HAPPY NEW YEAR!!

Here at the Newsletter, we strive to bring you the latest news and personal accounts. Please enjoy this issue of The Turning Point Review.

NOW SEEKING PARTICIPATION IN THE NEWSLETTER GROUP!

If you are someone you know is interested in joining The Newsletter group, we meet at 10am on Tuesdays!

Talk to your provider today about joining the group!!!

WE WELCOME SUBMISSIONS; YOU DON’T HAVE TO BE A MEMBER OF THE GROUP!

If you have an interesting story or something that you would like to share, please submit it! You can give it to your provider, who can then put it in Missy’s mailbox, or you can email the submission to Missy Iavarone, directly at miavarone@tpoint.org.

“The most important part of my recovery? Self-esteem. Now I'm in control of my emotions and happiness, and I can choose to feel good. I can take a personal inventory, and turn that around.”

- Turning Point Client
Amusing Holidays to Consider Celebrating for February, March, and April

**February**

- February 1\textsuperscript{st} – Decorating with Candy Day
- February 2\textsuperscript{nd} – Ice Cream for Breakfast Day
- February 5\textsuperscript{th} – International Nutella Day
- February 6\textsuperscript{th} – Play Monopoly Day
- February 8\textsuperscript{th} – Dump your Significant Jerk Day
- February 12\textsuperscript{th} – Darwin Day (his 203\textsuperscript{rd} Birthday in 2020)
- February 14\textsuperscript{th} – Valentine’s Day and Library Lovers Day
- February 15\textsuperscript{th} – Annoy your Boss Day

**March**

- March 1\textsuperscript{st} – National Peanut Butter Lovers Day
- March 9\textsuperscript{th} – International Fanny Pack Day
- March 10\textsuperscript{th} – International Bagpipe Day
- March 12\textsuperscript{th} – National Alfred Hitchcock Day
- March 14\textsuperscript{th} – pi Day (Pie Day) 3.14 is the number for pi
- March 20\textsuperscript{th} – Won’t you be my Neighbor Day
- March 23\textsuperscript{th} – National Puppy Day
- March 25\textsuperscript{th} – International Waffle Day

**April**

- April 2\textsuperscript{nd} – International Children’s Book Day (In honor of Hans Christian Anderson’s Birthday)
- April 3\textsuperscript{rd} – Don’t go to Work unless it’s Fun Day
- April 6\textsuperscript{th} – International Pillow Fight Day
- April 12\textsuperscript{th} – Grilled Cheese Sandwich Day
- April 16\textsuperscript{th} – Wear Your Pajamas to Work Day
- April 17\textsuperscript{th} – Ford Mustang Day
- April 18\textsuperscript{th} – High Five Day
- April 25\textsuperscript{th} – Talk like Shakespeare Day
A Tribute to Turning Point: My Journey: Defying the Odds to Unlock my Potential and be Unapologetically Myself

By: Maria P.

When I came to Turning Point in January of 2012, I was incredibly sick and completely lost in my life. College was impossible to complete because of my constant barrage of symptoms and, truly everything felt utterly hopeless to me at that time. I even had (and have) the most supportive family and friends, but my situation was dire and I desperately needed a change in my life as I was hitting rock bottom. My condition was affecting those around me, but they continued to support me. Being ill for half my life now, it had really taken its toll. It was perpetual hell to see myself suffer horribly, and furthermore unable to accept myself and love myself for who I was. It was a struggle just to go to the library, to church, the grocery store, out with friends or anywhere. Turning Point absolutely saved me, and I am forever indebted to this simply remarkable place for setting me on the track to success in both my professional and personal life.

Looking back, I sometimes cannot believe how far I have come in eight years with the guidance of all the magnificent staff that dedicate themselves so people with mental health struggles can flourish and be functioning members of society, instead of being shunned and cast away as often is the case in today’s society because of the stigma of mental illness. I have been able to follow my dreams of higher education with a Bachelor’s Degree in Humanities I earned in 2017, and I can now read and chase the stories in novels as my love for books grows each day. After working in three different libraries, I am planning on attending school to earn a master’s degree in Library Science so I can become a leader in facilitating positive change and help all people have access to literacy and all the other wonderful things that a library has to offer by becoming a librarian.

Now, in 2020 I have Dr. Noorani, the staff, therapists, my case manager Stephanie Bright, and my group leaders to thank for my recovery and ability to take care of myself and love myself for who I am. In 2014, I began seeing Dr. Noorani and as a result of working closely with her, my symptoms became manageable, and I could enjoy life that much more. Not to be forgotten are the wonderful people that are in my groups and clients here. We support each other by never putting each other down and being each other’s rocks in difficult times. We understand each like no one else does because we can relate to each other’s struggles. Thanks to the medication that is right for me and my inner strength, I am a functioning member of society with a lot to offer. It was always inside me, I just need to unlock it, and with Turning Point’s help I did just that. My successful journey is in large part to being self aware and taking the tools I learned at Turning Point and utilizing them to my advantage. I have developed great compassion for others and a deep understanding for what it means to be happy with who you are. While in sewing with Julie and Stephanie, I became frustrated when my stitches became uneven. Stephanie said, at the end of the day it’s just a scarf. That advice says with me through difficult situations now. When someone in my professional or personal life gets upset, I think to myself well it’s just a book, it’s just a stain. Whatever the example, I learned it’s not worth getting anxious and upset over. I will use this and other useful lessons I’ve learning in baking with Alexis and Corrie, in cooking with Megan and Liz, and in newsletter group with Missy for the rest of my life. I would like to sincerely thank Jacob for supporting me through a particular dark time and showing me there is always hope no matter how bleak things may seem at the time.

Now, I still have struggles and some bad days. Recently, I had an increase in my symptoms and had to take steps with my doctor because it was emotionally crippling for my mind to feel the way it did. I recognize that I have a condition, but it doesn’t define who I am. Now, I can prevail because I am self-aware and can pinpoint when I need to ask for help. My journey going forward is still going to have bumps. I will have more wounds that need healing. The unbearable wound that I had in 2012 is healed because I now believe in and love myself. It is because of Turning Point and the love of my family and friends, and the grace of God. Please understand how much I am grateful and how much you changed my life. I will never forget the kindness I received here, and wherever my journey takes me, I can look back fondly and know that there is a place for me after all on this beautiful earth.
Some Happy Times in my Life . . . . .

By Amy K.

On a hot, beautiful day when I was 11 years old, a friend and I participated in “The Walk for Israel.” I no longer remember how many miles we walked. When we were through I was exhausted and sore – and I had never felt this great in my life. I had helped raise money for Israel. I did something important.

When I was a teenager, I so badly wanted to see the musical “Phantom of the Opera.” One day, my grandmother surprised me with two tickets. At the theatre she had another surprise waiting for me: my grandmother had gotten us box seats. This was the first and only time in my life I have had a box seat at the theatre. I love my grandmother so much for doing this for me.

My mother had wanted to throw me a huge party for my Sweet Sixteen – but that was not how I wanted to celebrate. I wanted to celebrate with the people I love and who mean the most to me. It was a small gathering of family and close friends. We all went out for pizza, and then we took horse and carriage rides around the city. It was a great birthday. I was happy.

One of the happiest days of my life was when I graduated from high school. For the first time in my life I felt that I had accomplished something huge. At my graduation I was smiling so hard that my face hurt. Up until then, I had never felt this proud of myself.

One day, I received some thrilling news: an article I had written was accepted for publication in a Canadian psychosocial literary journal. It was my first real publication. I still have the acceptance letter. In the issue of the magazine following my publication, a woman had written a letter to the editor about my article – about how much it touched her. Somewhere in the world my words meant something to someone.

I went to see Neil Simon’s Pulitzer Prize winning play “Lost in Yonkers.” I loved it. I felt so happy, sitting in the darkened theatre watching a play I loved. What made things even more special was that the rest of the audience was loving it every bit as much as I. It was a bond we were all sharing. When it was over we gave the actors a standing ovation. I have never felt so completely, perfectly happy.
will i or won’t i
decisions decorate us
our each & every day
constant rearranging
we’re a shape shifter
we sail thru questions
ideas an redirections
will i or won’t i at last
will i or won’t i a task
we are in a way fluid
even in sleep we fly

~ scott j. s
What Happens In Sewing Group Stays In Sewing Group: Thread, Throw Pillows, and Tons of Fun!

With Stephanie and Julie as our fearless, fantastic leaders we have created and continue to create and learn so much in our Wednesday sewing group. We all embark on a journey to make something special and meaningful to us. In sewing group, we all start by learning to sew a pin cushion owl. You will be guided step by step until you are left with a lovely owl that is both beautiful and practical. You pick your fabric and the possibilities are endless into what it can look like. We have and welcome people of all skill levels as Julie and Stephanie are warm, welcoming, and energetic - the perfect blend to help sew a scarf, a shirt, a backpack, a headband, and really anything your heart desires. We have lively discussions about anything and everything, and we laugh a lot together, with is very relaxing and adds to a superb group setting. It makes me very excited to come in each Wednesday, knowing that I will come out in a good mood, and sometimes you need that sense of calm in an ever chaotic world. Even when my project goes awry, I am able to take a break and even ask for advice from more advanced sewers and other group members are so giving of their time to help you achieve your goal. We learn patience and deal with our frustrations when we make a mistake, and that is a valuable skill to have in life. Join sewing group and you can unlock some potential you never know you had. As a memory of our group, you have all the things you create, and you are armed with the knowledge to sew more projects at home and expand your skill set.
WHAT IS YOUR FAVORITE CHILDHOOD MOVIE??

John W: The Sound of Music

John F: Shane

Amy K: The Wizard Of Oz

Lisa R: Aladdin

Alexis K: Fern Gully

Missy I: The Lion King

Maria P: Beauty and the Beast and Nightmare Before Christmas
Two Studies Prove Pollution is a Source of Increased Cases of “Mental Illness”

By: John W.

Studies from two countries, Denmark and the United States, now prove the number of cases of mental illness increase with a rise in the level of pollution in a given area. The effects of air pollution is well known; however, these studies also include water, land, and built pollution. They all contribute to the increase in the cases\(^1\) of “mental illnesses”.

The genetic base of mental disorders is well established; however, pollution has also been found to be a factor. Pollution may contribute up to 62% increase in the risk of major depression, 32% increase for bipolar, and 23% increase for schizophrenia.

\(^1\) PLOS/Biology, Abstract “Environmental pollution is associated (linked) with increased risk of psychiatric disorders in the U.S. and Denmark”. Atif Khan, O. Plana-Ripoll, S. Antonsen, et al, Copyright 2019. https://doi.org/10.1371/journal.pbio.3000353.
Dear Dodi,

How do you deal with someone who has unrealistic expectations about themselves and others? Like they think that they are “God’s gift to man.”

From: The Run of the Mill

Dear Mill,

Great question. It is important to understand that is an internal struggle with the individual, and has nothing to do with you. We cannot control others, only how we react to them.

If you find yourself struggling, here are some coping skills: distract yourself (listen to music, watch a movie or show, read, work on a puzzle, etc.), practice mindfulness, engage in self-care (do something for you!), challenge those negative thoughts (make a list of negative thoughts, and think about why they may not be true.)

Hope this helps!!
Friendless

By: Marcy A.

I thought a lot about why I have no friends. I came to the conclusion that it is because I am so psychic and intuitive. I do not relate to other people. Also because people have been abusive toward me. I find more people to be liars then honest about me and other people.
Fascinating Facts about the Super Bowl Over the Years  By: Maria P.

- The first Super Bowl was held on January 15, 1967.
- The Super Bowl is the second largest eating holiday behind Thanksgiving.
- Peyton Manning is the only starting quarterback to win a Super Bowl with two different teams: The Indianapolis Colts in 2007 and the Denver Broncos 2016.
- In odd numbered years the NFC (National Football League) team is designated the “home” team while AFC (The American Football League) enjoys that honor during the even numbered years.
- The 1972 Miami Dolphins are the only team to have a perfect season and win the Super Bowl.
- In 1983, 105.97 million people tuned in to the final episode of M.A.S.H. making it the most watched broadcast in American History. In February 2010, Super Bowl XLIV (49) broke the record with 106.5 million people watching the New Orleans Saints defeat the Indianapolis Colts. February 1, 2015 broke that record with 114.4 million viewers on average.
- Some fun food facts about the Super Bowl: 1.3 billion chicken wings, 11.2 million pounds of potato chips, 139.4 million pounds of avocados, 3.8 million pounds of popcorn, 3 million pounds of nuts, 325.5 million gallons of beer, and 12.5 million pizzas will be devoured during Super Bowl Sunday!
- Some tickets to the Super Bowl can cost nearly $100,000.
- Companies will shell out a whopping $5 million dollars to run a 30 second Super Bowl ad in 2020. In 2011, Chrysler spent $12.4 million dollars on a commercial.
- A few days before Super Bowl XX (20) in 1986, Quarterback Jim McMahon mooned a TV news helicopter that was flying over one of Chicago’s practice stadiums.
- The Detroit Lions, the Houston Texans, the Jacksonville Jaguars, and the Cleveland Browns are the only teams to have never played for the prestigious Lombardi (Super Bowl) trophy.
- The Vince Lombardi trophies, a new one which is handed out each year, are made my Tiffany and Co. out of sterling silver.
- The New England Patriots and The Pittsburgh Steelers are tied for the most wins with 6.
- The Buffalo Bills lost four straight Super Bowls from 1990-1993.
- The “I’m going to Disney World phrase started as a $75,000 marketing stunt.
- There has never been a shut out in the Super Bowl. (A team scoring zero points has never occurred.)
- Katy Perry was the most watched halftime show with 118.5 million people tuning in.
- In Las Vegas, more than $115 million dollars (legally) is bet every year.
- Performers do not get paid to perform at the Super Bowl halftime.
- Every year, a special unique coin crafted by the Highland Mint. The front of the coin features the Lombardi trophy along with the helmets of the two teams playing.
- And finally, the sport may be largely American, but the Super Bowl is broadcast in 34 countries.
Martin Luther King, Jr.

By: John W.

Today, we celebrate Martin Luther King, Jr.’s day on Monday January 20th.

He was really born on January 15, 1929.

He attended Boston University for five years before he went to Crozier Theological Seminary.

Doctor King graduated with a PhD.

He became a prolific writer, a minister, a visionary, and an advocate of equal rights.

It was in the advocacy of people’s rights that he organized the “Montgomery Bus Boycott” in 1955.

He did organize and participate in many more protests.

His most famous organized protest was “The March on Washington”. A quarter of a million people participated. Dr. King’s most famous speech “I Have a Dream” was first heard at that time. It (both the protest and the speech) helped the Civil Rights Act of 1964 to pass. The Act made racial discrimination and segregation illegal.

Martin Luther King, Jr. unfortunately assassinated on April 4, 1968 by a radical racial separatist.
(Won't you please, won't you please, please won't you be my neighbor?)
By: Maria P.

Have you ever felt a happy glow of joy in your soul? Perhaps a kiss or a special moment caused that glow of joy in your soul to occur. A giant glow of joy descended upon my soul during and at the conclusion of It’s a Beautiful Day in the Neighborhood, a true story of a troubled man who was able to heal with the help of the wondrous Mister Rodgers whom he was asked to interview on a story about heroes. It’s hauntingly beautiful the way Fred Rodgers teachers Lloyd to cope with his feelings, and I believe we all need someone in our lives to help us in this way. Watching this film caused time to stop for me. I was transported into a new world of both joy and pain, and I learned how joy helps conquer pain and how grief is a natural, yet difficult part of life. Fred Rodgers swims, prays, writes letters, in order to cope with death, divorce, and war because “it gets dark,” as Lloyd says. The task of learning how to cope with pain and strife thus turning our life into the best possible thing it could be is the lesson of this film. “Sometimes, just sometimes we get to change a broken world with our words.” That is what Lloyd states and is also able to do with his words as he is assigned an article on heroes and Mister Rodgers is chosen. We witness the life of Lloyd and the life of Mister Rodgers unfold and become interwoven until it creates this warm quilt of love.

“Are you happy?” is a good question that this movie poses and both men spend the movie on a journey to seek happiness in a sometimes cruel, cold world. “Oh God, Lloyd please don’t ruin my childhood,” Lloyd’s wife says when referring to the piece he is writing about heroes, and he writes something that charms the entire nation and touches hearts. During the interview, Mister Rodgers says “When I focus into in that camera I try to speak to a single child at a time and focus on their needs.” One of the needs is met when Mister Rodgers says “Do you know what that means to forgive? It means to release a person from the anger we feel. Sometimes it’s the hardest to forgive someone we love.” Mister Rodgers is leading a lesson on forgiveness, one we could all learn from. Fred Rodgers tells Lloyd and the audience this to try in an effort to reach into Lloyd’s pain and attempt to help him heal from his broken relationship with his father. The interview continues with: “What brought you back to the show?” Lloyd asks Mister Rodgers. “I realized that there was still so much to talk about,” Mister Rodgers says, and follows that up by saying, “If only we could through television programs and all other programs and show that everyone is precious.” It gets personal what he says to Lloyd after breaking down the walls he put up in regards to Lloyd’s deceased mother, “I’m sure if she saw you today the person you became, she would be so proud.”

“A hospital is where you go when your body is hurt, but where do you go when your feelings are hurt?” is a question posed by Mister Rodgers. I think the answer to that poignant question is Turning Point, and I would also add that’s where you go when your mind hurts, because I know mine does sometimes. The scene where Lloyd’s father, Jerry, is in his apartment and Lloyd is frozen in anger broke my heart after Lloyd’s dad said “I may never come back here,” Lloyd’s father begins trying to ask for forgiveness, but then he collapses and everything goes in slow motion. Lloyd and his wife are staying with Lloyd’s dying father. It’s the silent calm sadness that washes over me, and I watch Lloyd staring off and thinking about all the things in his life – past, present, and future all at once while he feeds the newborn child he has. “I like you as you are, exactly as you are. Exactly and precisely as you are, no doubt or question, is the most beautiful soothing lullaby I have ever heard that Lloyd sings to his son Gavin.

Then the theme of forgiveness comes full circle as Lloyd’s father asked Lloyd to forgive him for leaving him and his sister as his mother was dying. The therapy grew silent and I gasped. And then I heard those beautiful three words that a human can say to another and caused that glow of their soul - I love you.

Mister Rodgers visits Lloyd and his dying father and that when tears swelled in my eyes, because for that moment in that theater on that screen my faith in humanity was restored. Thank you, Tom Hanks, for the recreation of a beloved character and absolutely making a beautiful day in the neighborhood for all who experienced and will experience this film. “Fame is a four-letter word like tape or face. It’s what you do with it that matters.” Tom Hanks and Mister Rodgers never let fame get to their heads, and that is absolutely incredible feat to accomplish – to be humble and when given a platform to speak to make sure that you reach the most vulnerable people, children. I also learned that “death is something we fear but it is human and anything human is manageable.” Lloyd talks about himself as being a part of a group of broken people. “I don’t think you are broken - you are a man of conviction a man who knows what is wrong and what is right and know that your father helped shape those convictions and helped shape who you are,” is what he says, allowing Lloyd a deeper connection and some much needed closure.

As Mister Rodgers drives off, Lloyd does the sign language for friends that he was taught and as Mister Rodgers drives away, he drives straight into my heart as he truly embodies what it means to be a hero, true to the article that Lloyd wrote. “If you think of him as a saint that his way of being is unattainable,” Joan Rodgers says of her husband. In a way Mister Rodgers was a saint, but he was human and was capable of deep love and understanding, which he spread through the world through his television show. The joy he brought to so many was captured brilliantly in this film. Thank you for this precious gift you have given the world. As Mister Rodgers said, “It’s such a good feeling to be alive,” and this movie gave me an incredible rush of feeling alive.
FROM THE DESK OF THE GROUPS COORDINATOR

By Julie R.

Happy New Year, PSR members!! I hope everyone had a good holiday season!

We had a very busy fall term, with fieldtrips to Brookfield Zoo, Lincoln Park zoo, and the Adler Planetarium. The Lincoln Park Zoo field trip occurred during evening hours in order for members to enjoy the Zoo Lights holiday displays. More zoo and museum field trips are planned in the future! This February we will be going to the Museum of Science and Industry and the Field Museum of Natural History! Keep checking the bulletin board for flyers and sign up sheets!

The PSR program also celebrated several holidays during the fall term at the Halloween Party, Thanksgiving Party, and Holiday party! In addition, we celebrated Turning Point’s 50th anniversary at the Holiday party. Members viewed a video of client testimonials and were given the opportunity to share their own experience of what Turning Point has meant to them.

But when is the next party, you ask? Several client suggestions are being considered, including a “pajama party” and movie or an ice cream social. As always, check the bulletin board outside the PSR Multipurpose room for announcements.

The fall term also saw the addition of two limited-run groups: a holiday craft group and Surviving the Holidays, a support group for members who experience difficulty during the holiday season. Both groups were well-received by members—watch for them again next year!

The fall term schedule had several groups that were canceled due to low enrollment. While it is never the intent to cancel groups, we are not able to continue groups if less than 4 members are attending on a regular basis. As you register for groups, please view your registration as a commitment to attend the groups your register for.

The winter/spring term is about to get underway! The new term will run from Monday, February 10th through Friday, May 29th, 2020. With the departure of several staff who led groups, many groups will have new facilitators!

Other upcoming events include the annual Turning Point Town Hall, on Friday, February 28th 9:30am-11:30am at the Skokie Library. For members who have not attended a Town Hall in the past, this is an event during which a panel of local politicians and officials discuss issues related to mental health, including benefits, housing, and social services. Due to library renovations, there will not be a coffee reception at the library this year. Transportation to/from the library will be provided. Please plan to attend this important, informative event.

In other news, our Chief Reptilian Officer, Moishe, was moved to a new 75 gallon tank! Thanks to the efforts of Bill B. and the Aquatic Pet Hero group, Moishe is now residing in a much larger space and has even been observed doing back flips off his rock! Many thanks to Bill B. and the Aquatic Pet Hero group for helping to care for Moishe’s needs on a weekly basis!

As always, please see me with any questions/concerns/issues with the PSR program!
With the help of The Aqua Pet Hero Team, and fearless leader, Bill B, our Chief Reptile officer, Moishe has some new digs!! If you are at Turning Point, and want to check it out, head to the Library. Moishe is always glad to see old friends and meet new people!
The invasion; Bush, Cheney and Rumsfeld Halliburton getting along swimmingly. Schoelander, Spitz, Kinsella; I knew Phelps would get 8 when he got 6. Below surface at Patton Gym window weight training room bent over bench doing back leverages was part of summer school nurse's physics Engineering with Rajah Gupta and shore running beach near Law Enforcement school. Norris Center cafeteria with impoundment book store previously had taken Anthropology at Leverone Hall as part Liberal Arts requirements the library had been inviting to Illinois College student so anthropology Nigerian text about Hausa and Aruba cattle traders Moslem and native. I tried out for basketball at Glenbrook South during training practice went up for rebound and came down on Kevin Reilly's foot and had a stress fracture at time different district education which compelled need new acquaintances. They put me in orthopedic shoes so I was a dork and the swimming team to do backstroke. Freshman year we took the bus to GBN where shower in hot water until lobster red dive into icy pool with tank trunks. I remember Indian Relays at New Trier East and medley Relay Team was 5th in conference. Not only was there Bill Whitehead diving like Greg Lougainus but Mark Taylor a football team center swam freestyle with Varsity. I earned my Speedo, did Saturday morning lessons and water polo while afraid of SCUBA. Beth Stelle a timer was my connection to the past, "a blast from ...". By the time the next season came along I missed summer practice at Flick Park and got cut during tryouts by Tucker Olsen who conditioned by Cross Country. The loss of competing caused despair the despond and I wouldn't recuperate until College.
Pumpkin; gainsave demeanor no use or good doesn’t make sense. -Cavort cavort nonchalant runabout, when that old second wind wanderlust comes along American Independent, preppie charter V.M.I.. Hot Tuna Jorma Kaukonen Jack Cassidy Burgers; “Lost now on the country roads in your Cadillac I can tell by the way you feel that you won’t be back. Ahh child of wonderous dreams, ahh child with endless schemes, what you are and what you were meant to be in the land of free and liberty; born to be Cassidy.” Marty Balin, Paul Kantner; Randy California and Spirit, Grace Slick Jefferson Airplane Monterey Pops. Narrow-minded self righteous parochial bigotted media hype technocratic jockocracy. RELATION Kate Nash, House of Bricks; Nellie Furtado Geffen. Susan Miller ACORN, Kim Miller Lutz Village Human Services, Julie McGrath Kim SPD social worker. If you get caught between the moon and New York City, it’s funny but it’s true, if you get caught between the moon and New York City, best that you can do, best that you can do is fall in love. Arthur.
ODE TO MANGO SMOOTHIES
BY: MARIA P.

Standing, pacing in line,
I don’t even need to decide
Or even think
Which of these nourishing wonders
I will drink.
I say you all lose, had no chance
Because I with certainty
Will choose a large frothy
Mango smoothie!
Juicy and tangy in perfect proportion,
Frosty, succulent, and invigorating as could be
Bright tangerine and ripe,
Oh precious mango you’re my type.
My love, my heart’s utter delight
Because in spite of being a little rough around the edges
If you look closely you’re absolutely beautiful.

There’s something enchanting about your taste
Something no one should ever waste.
So chilly in my trembling, thrilled hand
I try to understand
How something simple like a mango
Can make my tongue do a euphoric tango.
Instantly I’m overflowing
With joy of that mind-numbing beverage.
Completely transcends average
Oh, the taste of you makes me faint
I cannot hold any restraint.

When it comes to sweetly sipping
You’re heaven sent drink.
A drink Jesus should replace instead of wine
And fish and loaves of bread
Have an extravagant fountain of magnificent mango flowing over head
Then feed our entire starving world with your
Delicious, sinful pleasure one sip at a time
Save the leftover potion
In an overwhelming motion
To help fight hunger around this planet!
With each gulp, impossible to measure
The amount I treasure this exotic fruit.
BAKING GROUP

By: Maria P.

From the moment you step into the door, intrigued by ingredients carefully placed on the table, to the moment you leave with a stomach full of a delicious dessert and some in your bag for later, the baking group at Turning Point is truly the place to be on Tuesdays from 2:00-4:00. We all lead busy lives that are filled with different emotions and stress can at times be one of those emotions. A great way to deal with stress, anxiety and other issues you may be feeling can be alleviated by joining this fun, spunky group. Since starting in this wonderful group with facilitators Alexis and Corrie to guide us, we have made chocolate chip cookies, brownie cheese cake bars, soft pretzels, and two types of Bundt cakes, a rocky road cake and a pumpkin one as well which is perfect for the season. We also made many batches of cookies for the Halloween party. Now, I know some of you may be thinking this sounds like it may add to your stress by being complicated or perhaps you haven’t baked before. Well, let your troubles melt away because Alexis and Corrie are there to encourage and help you every step of the way. Another very important thing to mention is the teamwork of other current members. We are all stronger together. None of us came in with a background in professional baking. However, as a team we have persevered and created some extremely delicious treats while learning some basic baking skills and just having fun! Also, the members of the group decide together what we create. If you have a dessert you would like to make, we can make it together! How fun would that be? It could be really exciting for all involved. I truly encourage anyone who wants to step out of their comfort zone, or perhaps loves baking and wants to lend your skills to join our group. Regardless of your reasoning, we are very happy to have some new members to learn and also to help us eat all these delicious treats. If you are free on Tuesday from 2:00-4:00 and would like to broaden your horizons or just to have fun please join us in the kitchen. We would be happy to have you!
BAW LAW GAI (Chicken with Pineapple)

Serves 4-6

INGREDIENTS

Half a small ripe pineapple or 1 x 425g (15oz) can unsweetened pineapple

250 g (8oz) chicken breast meat

1 tablespoon corn flour

½ teaspoon salt

½ teaspoon ground Szechwan pepper or black pepper

1 tablespoon light soy sauce

2 teaspoons sesame oil

1 small clove of garlic, crushed

1 tablespoon peanut oil

6 spring onions, sliced

Fresh coriander leaves to garnish

SAUCE

2 teaspoons corn flour

½ cup pineapple juice

1 tablespoon light soy sauce

Skin pineapple, cut away all eyes and cut lengthways into triangular wedges. Trim away core from each wedge, then cut across into slices. Bone and skin the chicken and slice the flesh thinly. Toss chicken meat in a mixture of corn flour, salt and ground pepper until well coated. Add soy sauce, sesame oil and garlic to chicken and mix well.

Heat peanut oil in wok, add chicken and fry just until color changes. Add pineapple, reduce heat, cover and simmer 3 minutes. Add sauce mixture, stir until thickened, toss in spring onions and mix thoroughly, spoon on to serving dish. Garnish with sprigs of fresh coriander. Serve with rice and noodles.

Sauce: Add pineapple juice gradually to corn flour, mixing until smooth. Stir in soy sauce.

Recipe from Charmane Solomon: The Complete Asian Cookbook
Southern Fried Chicken Livers/Gizzards

Mom made them because they are cheap, and now the convenience stores sell them in the South! You must have a fry screen -- these things pop and will burn you! Serve with pepper gravy or a packet of chicken gravy.

By CINDY CAPPS LEPP

**Prep:** 10 mins

**Cook:** 10 mins

**Total:** 20 mins

**Servings:** 4

**Ingredients**

- 1 pound chicken livers/gizzards
- 1 egg
- ½ cup milk
- 1 cup all-purpose flour
- 1 tablespoon garlic powder
- Salt and pepper to taste
- 1 quart vegetable oil for frying

**Step 1**
Place the chicken livers/gizzards in a colander, and rinse with water. Drain the livers well. Whisk together the egg and milk in a shallow bowl until well blended. Place the flour, garlic powder, and salt and pepper in a resalable plastic zipper bag, and shake to combine.

**Step 2**
Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

**Step 3**
Place the chicken livers/gizzards in the bowl of egg and milk mixture, and coat each liver/gizzard. Place the livers, one at a time, into the plastic bag of flour mixture, and shake the bag to coat the each liver completely.

**Step 4**
Gently place the coated livers/gizzards a few at a time, into the hot oil. Cover the pan of oil with a frying screen to avoid getting burned by spatters of oil that will pop out as the livers/gizzards fry. Deep fry the livers until crisp and golden brown, 5 to 6 minutes.
...AND MORE RECIPES!

SAUERKRAUT BALLS

**READY IN:** 1hr 45mins

**SERVES:** 6

**UNITS:** US

**INGREDIENTS**

- 8 ounces sausage, crumbled or 8 ounces brat sausage
- \( \frac{1}{4} \) cup finely chopped onion
- 1 (14 ounce) can sauerkraut (squeeze dry and snip fine)
- 2 teaspoons breadcrumbs
- 1 (3 ounce) package cream cheese (can use low fat kind)
- 2 teaspoons parsley
- 1 teaspoon prepared mustard
- garlic salt
- \( \frac{1}{4} \) teaspoon pepper
- \( \frac{1}{4} \) cup flour
- 2 beaten eggs
- \( \frac{1}{4} \) cup milk
- 1 cup breadcrumbs

**DIRECTIONS**

Cook sausage and onion until meat is brown.
Drain.
Add sauerkraut and 2 T bread crumbs to the mixture.
Combine cream cheese, parsley, mustard, garlic salt and pepper.
Add to sauerkraut mixture.
Chill one hour.
Form into small balls and coat with flour.
Dip in egg-milk mixture and roll in bread crumbs.
Fry in deep fat until brown (can be frozen at this point) -- OR -- bake in a 375 degree oven for 15-20 minutes SERVE HOT.
The Best Banana Cake I’ve Ever Had

- **Prep Time:** 30 minutes
- **Cook Time:** 45 minutes
- **Total Time:** 5 hours
- **Yield:** serves 12

**Ingredients:**

- 3 large ripe bananas (about 1 and 1/2 cups mashed)
- 3 cups (375g) all-purpose flour (spoon & leveled)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3/4 cup (170g) unsalted butter, softened to room temperature
- 1 cup (200g) granulated sugar
- 1/2 cup (100g) packed light or dark brown sugar
- 3 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1 and 1/2 cups (360ml) buttermilk, at room temperature

**Cream Cheese Frosting**

- 8 ounces (224g) full-fat block cream cheese, softened to room temperature
- 1/2 cup (115g) unsalted butter, softened to room temperature
- 3 cups (360g) confectioners’ sugar, plus an extra 1/4 cup if needed
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt

1. **Preheat the oven to 350°F (177°C) and grease a 9×13 inch pan.**

2. **Make the cake:** Mash the bananas. I usually just use my mixer for this! Set mashed bananas aside.

3. Whisk the flour, baking powder, baking soda, cinnamon, and salt together. Set aside.

4. Using a handheld or stand mixer fitted with a paddle attachment, beat the butter on high speed until smooth and creamy – about 1 minute. Add both sugars and beat on high speed for 2 minutes until creamed together. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. Add the eggs and the vanilla. Beat on medium-high speed until combined, then beat in the mashed bananas. Scrape down the sides and up the bottom of the bowl as needed. With the mixer on low speed, add the dry ingredients in three additions alternating with the buttermilk and mixing each addition just until incorporated. Do not overmix. The batter will be slightly thick and a few lumps is OK.

5. Spread batter into the prepared pan. Bake for 45-50 minutes. Baking times vary, so keep an eye on yours. The cake is done when a toothpick inserted in the center comes out clean. If you find the top of the cake is browning too quickly in the oven, loosely cover it with aluminum foil.

6. Remove the cake from the oven and set on a wire rack. Allow to cool completely. After about 45 minutes, I usually place it in the refrigerator to speed things up.

7. **Make the frosting:** In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 cups confectioners’ sugar, vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra 1/4 cup of confectioners sugar (I add it). Spread the frosting on the cooled cake. Refrigerate for 30 minutes before serving. This helps sets the frosting and makes cutting easier.

Cover leftover cake tightly and store in the refrigerator for 5 days.
Fond Memories of the Brookfield Zoo: A Trip that Captivated my Heart

By: Maria P.

Despite the chill in the air, we set off to the Brookfield Zoo. After encountering a peacock in the parking lot, I knew that this trip was going to be something that I hadn’t previously experienced, and the excitement was mounting. The zoo was completely decked out for Halloween and it was quite a spooky sight. Under the guidance of Alexis and Stephanie, we set off towards the sea lions and dolphins, where a woman was waving her winter hat in an effort to make the sea lion dance. It glided effortlessly up and down, and it was lovely to watch and take in that moment. After Seven Seas, we ventured towards Big Cats where we saw a tiger that wouldn’t stop growling and regal looking lions. Nearby were some camels. Then we headed to Australia. We saw some lovely animals and because one of our group leaders, Stephanie, once lived in Australia she was able to give fascinating insight into those particular animals. As we trekked on, we saw a giant hippo. Continuing forward into Tropic World, we saw a sloth nestled comfortably in a tree. There were also orangutans, including a mother and her child which was heartwarming to see.

After that exhibit, we saw some bison (which make phenomenal burgers). Suddenly, I was in awe of a bald eagle, as it stood majestically perched on a branch. Thank goodness Benjamin Franklin didn’t get his way and make the turkey the national bird instead. We then veered to the wolf exhibit where we entered a sensory experience of two minutes of what it would be like to be in the dark with wolves howling under the stars. It was a special, touching, and soothing moment. We went on to see a polar bear that walked around, acting like he owned the place. My favorite animal was the magnificent grizzly bear, lying fast asleep. He was enjoyed his calm surroundings, and we did our best not to disturb him in his deep slumber. Going into the reptile and bird exhibit we saw stunning parrots with vivid colors (which I was told live for 50 years.) There were also sharks along with some extremely lazy penguins. We saw Big Cats as well. Finally, we stopped at the gift shop to take a memory from this special day home with us. After our long trek through the zoo, we were absolutely parched, so Alexis kindly stopped on the way back to Turning Point, and we all got sodas for the ride home which we greatly appreciated after all that walking, which was wonderful exercise and a great way to get some much needed fresh air. It is safe to say our trip to the zoo was a wild success and I strongly encourage anyone who seeks some adventure to join in the next trip, for there is something for everyone to enjoy, learn, and finally to experience nature’s beauty in a unique way.
The Importance of the First Amendment

By: Lisa R.

The first amendment to the Constitution of the United States: “Congress shall make no laws respecting an establishment of religion, or prohibiting the free exercise there-of; or abridging the freedom of speech, or the press; or the right of the people peaceably to assemble, and to petition the government for redress of grievance.”

This amendment is the most important of all. With this freedom we are given the ability to learn, grow, include, etc. With this freedom we are able to be unique to create opinion and change our opinion. It allows us to unite together to change things when there is an injustice from the powerful to the meek. It allows us to informed and to be informed about the world and local.

There are some limitations on speech. No one can incite violence against another for any reasons as to harm someone is against the law. You can’t cause mass panic such as yelling “fire” in a crowded theater for no reason. You can’t knowingly spread false information to slander another.

To weaken the First Amendment would slowly destroy our country. In the wrong hands it can lead to tyranny. No government should have the power to control the thoughts and opinion of its citizens. As what is okay for some is devastating for others.

The first amendment must be uphold as it stands, no matter how much one might despise the opinion of another. No matter how much many disagree with another religion.

As Pastor Martin Niemöller brilliantly said:

“First they came for the socialist, and I did not speak out. Because I was not a socialist.

Then they came for the trade unionist, and I did not speak out. Because I was not a trade unionist.

Then they came for the Jews, and I did not speak out. Because I was not a Jew.

Then they came for me and there was no one left to speak for me.”

To stop someone’s right to speak freely is to stop your right to free speech. It’s just a matter of time. Do not be left alone in silence as tyranny reins. Do not let the men and women who died to protect our constitution be in vain.
Triumphant Trebek: The Legacy of a Man Dedicated to Kindness and the Quest for Knowledge

By: Maria P.

There are certain people in life who do great things, seeking out only recognition and glory. They lead glamorous lives as movie stars or football players or even celebrities of other kinds. Alex Trebek is a rare individual who has shaped the world of game shows and won the hearts of millions of people, mine included. For 35 years, Trebek has led the popular show Jeopardy and with such kindness and the gift of knowledge to its viewers. In today’s society wealth often demonstrates value to people, but Alex shows us every day through the wonderful contestants and fascinating categories his teams concocts every day for the show that what’s in your brain and ultimately in your heart that counts. Born and raised in Sudbury, Ontario, Trebek graduated from the University of Ottawa with a degree in Philosophy. After working in Canada in the world of television, he eventually came over to America where in 1984 he began hosting Jeopardy after briefly hosting another program. Through the teen tournament, the college championships, the teacher’s tournament, and the tournament of champions as well as regular episodes not including tournaments, we have met so many fascinating, intelligent, and some truly clever folks. Alex runs a tight ship, always sharp as a tack. His wit and humor, along with the steep competition makes for a thrilling half hour of tv.

What moves me to write this article was the devastating news that he was diagnosed with aggressive pancreatic cancer earlier this year. I want so badly for everyone to know how many lives he touched and how ordinary people with extraordinary knowledge were able to have their lives changed because of their success on the show. My dream would be to meet him in person and tell him precisely how grateful I am. I recently came upon this quote of his that made writing this feeling wonderful, because he deserves to know how exceptional he is. “Most of us have open-ended lives, we don’t know when we are going to die... because of the cancer diagnosis, it’s no longer an open-ended life, it’s a closed-ended life.. Because of that... people all over America and abroad have decided they will let me know now, while I’m alive, about the impact I’ve been having on their existence. They have come out and they have told me, and my gosh it makes me feel so good.” I want to let him know just a unique and wondrous an individual he truly is.

An exciting event that went from on January 7-14th was the showdown of Jeopardy James, Brad, and Ken Jennings (the three people that have won the most money ever on the show). They played brilliantly in a prime-time event for the title: greatest of all time on. Ken Jennings came out as the winner after a thrilling battle, and it is precisely because of Alex that these ordinary people became stars and inspiration to others who wish to play the game in hopes of winning big. Behind the humble man is a legacy. While no one knows what the future hold for Mr. Trebek, one thing is certain. He is a rare gem, a complete gentleman, and a brilliant mind. I wish him many happy years, so whether he makes it this difficult disease or simply his body is not able to due to his cancer, he will have changed the world and helped prove that the mind is a marvelous thing indeed. Alex Trebek once said, “Have you ever met a successful person who wasn't restless - who was satisfied with where he or she was in life? They want new challenges. They want to get up and go...and that's one of the reasons they're successful.” Truly a man of his word, he continues to challenge himself and us, his viewers to continue growth in becoming the best versions of ourselves not because of glory, but because we deserve to feel happiness. My hats off to Alex Trebek for all those afternoons I spent glued to the screen, testing my own knowledge and for half an hour each day, being content in knowing that people do value knowledge and kindness over fame and wealth.
I heard a quote I vehemently disagree with, “When you think you are correct, that is usually when you are incorrect”. I believe in my case my intuition is 90% accurate. This is why I disagree with that statement.

I did some research and found out that using reason of insanity as a defense is used in less than 1% of cases. Even less than that where they find that this defense is successful. Most people diagnosis with schizophrenia that are in prison due to violent offenses, when they are on medications in prison, if however they are found guilty by reason of insanity they first go to a state hospital then they serve out the rest of their term in prison.
Music Composer’s Birthdays

F. Poulenc  January 7, 1899
M. Durufle  January 11, 1902
W. A. Mozart  January 27, 1756
G. F. Handel  February 23, 1685
L. Van Beethoven  March 26, 1827
J. S. Bach  March 31, 1685
S. Rachmaninov  April 1, 1873
L. Spohr  April 5, 1784
J. Kuhnau  April 6, 1660
M. Bowen  April 6, 1940
M. Corrette  April 10, 1707
I. Holst  April 12, 1907
A. Scarlatti  May 2, 1660
J. Brahms  May 7, 1833
P. I. Tchaikovsky  May 7, 1840
L. M. Gottschalk  May 8, 1829
C. G. Monteverdi  May 15, 1567
J. J. Froberger  May 18, 1616
W. R. Wagner  May 22, 1813

Compiled by John W.
Words of Wisdom

By: Lisa R.

Words can carry a lot of meanings. They can lift people up or put people down. They can make you laugh or cry. These quotes I found are enlightening and uplifting.

“In the end, it’s not the years in your life that count. It’s the life in your years” – Abraham Lincoln

“Courage is not the absence of fear, but rather the judgement that something else is more important than fear” – Ambrose Redmoon

“It is the mark of an educated mind to be able to entertain a thought without accepting it” – Aristotle

“Do not seek to follow in the footsteps of the men of old; seek what they sought” – Basho

“Those who would give up essential liberty, to purchase a little temporary safety, deserve neither liberty nor safety” – Benjamin Franklin

“Never be afraid to laugh at yourself; after all, you could be missing out on the joke of the century” – Dame Edna Everage

“Life is a long lesson in humility” – James M. Barrie

“We choose to go to the moon in this decade and other things not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accepts, one we are unwilling to postpone, and one which we intend to win” – John Fitzgerald Kennedy

“Life is what happens when you’re busy making other plans” – John Lennon

“Care about other people think and you will always be their prisoner” – Lao Tzu

“The truth is not always beautiful, nor beautiful words the truth” – Lao Tzu

“I alone cannot change the world, but I can cast a stone across the water to create many ripples” – Mother Teresa

“Never ascribe to malice, that which can be explained by incompetence” -Napoleon (Hanlon’s Razor)

“The greatest glory in living lies not in never falling, but rising every time we fall” -Nelson Mandela

“Imagination was given to man to compensate him for what he is not, and a sense of humor was provided to console him for what he is” – Oscar Wilde

“Everyone you meet is fighting a battle you know nothing about. Be kind. Always” – Robin Williams

“Many of life’s failures are people who did not realize how close they were to success when they gave up” – Thomas A. Edison

“I failed my way to success” – Thomas Edison

“A true friend knows your weaknesses, but shows you your strength; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities, but emphasizes your possibilities” – William Arthur Ward

“Success is not final; failure is not fatal: It is the courage to continue that counts” – Winston S. Churchill
**Groundhog Day**

By: John W.

The first Groundhog Day was celebrated on February 2, 1887 in Punxsutawney, Pennsylvania. Clymer Freas, a local newspaper editor, came up with the idea.

Almost all of our readers know that “If a groundhog sees his shadow (on February 2, 2020) we are in for 6 more weeks of winter”. If it is a clear day he will, if it is overcast he most likely will not.

A groundhog is also known as a woodchuck. A rodent of large ground squirrels known as marmots.

They are found through the eastern United States and in Canada and, oddly, also in Alaska.
There are words I can’t say...
By: Maria P.

There are words I can't say and phrases I cannot utter.
So my brain clogs and fills with clutter...
I jumble thoughts and phrases into sentences.
I think therefore I am?
No, I think therefore I write.
I write therefore I am.
Furiously, passionately, maddeningly
I forge the words onto the page.
I forge clarity.
Those once jumbled, now clear words become my truth.
My truth because my essence.
My essence becomes my reality,
And it's my reality that erupts into my being.

A Poem By Maureen P.

In my shower, I was confused,
Do I shampoo or condition, or both?
It is 2 minutes or a leave-in treatment?
What can I get by with?
Go into any drugstore on the North Shore;
Magazines with models screaming at us.
I am a great, caring human being;
Though it’s tough, I’ve had enough!!
WOMEN ARE GREAT!!
Ideas for Going Green

By Brian, Laura, Ken, Dave, and Zephyr

Going Green is about making the environment a better place to live. In our group, we learn different ways of living to make things better for our lives. We also offer a supportive atmosphere for coping with the current condition of the planet. One of our current projects is to work on advocating for people living in housing situations and/or cities where recycling is not available. Some ideas we are playing with include organizing a swapping system for TP clients where they can exchange fix-it skills and share items that might otherwise be thrown away.

One topic we discuss a lot is recycling. Recycling is not always available to people where they live, or maybe some businesses may also not have recycling. People living somewhere without recycling could save recyclables and put them in recycling bins at other places if it’s ok with the owners. Some people litter things on the ground that could be recycled. There are some things that can’t be recycled, like greasy food containers, plastic wrap, SOS pads, used napkins, pens, pencils. Remember when in doubt, throw out!

What Can I Recycle?

No thanks!
- Plastic Bags
- Styrofoam
- Candy Wrappers
- Juice & Milk Cartons
- Medical Sharps
- Lightbulbs & Electronics
- *note: Recycle at Leon County Household Hazardous Waste

Yes please!
- Aluminum & Steel Cans
- Newspapers & Magazines
- Office Paper
- Glass bottles & Jars
- Plastic Bottles, Cups & Jugs
- Envelopes & Junk Mail
- *including the ones with clear windows!

We would love for you to join us. TP Goes Green meets Thursdays at 10am.

Here are some other Green Living Tips

Laundry
Dry like things together - same thickness
Do a full load - smaller loads are less efficient
Use cold water- Cold water cleans just as well as warm but warm is still better for disinfecting
Hang/air dry only OR dry a little in the dryer and then hang/air dry

Sharing/Using Resources
Have a swap party or a swap friend to avoid throwing things away

Swap unwanted clothes, dishes, linens, electronics, food that might be useful to others
Swap Services: if you know how to fix something, try helping others so they don’t have to trash it

Reducing
When brushing teeth turn, off the water
When showering, try soaping up without the water on and then rinsing
JUST BECAUSE

Soda truth was revealed. Dr Pepper only had a doctorate in theoretical Fizz-ics.
STUNNING ARTWORK

PRESENTED BY JOSEPH MIKAN