

Only 1 in 20 addicts will ever make it into a rehab program at least once in their life. Only 1 in 1000 will ever make it into a 12 Step meeting. Of those lucky few, only 1 in 4 will manage to be successful and live a life of recovery.

Regardless of the odds, there is hope. Many recovering addicts are living happy, successful and fulfilling lives. The key component in any personal recovery program is living the three spiritual principles of 12 step programs to the best of one's ability: honesty, open-mindedness and willingness. Equal in worth, these principles serve as guidelines simple enough to be called upon in the most trying of times and are powerful enough to overcome almost any situation. As another one of those handy recovery sayings goes: It works, if you work it.

**With no cure, the best a recovering addict can hope for is a daily reprieve from active addiction.**

I myself have had a significant spiritual awakening. I've begun to cultivate a very elementary belief in a higher power, for the first time in my life. I've been a skeptic and self-avowed atheist my entire life, so it hasn't been easy and it had to be logical. Based on reading about the phenomenon of anthropic coincidences, referring to many features of the laws of nature seem arranged as to encourage the emergence of life (for more information, rub the magic internet lamp). I used to squirm at the mere mention of anything that smelled of

"God" or religion, but now I'm opening my mind (read: open-mindedness) and finding much serenity.

My life has improved considerably and I have much to be grateful for. I've been reunited with my family. I've been freed from constant obsession about using. I've been released from pseudo-friendships that were based on co-dependency. I've been able to be an honest person for the first time in longer than I can remember and I've grown closer with my true friends because of it. I like my life more than I ever did when I used to escape my problems. I'm even starting to genuinely love myself, another first.

I still sometimes feel uncomfortable in my new shoes, but on the whole being sober gets a little easier everyday. Living life without a chemical crutch becomes more familiar with each sunrise. It's a hard road to recovery, but it's a lot easier than ruining your life with drugs.

If you believe that you or someone you love may have a problem with substance abuse, please talk to someone and encourage them to get help. There are excellent family and personal counsellors at Mount Herbert, strong support meetings all over this province and plenty of people with multiple years of real recovery that are always willing to help a newcomer. Even if you're not sure, it's better to ask someone and know for sure if you suffer from this serious disease.

You'd go to a doctor if you thought you had cancer, so do the same for your mind. It's your life and you can live it without drugs, if you want to.

# Quotes Taken Out of Context

By Scott FLEMMING

The following may need some explanation. Some of these quotes really are taken out of context; but, amongst those I have slipped in some which are not. Hint: all of the quotes by George "double-yah" cannot be put into a context which would make them not stupid.

"As we look to the future, UPEI can contemplate.....running the place into the ground." - H.Wade MacLauchlan, President and Vice Chancellor

"When I get impeached, I want it to be for something scandalous" - Paul Murphy, VP Finance

"One of the great things about books is sometimes there are some fantastic pictures." -George W. Bush

"You just cost me 29¢ to moan!" - Cat Willcock (first year Representative) on Matt Stewart

"It might be a good idea" - Gandhi, when asked what he thought about Western Civilization

"They underestimated me." -George W. Bush, Nov. 2000

"Man, do you want to see my crotch?" - Jon Band, Holland College Student

"We'll print anything." - Matt Stewart, Editor-in-Chief The Cadre

"The great thing about America is everybody should vote." - George W. Bush

"While Phil is in Ottawa, I'm sending his girlfriend flowers" - Matt E. McCarville, VP Activities

"This is Preservation Month. I appreciate preservation. It's what you do when you run for president. You gotta preserve." -George W. Bush, speaking during "Perseverance Month" at Fairgrounds Elementary School in Nashua, New Hampshire

"Let's play hide and go seek....IN THE DARK!" - Chris Power, SU President

"I haven't showered in like a week" - Phil MacDonald, CFS Representative


"I want a piece-piece of Big Sco" - Most girls on campus

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