



### SUICIDE: NOT THE ANSWER

To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide. Find out more at:

[www.twloha.com](http://www.twloha.com)



**BE SAFE AT  
HOMECOMING  
!!!!**

### Sober Celebs

Tracy Morgan

Kristie Alley

Elton John

Jamie Lee Curtis

John Travolta

Tedy Bruschi

With celebrities all over the news about their alcohol and drug use problems, isn't it nice to know there are celebs that value a sober and successful life?

*Recovery Works.*

## *Every Person Is Sacred*

*From "Women Circling the Earth" by Beverly Engel*

You have within your power the ability to change the world simply by the way you conduct your life, by the way you treat each person you meet.

If you honor and respect each person you relate to every day, you will become a changed person, and those you honor will become transformed as well.

Each time you meet new people, look them in the eye and consciously welcome them into the circle. Ask their name and remember it.

Ask them about their life and truly listen. Look for the common bond that lies between you, even with those who appear to be extremely different from you.

When you disagree with others, look for the truth in what they are saying, instead of trying to make them change their mind.

When someone angers or upsets you, remember that they are mirrors of your own dark side, projections of those aspects of yourself you have rejected, ignored or denied.

All these action on your part will have a ripple effect, creating ever-widening circles of compassion, empathy, gratitude and love.

All people you meet will feel your compassion and be positively affected by it.

Perhaps they haven't experienced the wonderful healing benefits of acceptance for a long time, and your compassion will feel like a wonderful gift.

Perhaps it will soften their defenses just long enough for them to be less critical or impatient towards their loved ones.

Perhaps they will even be more compassionate towards the next stranger they meet.

## Just the Facts

- In 2007, Iowa had 107 fatalities due to a alcohol-impaired driver; 21 of them were under 21.
- In 2005, underage drinking costs the citizens of Iowa \$582 Million.
- In 2005, sales to underage students provided \$117 million in profits to the Alcohol Industry.
- Iowa is in the top 5 for binge drinkers.
- If a teen starts using alcohol before age 15, they are 4 times more likely to develop alcoholism or substance abuse dependence.
- Alcohol is our nation's largest drug problem—killing 6.5 more times as many young people than all the other illicit drugs COMBINED.

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