



The Vision of The Grapevine Center, Inc.

Blending good people with better choices for the best recovery

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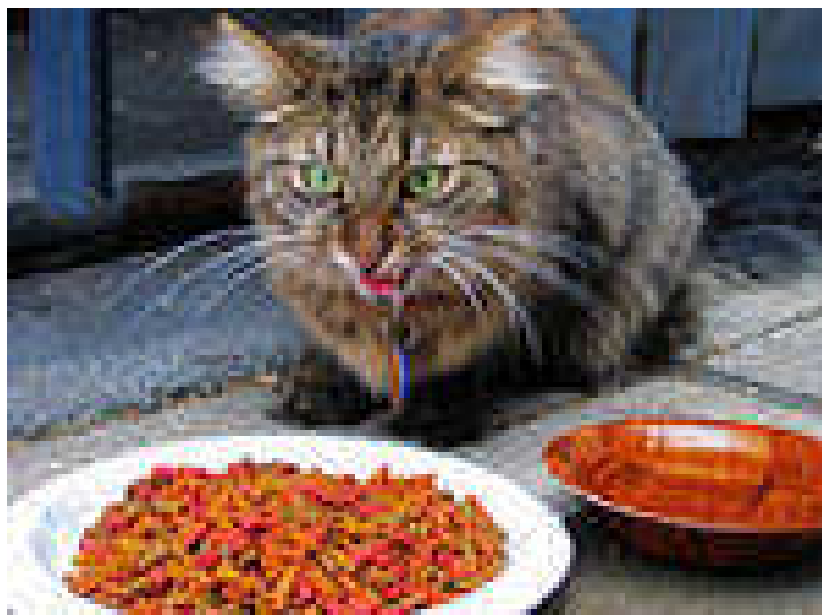
Matt Morris

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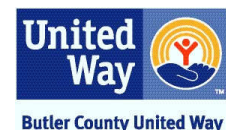
Gail Steck

Heard It Through the Grapevine



UPCOMING EVENTS

- November 1, Pool Tournament 2PM
- November 3, Community /Volunteer Meeting 2 PM
- November 7, Wal Mart 11:30 AM
- November 8, Red Cross 2 PM
- November 10, Pool tournament 2PM
- November 11, Western Region 8:30 AM
- November 13, Torrance Thanksgiving
- November 15, Air Hockey Tournament 2PM
- November 17, Zilch Tournament 2 PM
- November 21, GV Board Meeting 5:30 PM
- November 22 , Butler CSP 12 Noon
- November 23, Pool Tournament 2PM
- November 24, Thanksgiving 3PM-7PM
- November 25 ,Community Meeting 2PM
- November 28, Birthday /Bingo 2PM

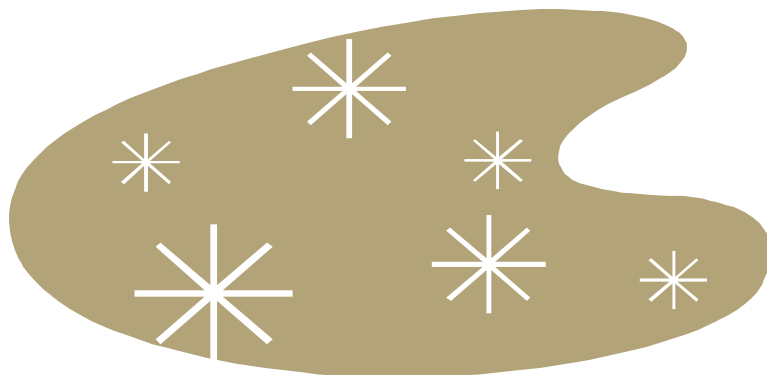


Poetry Corner

The Shadow Stones

*By
Phillip Galli*

When green pine trees first awoke in the air at the in-
stant 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 into many gems that contained many fac-
ets and reflections of this new day in eternity that re-
mained.
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.



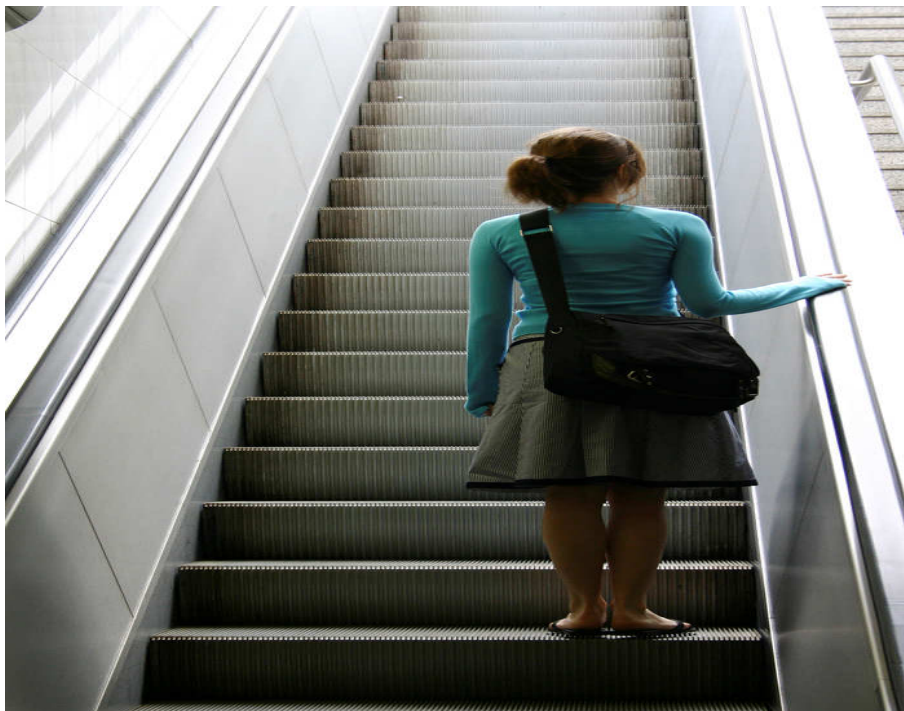
Night Moons

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 sleek 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 of the infinite night.

Silence



.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. 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;
In a 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.**



Poetry Corner

SOUND OF MY SPIRIT

By

Cherie Greenspring

Hush, listen close,
to the autumn leaves rustling.
To someone talking.
To the city now bustling.

Hush, listen closely,
only to the quietude.
Like in the country.
Far from the stressed attitude.

Hush and listen now,
to the sound of the cool stream.
If you can't hear it,
Try to feel it, or see it gleam.
If you can't see it,
Try to imagine it's beauty,
Or that of a waterfall,
Streaming for you to see.

Hush, listen quietly,
To the sound of sparks flying,
From the campfire,
That into the sky bring,
A crackling like hot wires,
Touching together.

Hush, my dear, sweet one,
For the waves crashing
And the weather,
For the lightning and thunder,
For the wailing tears,
Of the heart torn asunder,
By too many years,
In solitude,
but listening,
To every sound,
That comes around,
That comes around.

Hush, hush, and hear it,
Do not even fear it.
I've learned from the listening,



Questions and Answers

By

Jack Ferguson

1. Q. Who were the original choices to play the Humphrey Bogart and Ingrid Bergman roles in the movie "Casablanca"?
- 2.Q. What was the first movie to win the big five Oscar awards (Best Picture, Best Actor, Best Actress, Best Director, Best Screenplay)?
- 3.Q. What was Cary Grant's real Name?
- 4.Q. How many Academy Awards for Best Actor were won by distinguished British actors Richard Burton, Richard Harris, Albert Finney, and Peter O'Toole?
- 5.Q. When Sir Arthur Conan Doyle created the character of Sherlock Holmes, what was his original choice for Holmes' first name?
- 6.Q. In which story does Sherlock Holmes apparently die at the hands of his nemesis Professor Moriarty?
- 7.Q. In which story is it revealed that Sherlock Holmes was not killed by Moriarty, but only went into hiding to escape from Moriarty's henchmen, until it was safe to return to London?
- 8.Q. What is unique about the name of world-famous mystery author Ellery Queen?
- 9.Q. What is special about the Ellery Queen novel "A Study In Terror"?
- 10.Q. What novel did Agatha Christie consider the poorest of her own work?
- 11.Q. "Curtain" was the last novel Agatha Christie wrote about her celebrated detective Hercule Poirot. What other unique feature is present in this book?
- 12.Q. The Old Man in the corner was the first of what special type of fictional detective? What was the largest point differential ever in an NFL game?
13. Q. What quarterback threw for the most ever passing yards in an NFL game?
14. Q. What defensive back holds the record for most interceptions in an NFL season?
15. Q. Why does James Bond consider it so superior to have a martini "shaken, not stirred"?
16. Q. In the television series "Gilligans Island" why does Gilligan have no first name?
17. Q. For that matter, why don't the skipper or the professor have any names at all?
- 18.Q. Why do fools fall in love?
19. Q. For what purpose did the chicken actually cross the road anyway?
20. Q. Who died and left you boss?

Answers are on Page -8-

Cooking Corner

Peppery Stuffed Peppers

Ingredients:

4 green peppers
1 LB. ground beef
2 cups cooked rice
1/4 chopped onion
1 1/2 tsp. salt
1 15 oz. can tomato sauce
1/8 tsp. pepper

Directions:

Cut peppers in half (lengthwise) & cook for 15 minutes. Combine ground beef with onions, salt, pepper & rice, and 1/4 can of tomato sauce in a mixing bowl. Pile lightly into pepper halves and place in a large baking dish. Pour remainder of tomato sauce on top of peppers. Cover lightly and bake at 350 degrees for about 75 minutes or until peppers are tender.



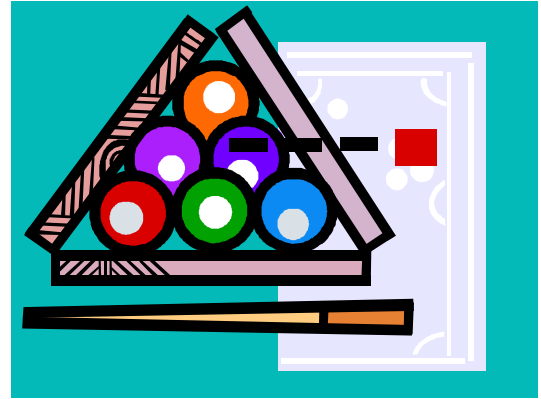
Answers to the Q & A

- 1. Ronald Reagan and Ann Sheridan**
- 2. "It Happened One Night" 1934**
- 3. Archibald Leach**
- 4. None**
- 5. Sherrinford**
- 6. "The Final Problem"**
- 7. "The Adventure Of The Empty House"**
- 8. Ellery Queen is both the name of the fictional detective and the pseudonym of the two authors, cousins Manfred Lee and Frederic Dannay.**
- 9. Sherlock Holmes is pitted against Jack the Ripper.**
- 10. "The Mystery of the Blue Train".**
- 11. Poirot commits a premeditated murder.**
- 12. He was the first armchair detective, who solves crimes without ever even seeing the crime scene. He was invented by Baroness Orczy, author of the classic "The Scarlet Pimpernel".**
- 13. The Chicago Bears beat the Washington Redskins 73-0 in the 1940 NFL championship game**
- 14. Norm Van Brocklin threw for 554 yards in a game for the Los Angeles Rams in 1951.**
- 15. Dick Lane of the Rams, 14 interceptions in 1952. This was done in a 12 game season. This record has never been tied, even though 16 game seasons have been played for many years. Years later Lane played in the same defensive backfields as Dick Lebeau, Steelers defensive coordinator.**
- 16. Through 20 the answer is "How should I know".**

POOL TOURNAMENTS

October 3, 2011

1. Bob Rearick
2. Tammy Gibson
3. Ken Freehling
4. John Salvatori
5. Bob Rearick, Jr.
6. Jerry McWilliams
7. Joyce Barnes
8. Phil Royer
9. David Walowen
10. Jim Rump



Winner: Jim Rump

October 13, 2011

1. Jim Rump
2. Tammy Gibson
3. Ken Freehling
4. Bob Rearick
5. Nancy Reeder
6. Jerry McWilliams
7. Sean Kramer
8. Sue Steffy
9. Kevin Willacy
10. David Walowen
11. Shane Whipkey
12. Shirley Jackson

Winner: David Walowen



POOL TOURNAMENTS

October 19, 2011

1. Jim Rump
2. Tammy Gibson
3. Tim Strong
4. Bob Rearick
5. Thomas Purcell
6. Jerry McWilliams
7. Bob Rearick, Jr.
8. John Salvatori
9. Kevin Willacy
10. Ray Cox
11. Kayla McDade
12. Joe Miller

Winner: Bob Rearick

October 20, 2011

1. Jim Rump
2. Sean Kramer
3. Koolie Anderson
4. Ray Cox
5. Shirley Jackson
6. Joe Miller
7. Kayla McDade

Winner: Sean Kramer



What is seasonal affective disorder (SAD)?

Seasonal affective disorder, or SAD, is a type of [depression](#) that affects a person during the same season each year. If you get depressed in the winter but feel much better in spring and summer, you may have SAD.

Anyone can get SAD, but it is more common in:

- People who live in areas where winter days are very short or there are big changes in the amount of daylight in different seasons.
- Women.
- People between the ages of 15 and 55. The risk of getting SAD for the first time goes down as you age.

People who have a close relative with SAD.

What causes SAD?

Experts are not sure what causes SAD, but they think it may be caused by a lack of sunlight. Lack of light may upset your [sleep-wake cycle](#) and other [circadian rhythms](#). And it may cause problems with a [brain chemical](#) called serotonin that affects mood.

What are the symptoms?

If you have SAD, you may:

- **Feel sad, grumpy, moody, or anxious.**
- **Lose interest in your usual activities.**

Eat more and crave [carbohydrates](#), such as bread and pasta.

[Gain weight.](#)

- **Sleep more and feel drowsy during the daytime.**

Symptoms come and go at about the same time each year. For most people with SAD, symptoms start in September or October and end in April or May.

How is SAD diagnosed?

It can sometimes be hard to tell the difference between nonseasonal [depression](#) and SAD, because many of the symptoms are the same. To diagnose SAD, your doctor will want to know if:

- **You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.**

You have symptoms that often occur with SAD, such as being very hungry (especially craving carbohydrates), gaining [weight](#), and sleeping more than usual.

A close relative—a parent, brother, or sister—has had SAD.

How is it treated?

Doctors often prescribe [light therapy](#) to treat SAD. There are two types of light therapy:

- **Bright light treatment. For this treatment, you sit in front of a "light box" for half an hour or longer, usually in the morning.**
- **Dawn simulation. For this treatment, a dim light goes on in the morning while you sleep, and it gets brighter over time, like a sunrise.**

Light therapy works well for most people with SAD, and it is easy to use. You may start to feel better within a week or so after you start light therapy. But you need to stick with it and use it every day until the season changes. If you don't, your depression could come back.

Other treatments that may help include:

[Antidepressants.](#) These medicines can improve the balance of [brain](#) chemicals that affect mood.

Counseling. Some types of counseling, such as [cognitive-behavioral therapy](#), can help you learn more about SAD and how to manage your symptoms.

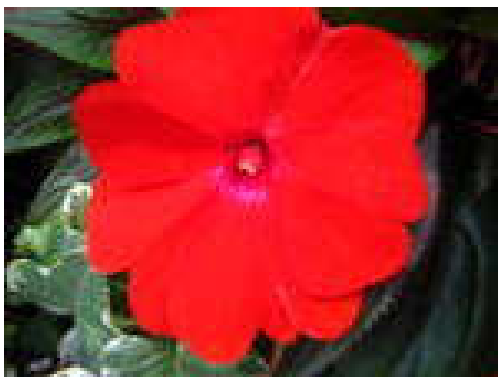
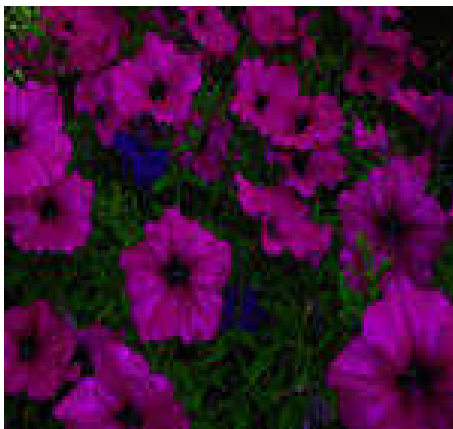
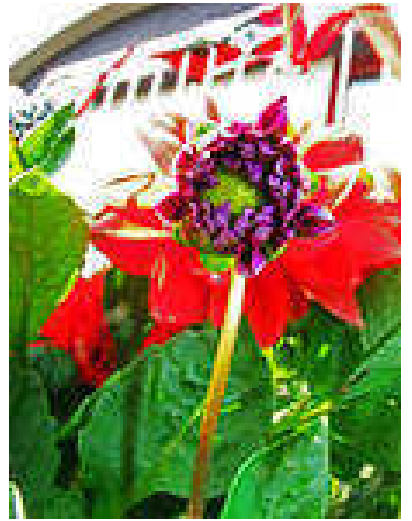
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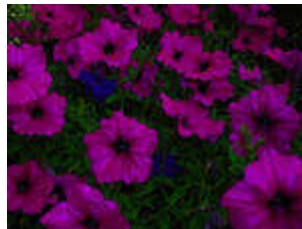
1. Jerry McWilliams
2. Tammy Gibson
3. Shirley Bell
4. Ray Cox
5. Kayla McDade
6. Anthony Caloeron
7. John Salvatori
8. Shirley Jackson
9. Nancy Reeder
10. Eric Butia
11. Sean Kramer



Winner:
Eric Butia







The photographs on this and the previous page are by Brian Monahan; a talented photographer who happens to be a regular at the Grapevine. The cover photograph, also by Brian, is of a cat named Pumpkin who was hanging around outside of the Grapevine Center and was eventually adopted by Mr. Jack Ferguson. Color photos can be purchased from Brian.