingo</i> At The Crane ▪ 2 pm</p>	<p><b>FEBRUARY 26</b> <i>Black History Jeopardy</i> At The Crane ▪ 2 pm</p>	<p><b>FEBRUARY 27</b> <i>Black History Family Feud</i> At The Crane ▪ 2 pm</p>
<p><b>FEBRUARY 28</b> <i>Black History Event</i> At The Crane ▪ 2 pm</p>	<p><b>MONDAYS</b> <i>Every Monday</i> At The Crane ▪ 2 pm</p>	<p><b>FRIDAYS</b> <i>Coffee &amp; Chit Chat</i> At The Crane ▪ 8 am</p>

## A TIME FOR BEAUTY

One winter morning I woke expecting to see the same dreary midwinter landscape that had greeted me for several weeks: beige grass poking through patches of snow, gray skies, and skeletal trees. Something unusual had happened overnight, though. A frost had coated everything with ice crystals. The lifeless and depressing landscape had become a beautiful scene that glistened in the sun and dazzled me.

Sometimes we view problems without the imagination it takes to have faith. We expect pain, fear, and despair to greet us every morning, but overlook the possibility of something different ever happening. We don't expect recovery, growth, or victory through God's power. Yet the Bible says God is the one who helps us through difficult times. He repairs broken hearts and liberates people in bondage. He comforts the grieving with "a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair" (Isaiah 61:3).

It isn't that God just wants to cheer us up when we have problems. It's that He Himself is our hope during trials. Even if we have to wait for heaven to find ultimate relief, God is present with us, encouraging us and often giving us glimpses of Himself. In our journey through life, may we come to understand St. Augustine's words: "In my deepest wound I saw your glory, and it dazzled me."

Written by Jennifer Benson Schuld



## NATIONAL EATING DISORDER WEEK

The National Eating Disorders Association's (NEDA's) National Eating Disorders Awareness Week is the largest and best-known eating disorders outreach effort in the country. In 2019, NEDAwareness Week encouraged you to Come as You Are, highlighting NEDA's movement towards inclusivity in the greater eating disorder community and unifying the field. This campaign expressed that, regardless of your body shape, weight, race, gender identity, ability, religion, socioeconomic status, sexual orientation, or your stage of body acceptance and eating disorder recovery, your story is valid and deserves to be heard.

Building off last year's success and continued relevance, we want you to Come as You Are again for NEDA-awareness Week 2020! From February 24th to March 1st, we encourage our community to embrace this year's theme,

Come as You Are: Hindsight is 20/20, by reflecting on the positive steps they've taken — including those stemming from setbacks or challenges — toward accepting themselves and others.

Through NEDAawareness Week 2020, NEDA aims to improve public understanding of eating disorders and their causes, dangers, and treatments and to empower everyone to reduce risk factors and join prevention efforts. We hope Come as You Are: Hindsight is 20/20 offers the opportunity for all people to get involved. By sharing our stories of what we have learned as we go through our eating disorder and body acceptance journeys and how the greater community is affected, we offer the opportunity to continue the conversation and prioritize inclusivity.

For more information, visit: [nedawareness.org](http://nedawareness.org) to see how you can join the cause and get involved!



# CORONAVIRUS: WHAT YOU NEED TO KNOW

## MYTHS & FACTS



As you may have heard by now, the coronavirus has arrived in the United States. While cases under investigation have proven that not all cases that have been suspected to be that of the virus, there is still a small amount of individuals that has tested positive.

Globally, the infection rates are climbing. If you're starting to feel a little nervous, you should know: You're not alone; but there is no need to panic.

### WHAT IS THE CORONAVIRUS?

**Myth: The coronavirus is new.**

**Fact:** Yes and no. Technically, this strain or version of the coronavirus — called 2019-nCoV or the Wuhan coronavirus — is new to humans, although previously, it lived in animals. Remember outbreaks of MERS and SARS? Those were also coronaviruses. They, too, had once lived only in animals, then jumped to humans. (MERS and SARS likely started in bats.) Other, less dangerous strains of coronaviruses exist around the world and cause certain common colds. Generally, these viruses cause the familiar onslaught of respiratory infection symptoms: a runny nose, headaches, cough, fever and sore throat.

### CORONAVIRUS SYMPTOMS

**Myth: You can spread this coronavirus if you don't have symptoms.**

**Fact:** Initially, investigators thought only people with symptoms of the virus could spread it to other people. Recently, a report from China suggests that the virus may spread before symptoms show. If true, this would be quite different from SARS, where transmission does not occur until a person has symptoms. The CDC is tracking close contacts of patients with this new coronavirus very closely. So far, they've found no clear evidence thus far of patients being infectious before the onset of symptoms. At this time, we just don't have enough information to say that someone can pass this virus on before they show signs of infection themselves.

### HOW TO AVOID GETTING INFECTED

**Myth: If I had a flu shot, I'm vaccinated against the coronavirus.**

**Fact:** We don't have a vaccine to protect against this strain of the coronavirus. Even if you had a flu shot, you could get this infection. However, research is ongoing to develop a vaccine that could be tested as soon as later this year.

**Myth: You have to wear a face mask to stay safe.**

**Fact:** Currently, health officials do not recommend everyone in central Virginia start wearing masks. Washing your hands is always a good idea however! However, if you plan to come into close or direct contact with someone with a known coronavirus infection, the advice changes.

# CORONAVIRUS: WHAT YOU NEED TO KNOW

## MYTHS & FACTS

### HOW TO AVOID GETTING INFECTED

**Myth:** I'll need to take extra precautions to avoid catching the coronavirus.

**Fact:** Right now, follow the same good hygiene habits you use to avoid catching the common cold:

- Wash your hands, especially after coughing, sneezing, cooking, eating, touching animals and providing healthcare.
- Use hand sanitizer.
- Stay home when you're sick.
- Clean handrails, doorknobs and toys.
- Cover your nose and mouth with a tissue when you cough or sneeze, and then throw the tissue in the trash.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact (such as kissing, sharing cups, or sharing eating utensils) with people who are sick.



### WHAT HAPPENS IF YOU GET SICK

**Myth:** If you are pretty healthy, with no underlying diseases or conditions, you don't need to worry about the coronavirus.

**Fact:** Scientists don't have all the answers about this strain of the coronavirus as of yet. While most of those who have died had underlying health issues, some people didn't. No antiviral treatment exists to cure this strain of the coronavirus, although supportive care does help.

**Myth:** If you get the coronavirus, you die.

**Fact:** Almost all people who have been infected with this coronavirus strain have survived.

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## ANNIVERSARY GIFTS

**Wife:** Honey, what will you give me for our 25th anniversary?

**Husband:** A trip to Thailand!

**Wife:** Wow, that's awesome, and for our 50th anniversary?

**Husband:** Then I pick you up again!



## O' BABY

A mother thinks there's something strange going on and eventually decides to take a DNA test.

She finds out that their child is actually not related to her or her husband at all.

**Wife:** "Darling, there's something really important that we need to talk about. I did a DNA test and Roger isn't our biological child."

**Husband:** "Of course he isn't, don't you remember? We were just leaving the hospital and the baby pooped hugely so you told me, 'Go and change the baby, I'll wait here.'"



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## STRANGE CUSTOM

We have a strange custom in our office. The food has names there. Yesterday for example I got me a sandwich out of the fridge and its name was "Michael".





## I BET YOU DIDN'T KNOW...

This year, February gives us 29 days to shine and we should fully intend to make the most of it. I love Harriet Tubman, I adore Frederick Douglass, but there is so much more to Black history than them, the Emancipation Proclamation, and sports trivia. Below are some interesting facts that most people have never heard of...so please share, share, share!!

- Cathay Williams was the one and only female Buffalo Soldier, posing as a man named William Cathay to enlist in the 38th infantry in 1866. She served for two years before a doctor discovered that she was a woman, leading to her discharge.
- Journalist Ida Wells-Barnett refused to give up her railcar seat for a white man in 1884, and bit a conductor on the hand when he tried to force her. She was dragged off the train. She sued the railroad and initially won, but the decision was overturned.
- In 2008, Jamaican sprinter Usain Bolt became the first man to ever set three world records in a single Olympic games.
- The media made the Black Panthers notorious for their Afros, dark apparel, and willingness for armed self-defense, but their manifesto for change launched programs that benefited Black communities nationwide, like free dental care, breakfast for low-income children, even drama classes.
- The hair brush, lawn mower, cellphone, refrigerator, and — thank heavens — the air conditioner were all the fruits of African-American inventors' creative laboring.
- Tice Davids, a runaway slave from Kentucky, was the inspiration for the first usage of the term "Underground Railroad." When he swam across the Ohio River to freedom, his former owner assumed he'd drowned and told the local paper if Davids had escaped, he must have traveled on "an underground railroad." (Davids actually made it alive and well.)
- Langston Hughes' daddy discouraged him from being a writer and only agreed to pay for his college education if he studied engineering.
- After retiring from baseball, Jackie Robinson helped establish the African-American owned and controlled Freedom Bank.
- Being mischievous was Thurgood Marshall's gateway to the law. For punishment, he was forced to copy the Constitution. It eventually piqued his interest.
- Athletes John Carlos and Tommie Smith made history — and headlines — when they raised their black-gloved fists on the awards stand at the 1968 Olympics. Both also wore Black socks and no shoes on the podium, representing Black poverty in America.
- Architect Paul Williams mastered the art of drawing upside down so that he could sit across from — not next to — white clients who didn't want to sit side-by-side with a Black person.
- In 1967, Robert H. Lawrence, Jr. became the first African-American to be trained as an astronaut. He unfortunately died in a plane crash during flight training before he could be sent on his first space mission. Sixteen years later, Guion "Guy" Bluford carried on Lawrence's legacy by becoming the first Black man in space.
- Maya Angelou stopped celebrating her birthday for many years following the assassination of her friend, Dr. Martin Luther King, Jr., on the same day. She annually sent flowers to Mrs. King to commemorate that day.

## MY STORY; HIS



I ended up calling someone in my network, who was actually a Case Manager at the residential treatment

program I was in, and is now my fiend. I shared with her my dilemma and that I wanted to go to a meeting, but that I had a problem sharing in an environment that restricts me from being able to share according to my religious beliefs. She then suggested that I find a recovery group that allowed me to do so. We prayed and I believed God to lead me there.

My son drove up shortly after that, got out of the car and picked up something from the ground, looked at it and headed down the driveway. When he walked up to me he handed me a pamphlet that had a picture of a broken down dilapidated house with a long windy road leading uphill to a church and it read from the crack house to God's house. I almost passed out. It was about a young man who was a postman and his girlfriend. They both used crack but his girlfriend was ready to stop using.

She called a pastor and his wife to the house, while her boyfriend was using. They led a recovery group nearby. They ministered to them both, prayed with them and long story short they both are now many years in recovery.

I called the 1-800- number on the pamphlet and told them I didn't have car but if they could pick me up I would be ready. He said he would see what he could do about getting me a ride and someone would call me back. Subsequently, the same minister and his wife from the pamphlet came to my house and took me to the meeting and later sold me a car. I've been going ever since and the rest is history.

I now work for The Paula Crane Life Enrichment Center as a Peer Support Specialist assisting people who are in recovery from substance use and mental disorders. There are many pathways to Recovery, but what I have come to understand, my pathway is Gods' way.

## BECOMING

A flower be ready to bloom...

Does it know the length of its life  
Does it know its season, its reason

Does it know what it offers  
Does it know that it's a sacrifice  
Does it know its beauty, its worth

A flower be willing to live...

to give of itself  
For the life of others  
Knowing its contribution  
Not just to bee and butterfly  
But also to the sustaining  
Of an entire ecosystem  
To global maintenance

A flower be surrendered to God...

Grateful for its ministry  
Grateful for its place & purpose  
Grateful for its fruits & gifts  
Grateful for its beingness  
Grateful for its chance to beautify  
Grateful for its opportunity to  
bless earth with heavenly scent

This flower be ready

By "Zee" Harris-Merritt



### DID YOU KNOW:

You can follow us on Facebook at Paula Crane Center, don't forget to hit the like button for daily Inspirations and all of the latest upcoming events.



# THE CRANE

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