

VOLUME 20 ISSUE 07

July 2010



ICAN IN LANCASTER, INCORPORATED

PHOENIX

Happy Fourth of July

May we remember Rick Giancola III

He will be missed by all of us from Years ago to the present day.



What is death

People pass away but you will never forget them
They will always be tucked away in your heart
You think about the last memories that you have of them
But then you realize that they are gone
And you want to pick up the phone and call them and
you cant .
Sometimes I ask myself why god why did you pick my
friend to die.

There is some things I just don't understand
But we know that you do things for a reason
And we don't know why
Was it time for him to go or what
I wish I knew but I don't
I guess I'll have to just remember the memories in my
head.

By Marina O'Neill , ICAN MEMBER

I WISH THERE WERE A
WASHINGTON

I wish there were a
Washington
For every failed state,
A Jefferson or Madison
To guide them through the
gate.

I wish there were a Lincoln
For those now ripped apart,
A Roosevelt or Kennedy
For those that have no
heart.

I wish each had the fortune
With which we have been
blessed,
And found in their own
founders
Fit heroes for the quest.

I wish, I wish, I wish, I wish,
But such things none can
will.
One can only plant the seeds
And shape the soil well



WHAT DO YOU DO WHEN YOUR MOTHER IS
CRAZY

What do you do when your mother is crazy,
Hysterical, selfish, abusive, and cruel?
What do you do when really you hate her,
And it's all you can do to be distantly cool?
What do you do when you find her repulsive,
And the best of your memories are tinted with pain?
And now she is old, and needs to be near you,
And you cannot stand to be near her again?
How do you tell her the truth when the truth
Keeps accruing like some insurmountable debt?
When the horror that haunts you goes back to a moment
You cannot remember and cannot forget?
What do you do with your love when your love
Has been buried so long that you can't find its grave?
When love for a parent lies outside a window
Through which you imagine how people behave?
What do you do when whatever you do
Must cost more than the option you failed to choose?
For whether you turn to embrace or forsake her,
You're left with a burden you cannot refuse.



LAUGHING CORNER

© Original Artist
Reproduction rights obtainable from
www.CartoonStock.com



Finally due to our disastrous sales figures I've decided to award myself a stress related bonus

search ID: bbrn4

A

H

H

!

A

H

H

!

H
A
H
A
!



Director: Harry Nestorick
Assistant Director: Rachel Jackson
Art Activities Aid: Liz Hinkeldire

Staff Members:

Kathy Lenox
Garry Lefevere
Henry Weik
Mary Weik
Jackie Marrero
Steve Newell
Pat Frehafer (TEP)

BOARD of Directors

President: Glenn Koons
Vice President: TBA
Secretary: Anya Porter
Andrew T. Porzio, Jr.
Eileen Lewis
Jason Eberly
Katie Rodebaugh
Tim Ditzler
Marina O'Neill
Board Member Emeritus:
Jacque Sams



ICAN in LANCASTER, INC.
407 Lafayette St., LANCASTER, PA 17603
Staff Phone: 717-490-6248
Member Phone: 717-490-6251
Fax: 717-490-6202

PHOENIX

DROP-IN CENTER HOURS
Monday Thru Saturday:
1:00—9:00 PM

July 2010

SUN	MON	TUE	WED	THU	FRI	SAT
				1 2:00 Spirituality 3:30 Bipolar Group	2 2:30 Money Management	3 7 am—3 pm Yard Sale
4	5 3:30 SA Group	6 2pm— Art 3:30 Friendships &	7 2:30 Computer Literacy Class	8 2:00 Spirituality 3:30 Bipolar Group	9 Fourth of July Picnic 1—?	10 2 pm—Art 6pm Movie
11	12 3:30 SA Group 6:30 Board mtg	13 2pm— Art 3:30 Friendships &	14 2:30 Computer Literacy Class	15 2:00 Spirituality 3:30 Bipolar Group	16 2:30 Money Management	17 2 pm— Art 6 pm Movie
18	19 3:30 SA Group	20 2pm— Art 3:30 Friendships & Boundaries	21 2:30 Computer Literacy Class	22 2:00 Spirituality 3:30 Bipolar Group	23 Candle-	24 2 pm— Art 6 pm Movie
25	26 3:30 SA Group	27 2pm— Art 3:30 Friendships &	28 2:30 Computer Literacy Class			