

# Library news

A Children's Wreath-making program will be held in the Public Library on Dec. 12 at 4 p.m.

Children 8 to 13 are invited to register in person or by calling the library at 3819. There is limited registration for this program.

Children's films will be shown in the conference room every afternoon from Monday to Friday the week of Dec. 15 to Dec. 19. These films are courtesy of the National Film Board.

A puppet show, "The Forgetful Santa Claus" will be presented to young children on Tuesday, Dec. 16 at 2 p.m. in the library.

Want to read more? Talk less? Keep a book in your briefcase or by your bed. Get up 15 minutes earlier. Read a poem aloud each night before dinner. Can't sleep? Don't count sheep. Read. Turn off the tube. Tune into books. Expand your horizons. Read for fun. Read for information. Use your library.

## THANK YOU

We the executive of the Schreiber Ringette Club, and the Schreiber Parks & Recreation would like to thank the following clubs and people for their help in the OFF/ON ice activities at our jamboree.

- THE SCHREIBER CURLING CLUB & JOYCE BERTHELOT
- THE LADIES OF THE CHIMO CLUB
- SCHREIBER MINOR HOCKEY PLAYERS
- LAKE SUPERIOR HIGH SCHOOL - SCHREIBER CAMPUS
- ALL THE PARENTS WHO HELPED IN ANY WAY
- SCHREIBER PARKS & REC STAFF



On Nov. 22, these Holy Angels School students went to Thunder Bay to see Charles Dickens' 'A Christmas Story'. At right is

teacher, Joanne Mikalausks. (Photo by Ken Lusk)

## A Northern Ontario addicts true story

By Ken Moffat, Addiction Research Foundation, Thunder Bay, and Dennis Bernardi, ARF, Timmins.

(In the last four articles, we have been exploring the drug-oriented lifestyle of 'Bob', a recovered addict living in Thunder Bay. Bob has been clean for three years, after 14 years of drug use).

Recovery from drug dependency is more than a matter of willpower. It is a difficult journey wherein the dependent person must wrestle and overcome stubborn negative emotions as well as harmful behaviours.

Today, we continue our interview with 'Bob' as he continues his move toward a drug-free existence.

ARF: Bob, can you tell us a little bit about the feelings that you had inside of you when you were trying to quit?

Bob: They were really mixed up. At times you have doubts that you want to quit for real, you keep telling yourself, well, maybe I'll quit for awhile, I'll slack off.

Then the other side of you is saying listen, you know it's time you have to quit, that's all. You're burned out and if you keep going you won't last.

So your feelings, your emotions are all mixed up. You want to straighten out but you're afraid of being straightened out because all you've known was dope most of your life.

So I would have to quit hanging around with my buddies, quit my job, and most of the people I knew.

The guys I was working with at the time were doing dope themselves. So you're kind of afraid, you don't know where you're going to end up or if you can do it, that's what scares you the most. Lack of confidence in yourself.

ARF: So you're encountering a lot of confusing feelings in that situation?

Bob: Anger, you feel mad. You feel mad at people because you feel mad at yourself because you don't know what you want.

You don't know if you want to quit or not and you feel mad at other people around you because you feel that they're to blame, that they're the ones pressuring you into quitting.

They're not, but that's the way you look at it. You feel a lot of anger.

ARF: It sounds as if other people in that situation became kind of a handy scapegoat for you.

Bob: That's it.

ARF: Would you say it's fair to say Bob, that part of being addicted to drugs, part of being under the control of drugs, has to do with not accepting responsibility for what happens to you as an individual?

Bob: Yes, exactly. If everything is going your way, you're having a good time so you party, you get stoned.

If you're having any problems you use the dope to try to get away from the problem.

You get stoned, you say the heck with it, I'll fix it some other time.

But your whole life is circled around dope and that's all you do. After awhile, the people around you, like your family, they get fed up coping with you.

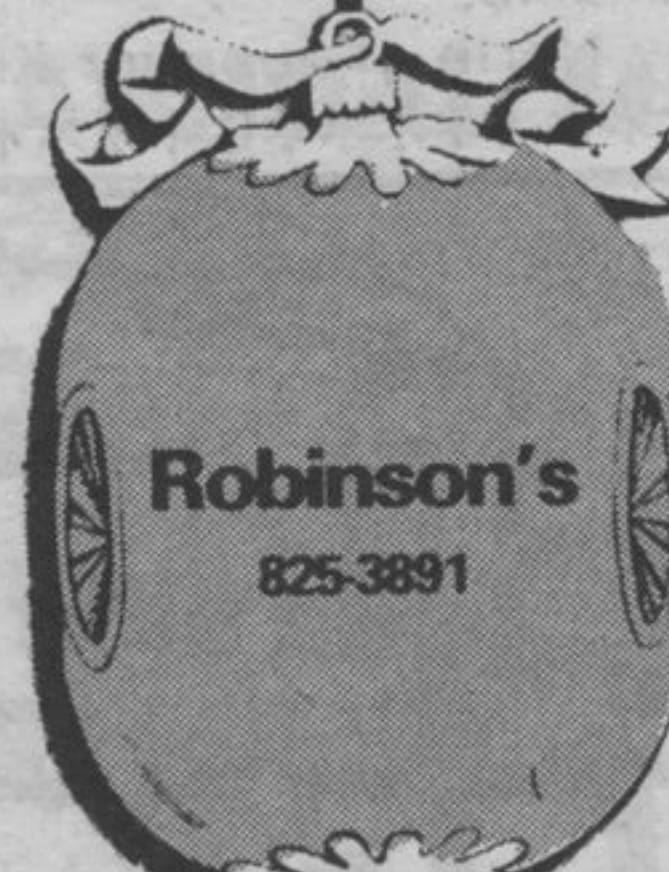
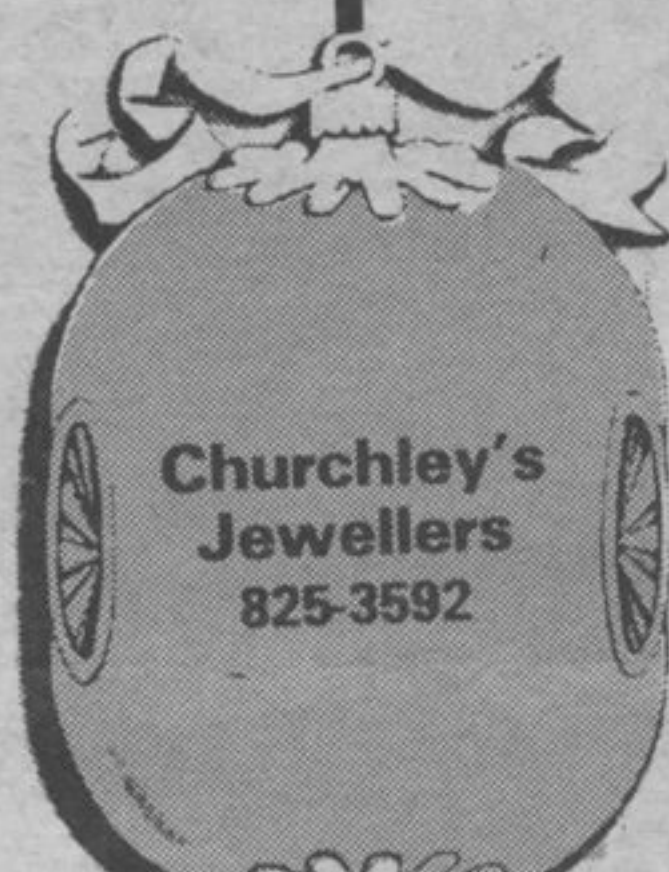
So you get to a point where you get fed up with yourself because you can't control your own emotions. You can't control your life, so you have to make a choice.

It's either straighten out or it's like a lot of people do - wind up in jail, or blow your head off, you get to that point.

Next week: Bob describes some of the difficult realities of finally getting straight.

For more information, call Narcotics Anonymous at 344-5347 or ARF at 622-0607.

## Got a Christmas List? WEVE GOT THE GIFTS



## CHRISTMAS store hours

- Dec. 4 & 5: 9 a.m.-8 p.m.
- Dec. 11 & 12: 9 a.m.-8 p.m.
- Dec. 17, 18, 19: 9 a.m.-9 p.m.
- Dec. 22 & 23: 9 a.m.-9 p.m.

## THANK YOU

The Schreiber Ringette Club, Hosts of the recent North Shore Ringette Jamboree, would like to express our sincere thanks to the following businesses for making it a great success:

LYNN'S  
HAIRSTYLING  
CEBRARIO  
HARDWARE  
AVCO  
DON BENO INS.  
WESTERN TIRE  
TRAVEL REST  
TRAILER PARK  
BIRCH MOTORS  
KINGS FUNERAL  
HOME  
SPADONI  
BROTHERS  
ODD'S BODKIN

G. FIGLIOMENTI & SONS  
SCHREIBER O.P.P.  
TOWNSHIP OF SCHREIBER  
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COS FILLANE -  
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