



It is a new year. Whether you believe in making resolutions or not, it's a good time to reflect on the past year and look forward to the upcoming year.

Do you have new goals for the upcoming year? Did you do something last year that you are proud of? Drop a note in the suggestion box in the lobby and share your thoughts!

Reality Television and Celebrities

Reality television is very popular and celebrity lifestyle and happenings are on the news almost daily. Often we hear of the fall (or even death) of celebs to addiction. We also see some of their public behaviors that we pretty much know is a product of drug/alcohol use. We don't hear as much about those that have decided to go sober and are fighting daily to stay that way. Here are a few that you may or may not have heard about.

Robert Downey Jr. first tried marijuana when he was 6, and developed a serious drug problem by age 22. He battled addictions to cocaine, heroin and other drugs. Since his release from rehab in 2002, he has remained sober.

Oprah Winfrey has admitted to doing crack cocaine while she was in her 20s, and recently a former boyfriend has claimed she was a regular user in the 80s.

Samuel L. Jackson has fought a cocaine and heroin addiction and has survived multiple overdoses. He entered rehab in 1991.

Drew Berrymore was an alcoholic by 11, smoking marijuana at 12 and a cocaine addict by 13. Since then she has managed to stay sober.

YOU CAN DO IT TOO!



Help with Utility Bill

The annual program that helps prevent disconnection from utility services for low income residents of Louisville begins Monday, January 7, 2013. LIHEAP, the Low Income Home Energy Assistance Program, is operated by the Louisville Metro Community Action Partnership. The Crisis Phase of LIHEAP will run from Jan. 7 - March 31 or until available funds are gone.

Please see the bulletin board and the resource handbook in the lobby for all of the details of this program.

Give "the flu" The Blues

It is being reported that "the flu" is making early rounds this year.

While the CDC (Center for Disease Control) recommends getting a flu shot, not every individual agrees with or can get one. Here are some other things we can all do to keep from getting the flu.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water..
- Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Client Corner

Are you having a Super Bowl Party, watching your favorite basketball team or just getting together with friends. Show off your cooking skills with this easy but tasty recipe

BLT Biscuit Bites

You will need a mini muffin pan. Along with:

1. Canned Biscuits
2. 3/4 Cup Shredded cheddar cheese
3. 1/2 cup of favorite Salsa
4. 1/4 cup Favorite Mayonnaise
5. 4 pieces of cooked Bacon, then crumbled

Spray the muffin pan with non stick spray. Cut each biscuit in 1/2 and loosely drop into muffin tin. A can of biscuits should yield about 24 minis.

Mix in a bowl the cheese, salsa mayo and bacon. Spoon a tsp of mixture on top of each unbaked biscuit. Cook biscuits for 8=10 minutes until dough is cooked. Remove from oven. These are good warm or even cooled.



Family Days at GLCC

Family Day Fridays continue to be an important part of the program at GLCC. See you Friday!