

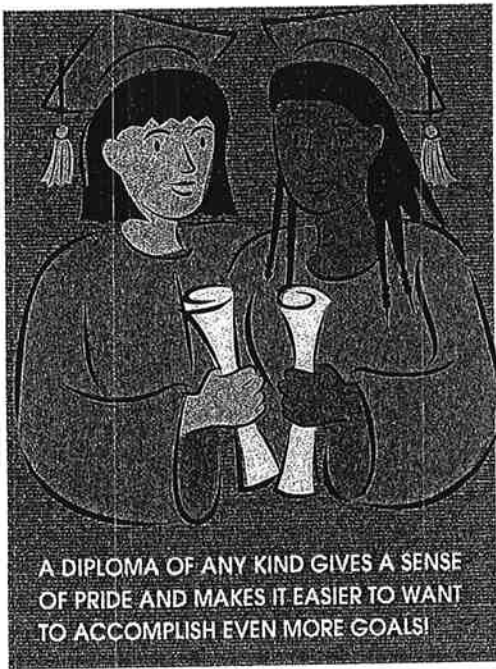
GED Graduates !

Education holds the key to a vast monopoly of opportunities. We are proud to honor all three of our peers who dared to study and pass their GEDs this past November: *Fabiana S., Shaunta G. and Rosa V.*

We thank the McGraw-Hill Companies who donated over 3,000 books to our Odyssey House programs. Included were a variety of both professional and higher education books which are used by the counselors and residents in our educational classes and vocational training programs and has helped improve the quality of education tremendously.

New Members of the Family

Even in the last month of the year, referrals are still coming into the Lafayette facility. Let us welcome our newest family members, Najma S., Karima M. and Shakima B. We commit ourselves to helping you while you confront your fears, pain, anger and loneliness as this is a part of our Odyssey House philosophy. Always remember, it only works if you work it, so don't give up, just give in. A wise man once said "You can change your life by altering your thoughts."



A DIPLOMA OF ANY KIND GIVES A SENSE OF PRIDE AND MAKES IT EASIER TO WANT TO ACCOMPLISH EVEN MORE GOALS!

Run For Your Life!

On November 5, 2006, the annual New York City Marathon took place, beginning in Staten Island and going through the remainder four boroughs. The marathon has been held during the first week of November for numerous years and Odyssey House has had the privilege of being a part of this worldwide celebrated event. Thanks to Achilles, which is a walking, running, wheel-chairing track team, clients at Odyssey House have been training to participate in the marathon for over 5 years now. And this year, one of Lafayette's own claimed herself a member of the Achilles team. Melina E. started out as a walker with the Achilles Track Team in the Spring of 2006 and by August she was training for the marathon. She finished in 4:54:38, just under five hours, which for the 40 and over/female category was excellent time! Melina was the only female client from Odyssey House to participate this year, and she urges other females to give it a try. Included in the training were "Skills for Positive Change" groups which are held by Ms. Nell Hanks and assisted by Ms. Genna Griffith who together always made sure the runners' minds were in shape along with their bodies. Melina says, "While I was being taught how to run, I also learned how to run my life!" She continues to run two to three times a week and one of her New Year's resolutions is to run another marathon!

