# Heard It Through the Grapevine

Published By Consumers

Photo by Brian Monahan

June 2011

**The Vision of The Grapevine Center, Inc.**
**Blending good people with better choice for the best recovery**

**Grapevine Board of Directors**
*********

Jack McKenna, President

Marcia Schoeffel, Vice President

Dena Martinez, Treasurer

Sue Novosel, Secretary
Jayne Campbell

George Neigh

Becky Seyler

Nancy Nicklas

Joe Olcus

Gail Steck

Phillip Galli

Debra Christy

Sharon Miller

## UPCOMING EVENTS

June 3, Community/Volunteer Meeting 2 PM
June 5, Grapevine Picnic 1 PM
June 6, Pool Tournament 2 PM
June 7, Air Hockey Tournament 2 PM
June 9, Crafts 2 PM
June 10, Western CSP 9 AM
June 11 Mini Golf 11:30 AM
June 12, Sunday Meal 2 PM
June 13, Dice Tournament 2 PM
June 14, PMHCA Conference
June 15, PMHCA Conference
June 15, Pool Tournament 2 PM
June 16, PMHCA Conference
June 19, Father's Day Meal 2 PM
June 20 Annual Grapevine Board Meeting and picnic 4:30 PM
June 21 CSP Meeting 12 PM
June 21, NAMI Connection 6 PM
June 23, Community Meeting 2 PM
June 24, Pool Tournament 2 PM
June 27, Dice Tournament 2 PM
June 28, Pool Tournament 2 PM
June 30, Birthday/Bingo 2 PM

# Poetry Corner

## The Shadow Stones
By
Phillip Galli

When green pine trees first awoke in the air
At the instant of dawn on a beach somewhere.

There among the sands where the waters did trace
Were black diamonds left in the seas place.

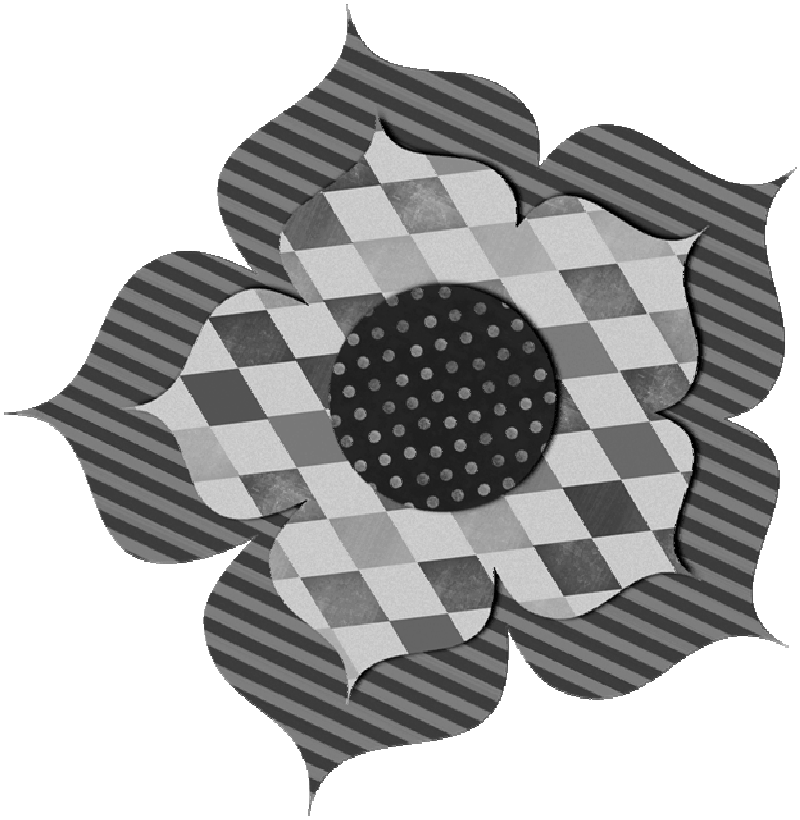
As night fled with the rise of dawn
We gathered together the diamonds from our sandy lawn.

We took them along with our first crystal day sight
And cracked each one along their lines of light.

Each one split onto many gems that contained
Many facets and reflections of this new day in eternity that remained.

Through each crystal we gazed of wonder from across the sea
Where intuitions of reflections were shown to thee.

Have faith in the depth of the night
And the shadow stones that shine like star light.



## Night Moons
By
Phillip Galli

Lost sounds from places gone by,
By the moon a tree hangs down from the empty sky,

From the tree trunk a new green face grows,
Its roots seek in silence that only vision knows.
Ocean driven rain forms upon the leaves and cheeks,
It waters the roots, the ancients speak.

It is like the smallest time—you're unseen,
And you lie hidden in the waking dream.

Through the fall you were covered in the leaves of sense,
And your path of perception was late...Hence,

Renew facing vision like the tree that grew under the heavens first
Moonlight:

Look through the darkness at the infinite night.

<u>Silence</u>

# Desiderata

*Go placidly amid the noise and haste and*
*remember what peace there may be in silence.*
*As far as possible, without surrender,*
*be on good terms with all persons.*
*Speak your truth quietly and clearly;*
*and listen to others, even the dull and ignorant; they too have their story.*
*Avoid loud and aggressive persons, they are vexatious to the spirit.*
*If you compare yourself with others, you may become bitter or vain,*
*for always there will be greater and lesser persons than yourself.*
*Enjoy your achievements as well as your plans.*
*Keep interested in your own career, however humble;*
*it is a real possession in the changing fortunes of time.*
*Exercise caution in your business affairs; for the world is full*
*of trickery. But let this not blind you to what virtue there is;*
*many persons strive for high ideals; and everywhere life is*
*full of heroism. Be yourself. Especially, do not feign affection.*
*Neither be cynical about love; for in the face of all aridity and*
*disenchantment it is perennial as the grass.*
*Take kindly the counsel of the years, gracefully surrendering*
*the things of youth. Nurture strength of spirit to shield you in*
*sudden misfortune. But do not distress yourself with imaginings.*
*Many fears are born of fatigue and loneliness. Beyond a*
*wholesome discipline, be gentle with yourself. You are a child of*
*the universe, no less than the trees and the stars; you have a*
*right to be here. And whether or not it is clear to you,*
*no doubt the universe is unfolding as it should.*
*Therefore be at peace with God, whatever you conceive Him*
*to be, and whatever your labors and aspirations,*
*in the noisy confusion of life keep peace with your soul.*
*With all its sham, drudgery and broken dreams,*
*it is still a beautiful world. Be cheerful. Strive to be happy.*

# Attention Deficit Disorder (ADD) And Attention Deficit Hyperactivity Disorder (ADHD)

Many with ADHD can't control emotions: Research suggests many people with ADHD also have quick bursts of anger and frustration.

More than half of people with attention deficit hyperactivity disorder (ADHD) also have trouble regulating their emotions, and that difficulty may be passed through families, a new study shows. Researchers are calling this cluster of symptoms deficient emotional self-regulation (DESR). It involves quick bursts of outsized anger, frustration, impatience, or excitability in response to everyday events.

"Any sort of reflexive, emotionally laden reaction that would not be politic or thoughtful or helpful," says study researcher Craig B.H. Surman, MD. Surman is an instructor in psychiatry in the Massachusetts General Hospital Pediatric Psychopharmacology and adult ADHD Program.

"It's not just people with mental health challenges that have issues regulating their emotions. Everyone does to some extent, but hopefully, in most cases it's when people are really maxed out or strained or stressed" Surman says.

"Folks who have deficient emotional self-regulation, we feel, don't have inhibitory capacity to censor emotional reactions even when they're not under these kinds of stresses."

What's more, it appears that this inappropriate emotional reactivity appears to be shared among siblings, though researchers aren't sure if genetics or a family environment is the reason. "Is it a neurobiological thing in these families, or a learned thing?" Surman asks.

## Emotional Outbursts and ADHD

For the study, researchers recruited 83 people: 23 with ADHD alone, 27 with ADHD plus DESR, and 33 people with neither condition for comparison. Researchers then enrolled 128 siblings of each of the participants.

Clinicians who were kept in the dark about which group participants belonged to evaluated each person in the study to independently confirm their diagnosis and to measure any DESR symptoms.

People with ADHD were considered to have DESR if they also reported emotional-control symptoms that were worse than those reported by 95% of a large comparison group of people without ADHD.

More than half of those with ADHD enrolled in the study (55%) were also emotionally reactive.

As expected, ADHD was more common in siblings of the original participants with ADHD than in siblings of the comparison group. Previous studies have suggested that ADHD may run in families.

The surprising thing to researchers was that ADHD and DESR appeared to only co-occur in siblings of original participants with both sets of challenges.

"I think that what we've demonstrated is that there's a subset of people who have attention deficit hyperactivity disorder who can't control their emotional reactions, also", Surman says.

Because mental health conditions like ADHD, depression, and generalized anxiety disorder often occur together, the researchers also asked participants about symptoms and signs that might indicate that another mental illness could account for the emotional volatility they were feeling.

"We found you can individually remove any of the major mental health conditions that we inventoried and people still are reporting these kinds of irritable, emotional overreactions", Surman says.

## Attention, Emotions, and the Brain

Though researchers are still trying to understand the role of different structures in ADHD, one fold of tissue in the middle of the brain, called the cingulated gyrus, appears to be playing a big role. "It's so tied to key regulatory systems for behavior and attention and also emotion that it's highly implicated as a likely place of some sort of issue for ADHD", Surman says. Scans that look at the activity of the brain as it is working, called functional magnetic resonance imaging (FMRI) scans, have also shown that the activity of the cingulated gyrus in the brains of ADHD patients appears to be lower compared to people without ADHD. When those same patients are given stimulant medications, the activity of the cingulated gyrus appears to normalize. In addition to medications, cognitive behavioral approaches to therapy may help.

A paper published last year in *The Journal Of The American Medical Association,* which Surman co-authored , found that two-thirds of patients with ADHD who got 12 weekly sessions of cognitive behavioral therapy report at least a 30% reduction of their symptoms, compared to 1/3 of a comparison group that was taught relaxation techniques.

"I think there's a lot of hope if people know why they're doing what they're doing," Surman says.

# Poetry Corner

## Island Of Dreaming
By
Phillip Galli

On a castle of circular concentric walls
resisting the crashing sea;
Stands a house where higher emotional
reason rescued me.

I in a boat lost on the dark ocean alone and
hidden in emotion.

Until I was propelled on a gossamer beam of
light across the sea across the night.

A light house shown in thoughts of four;
I in the boat landed on the shore.

I climbed upon the rocks smashed by the sea
And entered the house at night
With a lantern to all the floors and
rooms I did see.

When dawn upon the castle had first
awoke
I remember the voice of reason that
spoke:
I am the sound of the word
Onward she spoke

With your thoughts you cannot remain
Separate nor flee from every emotion
That you have turned around to see.

And with your new turned emotions
You cannot understand every thought
like every grain of sand.

So on these two planes reason cannot
just remain;

So know that from innocence shall
return
Knowledge that wisdom does yearn

On the castle green you'll learn.

*Questions and Answers*

Questions:

1) Who is the only movie director to win four Best Director Academy Awards?

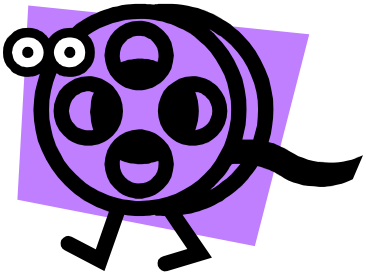
2) Who is the only actress to win four Best Actress Awards?

3) Who are the only three major league baseball players to record over 3000 hits and 500 home runs?

4) Who is the last pitcher to win at least 30 games in one season?

5) What writer invented the detective story?

6) How many Sherlock Holmes stories were written?



7) Who are the three men to win three acting Academy Awards?

8) What was Alfred Hitchcock's favorite movie that he directed?

9) How many Pittsburgh Steelers are on the NFL All-Time Team?

10) What quarterback holds the record for consecutive games with at least one touchdown pass?

11) What was Agatha Christie's first book?

12) Who was the inventor of the hard-boiled detective novel?

Continued on Page –8-

GRAPEVINE CENTER

Phone: 724-283-1704
Fax: 724-283-8635
grapevine@zoominternet.net

We 're on the Web;
grapevinecenter.org
grapevinecenter.org

# Dear Betty

**Betty will answer questions submitted to her through her mailbox. You may submit any type of question.**

**Question: We would like to go to Kennywood. What do we have to do to bring this about?**

**Reply: There must be a minimum of 4 people going, and each person will have to pay for his/her admission ticket and any other expenses. Grapevine will provide transportation.**

## Mary Lou's Corner

**Pumpkin Cookies**

Ingredients:

1 cup Crisco
1 egg
2 cups flour
1 tsp baking soda
1/2 tsp salt
1/2 tsp ground ginger
3/4 cup raisins
1 cup sugar
1 cup pumpkin
1 tsp baking powder
1 tsp cinnamon
1/4 tsp ground cinnamon
3/4 cup nuts
1 tsp vanilla

Directions:

Cream together Crisco, sugar, & egg. Add 1 cup of pumpkin and beat well. Mix flour, baking powder & baking soda, cinnamon, salt Ginger & cloves together separately & add to beaten mix. Stir to form smooth batter. Add nuts raisins & vanilla. Roll into balls the size of a teaspoon. Set one inch apart, and bake at 350 degrees for 15 minutes. Makes 60 cookies.

Questions Continued

13)For which movie did Jimmy Stewart win his only Oscar?

14) For which movie did Humphrey Bogart win his only Oscar?

15)What actor/actress was nominated the most times for Academy Awards?

16) What Pro basketball player holds the record for rebounds in a single game?

17) How many consecutive NCAA basketball championships did UCLA win?

18) What writer invented Charlie Chan?

19) Which writer created the character of Zorro?

20) What baseball player was the first to record more than 100 RBI's in a season in both the National and American leagues?

21) What football player holds the record for the most interceptions in a single season?

22) How many acting Oscars did Cary Grant win?

Answers on Page –13-

# POOL TOURNAMENT
May 11, 2011

Anita M.
————————-Bob N.
Bob N.

Dalton B.
————————-Sean K.
Sean K.

Joe M.
————————-Joe M.
Shirley B.

Kayla M.
————————Kayla M.
Adam B.

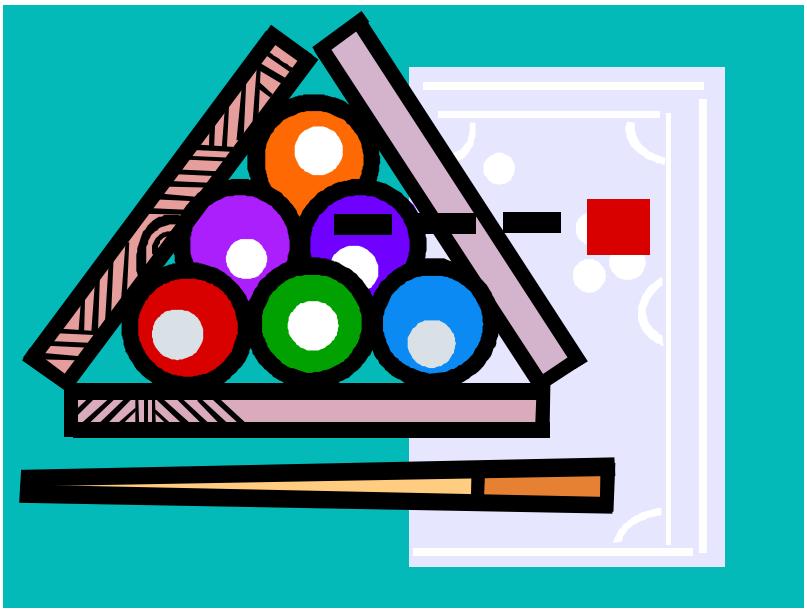
Dave W.
————————Dave W.
Carla S.

Rod T.
————————Rod T
Eric S.

Dave G.
————————-Dave G.
Sue S.

Frank W.
————————Larry G.
Larry G.

WINNER: Jerry McWilliams



POOL TOURNAMENT

May 2 , 2011

Jimmy R.
——————Rod T.
Rod T.

Jason S.
——————-Anita M.
Anita M.

John R.
———————Kayla M.
Kayla M.

Winner: Matt Bonyak

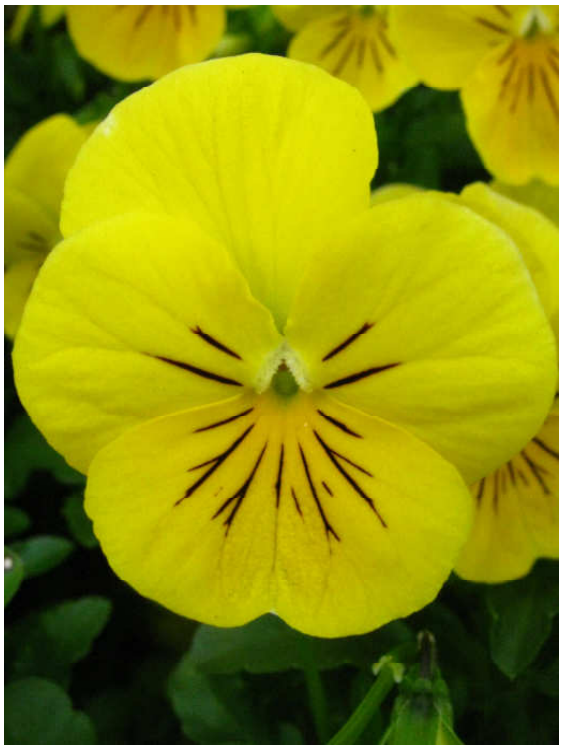
Shirley J.
————————Shirley J.
Ray C.

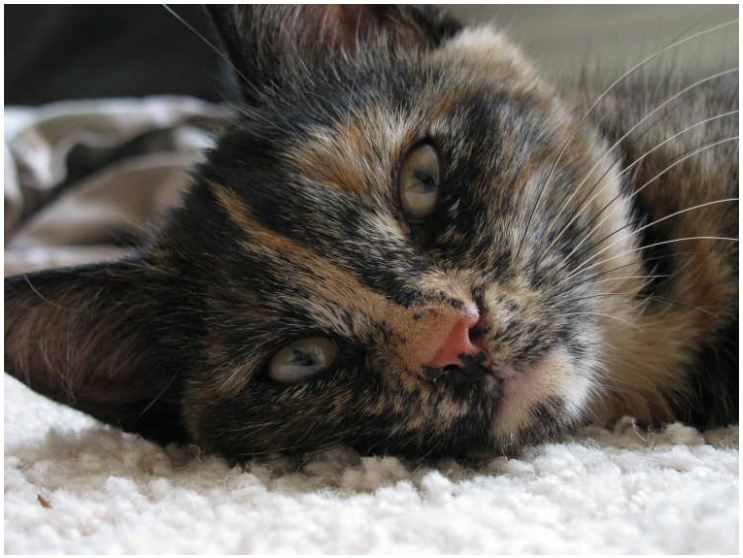
Dalton B.
—————————Sean K
Sean K.

Lance D.
—————————Adam B.
Adam B.

Jerry M.
————————Jerry M.
Frank W.

**Photos taken and edited by Brian Monahan**



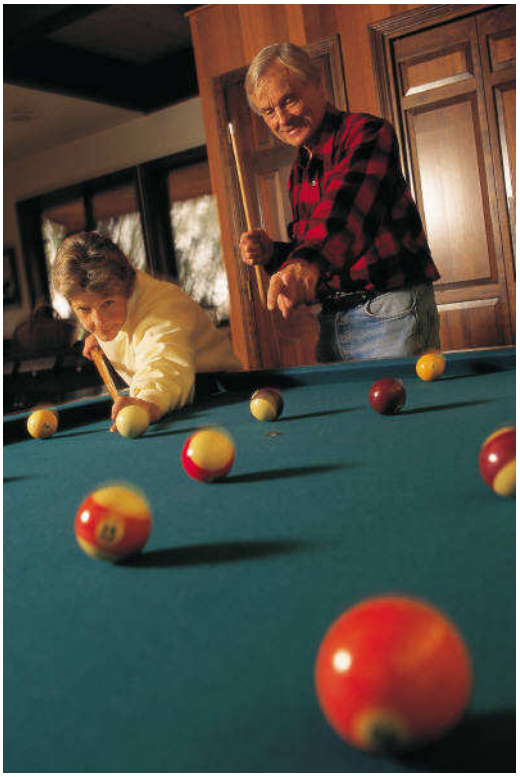


Answers to Questions:

1) John Ford
2) Catherine Hepburn
3) Hank Aaron, Willie Mays, and Eddie Murray
4) Denny McLain, 31 wins in 1968
5) Edgar Allen Poe, wrote "Murders In The Rue Morgue" 1841
6) Conan Doyle wrote 56 short stories and 4 short novels featuring Holmes
7) Walter Brennan (3 supporting Oscars) , Jack Nicholson (2 Best Actor Oscars & 1 supporting Oscar), Daniel Day-Lewis (3 Best Actor Oscars)
8) "Shadow Of A Doubt" 1942
9) 4 (Mike Webster, Joe Greene, Jack Ham & Mel Blount)
10) Johnny Unitas
11) "The Mysterious Affair At Styles" 1919
12) Dashiell Hammett
13) "The Philadelphia Story"
14) "The African Queen"
15) Meryl Streep, 17 nominations
16) Wilt Chamberlain, 55 rebounds
17) Seven
18) Earl Derr Biggers
19) Johnston McCauley
20) Dick Stuart, Pittsburgh Pirates & Boston Red Sox
21) Dick Lane, 14, in 1951
22) Nominated 3 times but never won

POOL TOURNAMENT

March 16, 2011



Kayla M.
————————-Sean K.
Sean K.

Jim H.
————————Jim H.
Jonica H.

Jerry M.
——————————Jerry M.
Jason S.

Lance D.
—————————Lance D.
Shirley J.

Dalton B.
——————————-Dalton B.
Frank W.

WINNER : Bob Rearick

Anita M.
——————————-Anita M.
Jim R.

Adam B.
———————————Rob R., Jr.
Rob R., Jr.

Rob R., Sr.
————————————Rob R., Sr.
Wyatt M.

POOL TOURNAMENT

March 16, 2011

Kayla M.
————————-Sean K.
Sean K.

Jim H.
————————Jim H.
Jonica H.

Jerry M.
——————————Jerry M.
Jason S.

Lance D.
—————————Lance D.
Shirley J.

Dalton B.
——————————-Dalton B.
Frank W.

WINNER : Bob R., Sr.

Anita M.
——————————-Anita M.
Jim R.

Adam B.
———————————Rob R., Jr.
Rob R., Jr.

Rob R., Sr.
———————————Rob R., Sr.
Wyatt M.