

PIONEER PRESS

A monthly newsletter created by the residents, for the residents of ESH.

26th Edition, February-March 2010

Climbing Higher *By: Eric D. Edmonds*



To the staff here at this hospital, and all who made it shine
I give you thanks and happy joy to last throughout hard times.

We all need to remember we could be worse than this
After all we are now growing to a design that is tailored fit.

State of the art they call it, or climbing higher than before
I would like to see the attitudes of change as well, perhaps better than some I've missed.

So please don't take this as a put down or as a let down or so
I'd like to say hello to 2010 and smile on as years go on as a glow.

VAPRA CONFERENCE *By: Stanley Picott*



We had a joyful time at the conference. We enjoyed all of the work shops and good food they served. We had the chance to socialize with many people. We thank all the staff that took us, Linwood, Jessie, Charlene and Debbie which made our day joyful.

Happy Times *By: The Cheryl*



Do you remember happy times? That you played outside, sang folk songs in school? That you went on a school trip? That your family got together at the holidays? Do you remember being in a school play? Do you ever write an essay in school? Think of happy times. Life, be in it.



How much more, is time after time
Just a bit to see
A bit to feel
And when you put it in your heart
It's a new way to move
And a new way to start
Love is in the sky
For me to and right before your very eyes
All you get is *More & More*
To get to that spot in your heart
That shows and it's called (*Love*)
It's done with faith and trust
And it's done with peace
And it's ran by the name of (*Love*) & (*Trust*)
So whenever you want *More & More*
Just think of the God above to even the score
I always pray for you
And let you pray for me
I bow on my knee and raise my hand
And then I ask for *More & More*
To put love in my heart. (*Amen*)



My Sweet, Sweet Valentine
By: Derrick L. Claiborne

My Valentine is for love
My Valentine is so true
Everybody is a Valentine
Because your Valentine love you
Give a kiss, with a touch
To know that every Valentine
They love you and very, very much
Come and give a kiss to a Valentine
Open up your heart
Because every kiss is mine
And every thought that you gave me
The love is so divine
You're (My Sweet, Sweet Valentine)
With nothing but love



BASIC EDUCATION CLASS

By: Joseph Sutton



What is one of the most basic fundamentals of life? Learning is one of the most basic fundamentals of life because without it we wouldn't be able to survive. Learning helps us to cope and learn from our mistakes which in turn helps us to adapt to our circumstances. The one thing about learning is that it's consistent and we learn something new everyday whether it be from experiences or through school. As with anything else in life, we spend a lot of our time learning. We sometimes fall short trying to obtain our high school diploma. Why not go for the next thing and earn your GED? If you're residing at ESH and you haven't accomplished receiving your diploma or GED, what better way to obtain it than in Barbara Weber's Adult Education/Basic Education Class.

In talking about the Basic Education Program, I would have to talk about its teacher, Mr. Weber. To describe Barbara Weber would be to describe the aura she gives off. Ms. Weber emanates a competent and caring air that draws you in. While this quality enraptures you, it's not to the point where it's suffocating to the students. If anything, Ms. Weber brings a breath of fresh air to the learning process.

As far as the classrooms are concerned, the ambience within provides a calm, serene-like setting that encourages productivity. The groups are small as to give you breathing and elbow room to work to your full potential. With Ms. Weber's focus wholly on an individual's ability to take in new information, you're able to zone in on your ambitions and goals.

Me personally, I'm in Ms. Weber's Basic Education Class because it's beneficial to my pursuit of a better education and higher paying job. With anything you wish to accomplish you have to set goals. My long term goal is to have a better education and higher paying, stable job. My short term goal is to sharpen my math skills. Right now I'm engaged in the present to solidify a future for myself.

Everybody's goals differ in Basic Education but any way you look at it, it's all to your benefit. The class is custom fitted and suited to an individual's unique needs. Some people are in the class to relearn things forgotten over the years, some to study for the event of obtaining a green card and most to the effect of obtaining their GED's.

Things to look forward to in Basic Education are stimulating your mind, testing your skills, enriching your life, over stepping boundaries set by a lesser education and destroying limitations. It doesn't matter what's your reason for getting into the class, you'll reap the benefits regardless.

Whether your goals are to obtain your GED, brush up on math skills, or your just from another country trying to learn more information about America to earn your green card, then Barbara Weber's Basic Education Class is right for you.

Editorial

By: Robert Bellmore

Life at Eastern State is about to become a big change for all. In fact, there has not been this big of a change in many years. Many residents and staff member have heard a lot of talk about the new adult building and a lot of rumors have gone around. The truth is, as I understand it, there is nothing set in concrete about the changes, except what the construction workers have laid on the ground in the physical building itself.

Most residents have wondered about the privilege system as we will come to know it as it is unfolding. There are going to be many changes here. Doctors have started in all buildings to work together in cross-training among themselves. This is the point. All doctors in the new building are going to work as a whole. This includes civil and forensic entities. What does this mean? It means the entire privilege system is going to be revamped.

The entire level system will be built on a step system that will model each progressing step for all residents. We will be as close to equal as possible within the community. This brings us to a word not too many have heard before, ACUITY.

Acuity is a word that is starting to become something for all to pay attention to. With this I understand, we, the residents will know about where we're going in the new building. A higher acuity ward will be a place where people will be going who have a hard time with their illness. Stepping up to a medium level of acuity, this will be a place where residents to who have a slight problem with our illness. A lower acuity ward will be a place for residents who are basically discharge ready.

Now we wonder how we will mix. This is a dark area for the active committees to work on. How are NGRI (Forensic) residents, civil and jail transfers going to fit into the greater scheme of things? This is a task that is being hammered out as I write. It is being worked on at a rate that ultimately will hopefully be good for all.

It is hoped that the current residents at Eastern State will only be at the hospital for a time that is only necessary for us to get stabilized on our medicine and show responsibility for ourselves. We will be heard if we want to be heard. Take charge of your stay here and you can do anything you want to in the future. Let this place be a learning block in your dreams and live your life to the highest level possible, striving to reach goals and you will succeed.

Thank you and God bless.

A Tropical Evening
By: J. Hoover

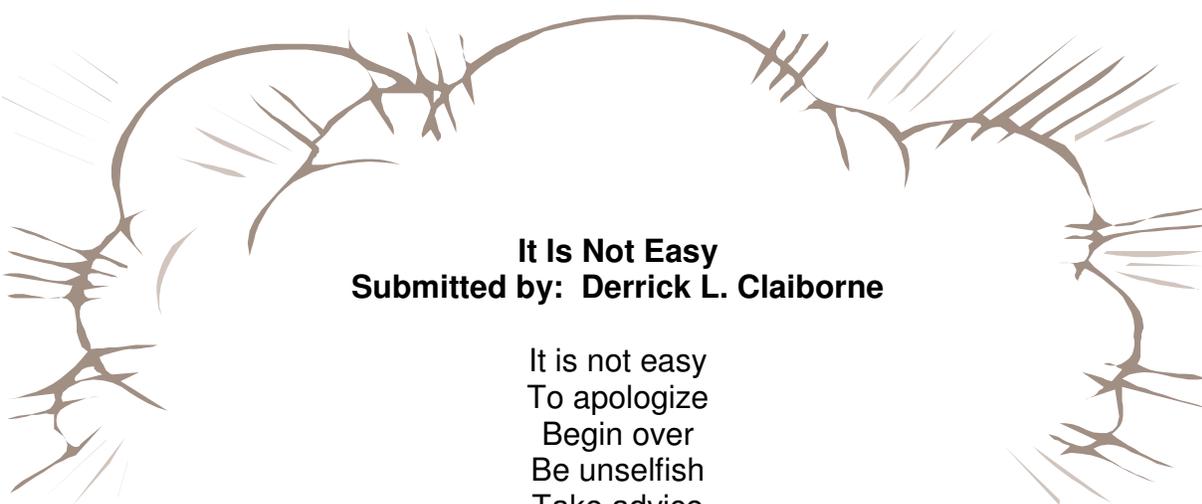


A crisp breeze off the royal blue water, white sand, a margarita in my hand and a relaxing and grand old time. Dinner time having huge crabs to eat, big fish to savor and a cool breeze to digest the food by. We start a fire on the beach to pray to God about how well we have lived on this island. The fire becomes a low fire and we started dancing the night away. Afterwards, we drink a concoction of coconut milk and some other elixir and drink it and off we go in to the night and sleep the night away. Good Night.



**The PRB and Pioneer Press would like to
wish Chris McCoy Good Luck!
Enjoy your Freedom!**





It Is Not Easy
Submitted by: Derrick L. Claiborne

It is not easy
To apologize
Begin over
Be unselfish
Take advice
Admit error
Face a sneer
Be charitable
Keep trying
Be considerate
Avoid mistakes
Forgive and forget
Think and then act
Keep out of a rut
Make the best of a little
Subdue an unruly temper
Shoulder a deserved blame
Recognize the silver lining
But it always pays!

Serenity Prayer
Submitted by: Derrick Claiborne

God grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

Redskin News

By: John Midgette, Sports Editor



Jim Haslett has been hired as the Defensive Coordinator, replacing retired Greg Blache. Jim Haslett is a former NFL Head Coach who most recently coached in the United Football League. Jim was hired Friday, January 15, 2010 and Haslett was Head Coach of the New Orleans Saints from 2000 – 2005. Haslett was the Defensive Coordinator for the Steelers and the Rams. Our New Head Coach, Mike Shanahan now has both coordinators in place. Mike's son, Kyle Shanahan, will be the Offensive Coordinator.

NFL Union Pledged \$1 Million for Haiti Relief

Wild Card Weekend

January 9, 2010 Dallas Cowboys beat the Philadelphia Eagles
January 9, 2010 New York Jets beat the Cincinnati Bengals 24-14
January 10, 2010 Arizona Cardinals beat the Green Bay Packers 51-45
January 10, 2010 Baltimore Ravens beat the New England Patriots 33-14

Playoff Results

January 16, 2010 Arizona Cardinals lost to the New Orleans Saints
January 16, 2010 Baltimore Ravens lost to the Indianapolis Colts
January 17, 2010 Dallas Cowboys lost to the Minnesota Vikings
January 17, 2010 San Diego Chargers lost to the New York Jets

AFC Championship Game

January 24, 2010 Baltimore Colts beat the New York Jets 30-17

NFC Championship Game

January 24, 2010 New Orleans Saints beat the Minnesota Vikings 31-28

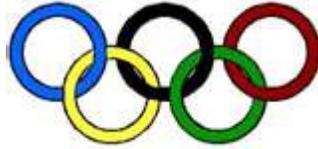


SUPER BOWL #44 Miami Florida

February 7, 2010 New Orleans Saints beat the Indianapolis Colts 31-17
Saints Quarterback Drew Brees won MVP of the game.
This was the New Orleans Saints first Super Bowl appearance.

Other NFL News

Pete Carroll turned in his resignation at USC. Carroll will likely become the Head Coach for the Seattle Seahawks.



**2010 WINTER OLYMPICS
VANCOUVER, CANADA
FINAL MEDAL STANDINGS**

	GOLD	SILVER	BRONZE	TOTAL
USA	9	15	13	37
GERMANY	10	13	7	30
CANADA	14	7	5	26
NORWAY	9	8	6	23
AUSTRIA	4	6	6	16
RUSSIA	3	5	7	15
SOUTH KOREA	6	6	2	14
CHINA	5	2	4	11
SWEDEN	5	2	4	11
FRANCE	2	3	6	11
SWITZERLAND	6	0	3	9
NETHERLANDS	4	1	3	8
CZECH REPLUBIC	2	0	4	6

NASCAR

TOP 5 NASCAR WINNERS AT LAS VEGAS



- 1. Jimmie Johnson**
- 2. Kevin Harvick**
- 3. Jeff Gordon**
- 4. Mark Martin**
- 5. Matt Kenseth**

**NEXT RACE:
KOBALT TOOLS 500
Sunday, March 07, 2010
Atlanta Motor Speedway**

About You

1. Who is your closet friend? _____

2. What is your favorite color? _____

3. What kind of television show do you like? _____

4. Do you have something that makes you sad? _____

5. Who can make you smile? _____

6. What are the best events in your home? _____

7. In school, what was your best subject? _____

8. What's the best book that you've read? _____

9. If you change one thing, what would it be? _____

10. What is your goal for the future? _____

11. If you could be a different person, who would it be? _____

12. If you could make three wishes, what would they be? _____

13. List your talents or skills you're best at: _____

~ COMING ATTRACTIONS ~



The Pioneer Press and PRB
Will be selling
Plush Animals!



SCRUB NURSES - 8"

\$5.00

SALE DATES

Tuesday

March 16, 2010

Building 1 – Lobby

3:00 PM – 4:00 PM

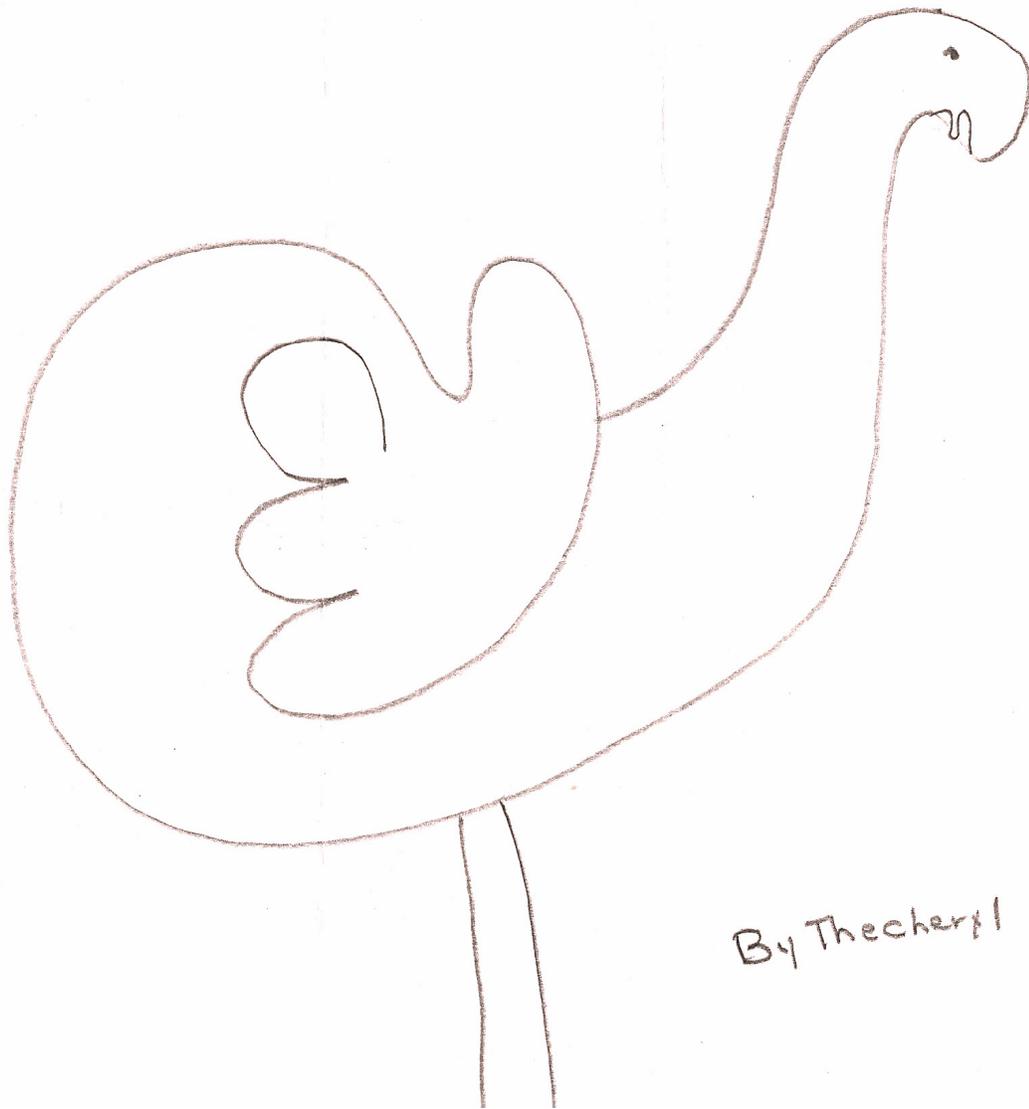
Friday

March 19, 2010

Davis Building – Lobby

11:00 AM – 1:00 PM





By Thechery1