

# A View from Serenity Hill



Alumni Newsletter

May 2012

## 40 Acres 40 Years

While the world awaits the celestial alignment on December 21, 2012 completing the Mayan Calendar and heralding in a new age, those of us who live in central Texas know that the real reason to get excited about 2012 is the Hunt, Texas Centennial Celebration. If you would like to lose yourself in some down home, old timey Texas culture, circle May 19 on your calendar. You don't want to miss La Hacienda flying its colors in the parade.

Founded in 1912, downtown Hunt is close to the same size today as it was 100 years ago. In 1947 about a half mile up the road a fellow named CD Kirk built the Hill Top Hotel which, in its day, was a hunting retreat for celebrities the likes of Joe DiMaggio and Eddie Rickenbacker. Next purchased by Camille Bergman, who also owned Maxims Restaurant in Houston, it became the Villa Camille. Sunday brunch at Villa Camille soon became the place to be seen on Sunday in the Hill Country. The next owners changed the name to The La Hacienda Resort. Both a private club and hotel, it was an inviting place for families to stay while visiting children who were attending summer camps in the area. Finally, in 1972, National Living Centers purchased the property and it became what it remains today--La Hacienda Treatment Center--a rehabilitation hospital for drug addicts and alcoholics. After being owned by various medical hospital corporations over the years, it was purchased by a group of private owners in 1991. In many ways La Hacienda was reborn that year. Long overdue attention was given to the physical plant including many remodeling projects. New construction has included placing fiber optic cable underground throughout the campus replacing paper medical records with computers, a building for the family program, an open air chapel and fire hut on Serenity Hill donated by the alumni association, a building that houses admissions/business office/HR, a wastewater treatment plant, a new front entrance with gate and guard house, the gym doubled in size, and a fitness trail. Coming up on the horizon is a new special care unit. In addition to care given to the physical plant, intense focus was placed on the treatment philosophy so that all La Hacienda staff provides service with One Voice One Message. Today, we have over 60 employees who are members of our 10 year club. All of this has been possible because of owners whose concern for patients as well as employees was equal to their desire for bottom line profits--truly an unfamiliar business philosophy on Wall Street in the 90's. So what's the point of my telling you all of this? I thought you might be interested in a little of the behind the scenes history of how La Hacienda developed over the past forty years. I am humbled to have been present for 17 of those forty years. As the executive director for the

past ten years, I have had the pleasure of working with very talented people including some wonderful individuals who have left La Hacienda to spread the message of recovery through other organizations. Many of you came to La Hacienda looking for a miracle to change your life. The fact that you are reading this today means you found something or at least found a desire for something on these forty acres that made a miracle possible for you. It is my hope that you are sharing with others the message that recovery is possible.

Art VanDivier  
Executive Director

## Save the Date

37th annual  
Hill Country Roundup  
August 24-26, 2012

40th Annual  
La Hacienda  
Alumni Reunion  
September 28-30, 2012

*"The age of miracles is still with us.  
Our own recovery proves that!"*

La Hacienda Treatment Center  
PO Box 1, Hunt, Texas 78024  
(800) 749-6160 • [www.lahacienda.com](http://www.lahacienda.com)

# Greetings from the Mother Ship

Hello Alumni,

Man this year is just flying by! To start off, I'd like to introduce a new employee here at Alumni Headquarters. If you were a patient here within the last 1 1/2 years, you already know Krystle Lawrence, who has been the voice on the other end of the phone checking in on you in your first year out. Krystle also helps with Big Book lectures, Step work and even covers the Family lecture. She has really stepped up to the challenge and I am very proud of her. Krystle is very active in the local Kerrville recovery community—she goes to meetings, has a home group, has a sponsor, is a sponsor, works the 12 Steps, holds service positions...I could go on and on. I'm very excited about our future here at Alumni Headquarters.

On another note, our DFW Alumni Support staff, Julie Harvey, has resigned. This was a very difficult decision for her, but she needs to focus more on her family and Mom duties. We are extremely grateful to her for her service to our Dallas/Fort Worth area alumni and I will miss working with her. Vincent W has stepped up to facilitate our Alumni meeting and be our main contact for alumni coming out of treatment or struggling with sobriety. Vincent is fired up!

Austin Alumni had their Spring Fling Event a few weeks ago. My thanks to everyone who made this happen. This was one of the most relaxing weekends I've had in a long time. We swam, held meetings, camped out, played games, and, thank you Justin, the food was wonderful! If you missed it, put it on your calendar for next year. This was a wonderful example of the fellowship of the spirit!

Houston Alumni's Evening of Recovery began with supper from Antone's, after which we got to hear my sponsor sling solution. Everyone seemed to have a great time. Thanks to Robert Park for all his efforts in Houston, and Chris for making time to come speak for us.

Those San Antonio folks just insist on having fun! Joe, Dianna, and the gang have put together yet another Sober Cruise. Although this isn't a La Hacienda sponsored event, I plan on going this year because it's very affordable and it just sounds like too much fun to pass up. You'll find more info on this event on page 6 of this newsletter. I'm so grateful for all the work Joe and Dianna do not only for our alumni, but for the whole recovery community. You guys rock!

Waco and Temple area alumni are planning a summer gig. Dr. James Boone will present his mind lecture, and I'll present Body, Mind & Spirit. We will enjoy food, fun, fellowship and a raffle. Stay tuned for date and time on our Facebook page or call Kenny at 254-662-3439.

Mark your calendars for La Hacienda's 40<sup>th</sup> Anniversary Alumni Reunion on September 28<sup>th</sup>, 29<sup>th</sup>, and 30<sup>th</sup>, 2012. Get with your alumni group facilitator if you plan to come with your alumni group. Book hotel rooms now!

If you want to receive La Hacienda updates by email, please register your email address on our website home page.

'Til next time, keep doing the deal and recover!

Joe

## Awakenings

*After 4 years of attempting to stop drinking and drugging I entered a Scott and White outpatient program. When that failed, I felt completely hopeless. There had been many gallant attempts and each time when I failed, I felt as though I would die this way. Having failed with the outpatient program, Scott and White sent me to La Ha. I was somewhat excited knowing the reputation of the hospital, although in the back of my mind I thought that this would not work either and the best case scenario would be that I would struggle with addiction the rest of my life. I could not have been more wrong!*

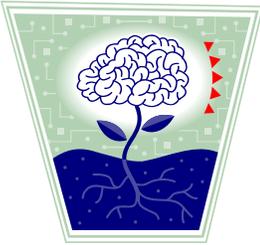
*I entered the hospital on the afternoon of Thursday, Feb. 4, 2010. I spent that night in the Special Care Unit. That first weekend is just a blur, but I do remember having a Big Book lecture and thinking to myself that I had tried AA and NA and that didn't work. On Monday, I had a little more clarity of thought and heard a BB lecture again. I sat there weeping as I realized that everything I had thought about AA was wrong! I didn't even know what an alcoholic really was so how could I be one if I didn't know what one was. I also didn't believe alcoholism was a disease. I was wrong about everything. Realizing I met the qualifications of a real alcoholic/addict and conceding to my innermost self that I was one, the next question was what to do about it. That was clearly outlined in the 12 Steps. No one had confronted me about the Steps in the past 4 years. In fact, I had never heard any of this before! At that moment I went from hopeless to knowing I would recover. The moment I made up my mind to go through with the process, I had the curious feeling that my alcoholic condition was relieved, as it proved to be. In one hour my life had changed forever.*

*I began getting after the Step work and a few days later I felt what I believe was the presence of God because I realized that had I not chosen Scott & White as my insurance provider, I would not have been there. Also, if I had retired a few months earlier as I had planned, I would not have been there because my insurance would have changed. I felt as though God had set the whole thing up which sent goose bumps down my arms. I feel so blessed to have been sent to La Ha. The whole package played a role in my recovery, from the medical staff to the counseling. What family week did for me and my wife was incredible. The whole experience has been nothing less than miraculous!*

*My story doesn't end there. Staying sober has not been a struggle at all. Although life has not been without its trials, alcohol and drugs have not been one of them. I have walked through them with much grace. I have the coolest life ever! Some say "the sky is the limit", I say "no it's not" provided I continue to do a few simple things.*

*I have continued to follow through with the Steps and the program outlined to me while in treatment. I am currently working with a number of men leading them through the Step process. There is nothing as fulfilling as knowing God has used you to help another. It's the most spiritual act I do. I have also been a part of starting a La Ha alumni group in my city. My relationship with my wife and family is better than I ever dreamed. My wife has trouble speaking of our current relationship without tears of gratitude. I spend quality time with my grandchildren. They seem to be crazy about granddaddy nowadays. I pray that everyone at La Ha keeps doing what they do. It saved and changed my life.*

Kenny K



## Brain Food for the Recovering Soul

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude. —Denis Waitley

### Medical Rounds

#### A Program of Action

As an internal medicine doc for almost 20 years before going into addiction medicine, my main priority for my patients was for physical wellness and physical fitness and, unfortunately, I commonly missed the depth of my patients' emotional and spiritual pain and emptiness. Now that I have had the pleasure of working at La Hacienda for the past 7½ years, I see more and more the link between our emotional and physical health and yet, at the same time, I am struck by the similarities of what it takes to be healthy in both arenas.

To achieve physical fitness and to be classified as "fit" or "in good shape" is simply a matter of proper diet and exercise. What is the success of diet and exercise to achieve physical fitness? The answer -- 100%. Why are most of us slightly overweight or out of shape? Is it because diet and exercise don't work? NO! It is that we simply don't do it. If we do exercise and eat right we will become "fit". Our fitness is not dependent on whether or not we feel like exercising or feel like eating properly but is wholly dependent on action and what we do. The benefit of my workout is not dependent on whether or not I feel like exercising. If I do it, I become fit. Once I am healthy and fit, if I declare myself "in shape" and decide I no longer need to exercise but instead sit on the couch and watch ESPN for the next few months, I lose everything I had. I was fit but now I am not.

Physical fitness and exercise are the perfect analogy for healthy recovery and sobriety. I truly believe that the success rate of true healthy 12 Step recovery is the same as exercise.....essentially 100%. 12 Step recovery is like exercise for your spirit and soul. The benefit is not dependent on emotion. The benefit of meeting with your sponsor, making your amends, studying the Big Book, and attending a meeting is not dependent on whether or not you "feel like it". It is a program of action and, like so many other areas of life, if you let emotion dictate your action you are destined for failure. The opposite is also true. If you "do the next right thing", it is indeed remarkable how often you are rewarded with a healthy, as opposed to an unhealthy, emotion. In the same way that the regular exerciser achieves a "fit condition", the alcoholic/addict who lives out 12 Step recovery becomes the recovered healthy human. Similar to the healthy athlete who "loses it" if he stops the exercise, the recovered patient who no longer exercises his soul with the full 12 Steps loses his recovery, freedom, joy and peace and goes back to being imprisoned by the walls of addiction.

Pursue fitness of your body, mind, and soul.

Blessings!  
James C Boone, MD

### Focus Group

#### Step Three: A Higher Power

by Charlotte Safir, LCDC

***"Made a decision to turn our will and our life over to the care of God as we understood Him."***

Oh no! What does this mean? Am I going to be consigned to be some kind of goodie two shoes, some Pollyanna? One of those people that make the top of your mouth tingle because they are so sweet? Absolutely not! Step Three is a logical step and is the culmination of the first two steps. Step One brought me to the realization of my need for God as a result of my powerlessness and my unmanageable spirit. It showed me that I have no control once I put any mood-altering chemicals in my body and how I have lost the power of choice in alcohol and drugs and do not have the needed power to stop and stay stopped. Step Two gave me the solution to my problem--the need for a Power greater than myself. It gave me a direction to go in—to have a willingness to believe there is a Power greater than myself and to create my own conception of this Power. It helped me understand that this Power is all or nothing.

Step Three asks me to consider turning all outcomes over to this Power; to live in the reality that I am not in control of how things work out in my life. I make choices and take action and leave the results to God. When I stop and think, I realize I am turning my will and my life over to the care of people I have never met. Yet, I did this on a daily basis while I was drinking and using with no thought of the consequences to myself or others. Turning my life over to the care of the Power of the Universe seems like a no brainer. I demonstrate my commitment to Step 3—my willingness to live in this Power's will—by doing Steps 4-9. This Step is the beginning of a prayer of action that starts when I take the Step Three prayer and ends when I do the Seventh Step Prayer. I ask for this Power to care for me in a way I cannot care for myself, to relieve me of my little mind-fulness so that I have the needed power to work Step Four. This Third Step is so powerful, immense and pervasive because God takes it seriously even if I don't. Even if I wander down a dark path, this Power remains steady and true to the decision I made. It was not until after taking this step that I became aware of all the things that I made higher powers in my life: money, the pursuit of money, having a relationship, sex, material possessions, what I thought, how I felt, what others did or did not do, etc.

So if you have done a Third Step and are wondering if what you are doing is in God's will, if you are writing Fourth Step inventory, you can rest assured that you are, in fact, doing your Higher Power's will. This Third Step is the beginning of a lifelong relationship with God as the keystone of the arch through which you will walk into a life beyond anything you can have imagine.

# How Can We Help You?

Frequently Dialed  
La Hacienda  
Phone Numbers

**800-749-6160**

Billing/Collections

**Insurance Accounts**

Last name begins: A – K

Ext. 671

Last name begins: L - Z

Ext. 673

**Self Pay Accounts**

(from admission or a balance  
after insurance payments

Ext. 674

**All IOP Accounts**

Ext. 670

Medical Records

Ext. 605

Alumni Support

Ext. 510

Alumni Followup

Ext. 516

Inquiry Call Center

Ext. 550

Operator

Press 0

*from where you stand*

## La Hacienda would like to provide 4 to 6-hour educational workshops in our Outreach areas

**So that we may better target the needs and interests of alumni, family and friends, we need your ideas on information that would be beneficial to you.**

Please send an email to our Family Program Director, Michael Cox, to share your ideas on the subjects that would be of interest to you and others in your area.

You may choose from the subjects below or offer additional ideas of your own.

- Recovery relationship adjustments
- Parenting in recovery
- Reestablishing meaningful boundaries
- Codependency recovery needs
- Parenting skills in a recovering family
- Recovery social adjustment and strategies for finding fun in life
- Reaching into the wider world beyond recovery circles
- Your idea \_\_\_\_\_

[mcox@lahacienda.com](mailto:mcox@lahacienda.com)

**Thank you in advance for your input!**

## From Leonard's Kitchen to Yours

### Macaroni and Cheese

1 1/2 cups dry macaroni  
1/4 cup butter  
1/2 cup all-purpose flour  
1 teaspoon salt  
5 pinches of pepper  
4 cups milk  
3 1/2 cups shredded cheddar cheese

Fill a sauce pan with water and bring to a boil. Stir in the macaroni; cook about 8-10 minutes, until it is still firm to the bite. Drain well, reserve.

In another sauce pan, melt butter over medium heat. Stir in the flour, salt and pepper. Add milk and whisk until sauce is smooth.

Reduce heat to low and whisk in 1 1/2 cups of cheese. Then mix cooked macaroni into the sauce mix well. Pour into a baking dish; stir in the rest of the cheese. Bake uncovered in a 375 degree oven until the top turns golden brown. Remove and serve.

## In the Spotlight Elizabeth Robertson

I would never have guessed 12 years ago that I would be back on the La Hacienda campus as Director of Business Development and living back in my home town! God works in mysterious ways...



In May 2000, I was living in San Antonio working as a residential realtor—who never actually sold a home—and wishing every morning that the misery would stop. I had spent the past 8 years drinking and using anything I could find and the spiritual hole inside of me was deep and dark. I was on college number 7 of 10 and I really just wanted to be ok. I wanted to stop but I didn't know how. I called my family that May morning really to get out of trouble because I had once again not shown up for work. My parents were assisting me financially and, after my boss called them worried, they sent a police officer over to my condo to make sure I was okay. Divine intervention and not wanting to get yelled at or have money taken away, I said those three words that opened the door to my freedom: "I NEED HELP". My parents responded by driving me to La Hacienda in record time. Thank God for them! I don't remember much of those 35 days, mostly because of my detox from benzodiazepines, but what I do remember is what still exists today: a caring, compassionate staff who stayed up at night with me while I was shaking; a fierce Big Book study daily that gave me hope for once in my life; a campus filled with sober people from all over Texas and the country for Alumni weekend actually having fun and laughing; an intuitive, collected therapist who gently guided me and my family to a wonderful extended care option for a 23 year old; and a peaceful, healing environment that calmed my soul. Coming full circle and being on the "other side" of La Hacienda now, I have the privilege of making that first contact with mental health professionals who recommend La Ha to patients. I don't have to 'say' La Hacienda is an amazing place for people to find recovery; I know it is because I have lived it. The most beautiful piece of my recovery is that I have those same words of everlasting hope to offer the current patients: "I know how you feel; let me tell you what happened to me". I am so honored to be part of the La Hacienda team and am humbled each day that I get to see transformations take place in each suffering addict that comes on to campus.

## Recovery Attitude

There are people who will do well, and those who will ask "who is going to take care of me?" If we look for assistance every time we are challenged, we never will grow. Each recovering person needs to accept the fact that growing up and taking responsibility is the experience we either missed or were deprived of.

### **Maturity is growth through experience over time**

The act of acceptance is part of the work and gift in Step One. "We admitted"... my understanding of this is now more the letting it in, rather than saying it. I first thought I just had to be courageous enough to say "I'm an alcoholic". I found out later it was more related to my letting in the fact that I was alcoholic. My letting that in would allow me to begin the recovery. Saying it alone is not powerful, and may not lead to any type of change. Admitting the truth is what makes recovery possible. Admitting we are powerless creates the possible attitude I will need to move toward surrender. Surrender will bring humility and peace. Peace is what I wanted.

**Responsibility: The ability to respond** I remember quite well being fearful each and every day. It was fear as a child, as an adolescent, and as an adult. It was never ending unless I was intoxicated. Some people believe fear and anxiety are the driving force for

chemical abuse. Early AA members wrote about it enough to give it a central position in the opening chapters. Temporary relief was good enough for a time. The brief solution was, however, really the beginning of the greater problem. All human strategy and creativity is suspect when compared to God as the solution to the fear problem. When I first was asked to think about this in Step 2, I backed far away from it. Letting go, Step 3, was one of the harder things I remember doing at the start. If I can stop being so fearful and have faith in the God of my understanding, I can start to respond. I need to respond because it is my life and my gift, and my responsibility. We can adjust to the fact that we don't ever see the whole thing. If we were capable of knowing it all, we would not need faith. Since our power is limited, we do need faith, humility and courage to respond.

### Alcoholism:

"Self-will run riot" (Chronic Bad Mood)

### Rage:

Fear, shame, and pain run riot (Chronic Bad Mood)

A belief, a decision, less willful, a recovery attitude, a measure of honesty and away we go. (Recovery)

Michael Cox LCDC, ICADC  
Family Program Director

## We Believe

1. Chemical Dependency is a treatable disease of the body, mind, and spirit.
2. Alcoholics and other drug addicts can completely recover from the obsession to use.
3. Recovery is an ongoing process and a strong foundation is built in treatment through working the Twelve Steps.
4. Successful recovery for a chemically dependent patient requires total abstinence from all mood/ mind altering chemicals unless competently prescribed.
5. A team approach is necessary for meeting our patients' physical, emotional, social, and spiritual needs.
6. A spiritual experience is the ultimate goal of the treatment/recovery process.
7. Engaging in a spiritual program of action while in treatment and after treatment is the best way to maintain recovery.
8. Persons who seek treatment for chemical dependency may also have emotional, cognitive, physical and behavioral problems which we address in treatment by means of therapeutic and medical interventions.
9. After discharge all patients need structured ongoing care. That care depends on the problems presented and their ability and willingness to engage these recommendations in their recovery program.
10. Affordability is an important consideration in care and continuing care decisions.

# The Latest and Greatest Ways to Harm Ourselves: K2 and Spice

by Scott Mitchell, LCDC

These two substances seem to have emerged on the scene in the past year or so and are becoming increasingly more popular, especially among the younger patients. In actuality, reports from the media indicate the phenomenon has been growing since 2006. Essentially, both of these substances offer the same "benefits" to our chemically dependent patients. They are a mixture of herbal compounds, manufactured in China and Korea, that contain synthetic cannabinoids, or as my patients say, "fake weed" that produces effects in the brain similar to THC. Some of my recent patients talk about using these while on probation because they are not detectable in any of the drug screening methods

available at this time. Oddly enough, they were discovered during a cannabinoid research study at Clemson University in the 1990's.

At the present time, there are no studies available regarding the effect of these substances on the body with the exception of one German toxicology study that concluded that 3 ounces of Spice had potentially the same harmful effects as one pack of cigarettes. Clinicians and physicians across the country who are treating the smokers of K2 and Spice are reporting that the patients are having hallucinations, nausea and vomiting, agitation, and increased blood pressure and heart rate readings. They further speculate that the

synthetic cannabinoids can have the same detrimental effects as THC.

In addition, both substances are currently considered unscheduled with regard to DEA regulations and therefore technically legal in the U.S. Incidentally, the majority of K2/Spice sales seem to be online. Since 2010, these substances have been banned or moved into a controlled category by 3 states and legislation is being considered in 6 others to do the same. In 2011, Texas legislated that possession and sale of these products now carry the same penalty as marijuana. They have also been banned in 18 countries in Europe, Asia, South America, and in the Pacific Islands but are currently legal in Canada, New Zealand and the US. Spice was recently classified and is being regulated in the United Kingdom as a scheduled drug.

While the names of these two drugs are being used interchangeably by patients, they do have some differences. As near as I can determine, the main difference is that they use a different mixture of herbs and cannabinoids. Spice, which is manufactured under 21 different brand names, is sold at smoke shops as an "herbal smoking alternative." On the other hand, K2 is sold as incense in other stores and bears the label "Not for Human Consumption". This may be the reason that smokers of K2 experience agitation and vomiting when they smoke heavier amounts.

When dealing with patients that have been using these substances and are considering returning to their use, I bring up some specific points. First, since there are no definitive studies on these products, no one knows how much harm they can do. Russian Roulette anyone? Can anything good come from inhaling smoke anyway? I never see people running into burning buildings in order to inhale the smoke. Secondly, I point out that the use of these substances is an attempt at bargaining in recovery much the same way an alcoholic does when he drinks "non-alcoholic" beer. They are, in essence, trying to hold on to whatever vestiges of their former lives they can. In this case, the patient's understanding and commitment to Step One is questionable. Finally, it all comes down to trying to change the way we feel. If the patient is working a solid recovery program and is becoming spiritually fit, why are substances like this even necessary? It's food for thought. I am sure we will hear more from the treatment community and the media about these substances as time goes by.



## FALL SOBER CRUISE

### ABOARD THE CARNIVAL CRUISE SHIP "TRIUMPH"

5-DAY WESTERN CARIBBEAN CRUISE FROM GALVESTON, TX. DEPARTING ON SATURDAY, OCTOBER 27<sup>th</sup>, 2012. RETURNING THURSDAY, NOVEMBER 1<sup>st</sup>, 2012

### COME JOIN A GROUP OF SOBER FOLKS ON A FUN CRUISE TO PROGRESSO, YUCATAN AND COZUMEL, MEXICO

#### CABIN PRICES STARTING AT:

(INCLUDING ALL TAXES, FEES AND GRATUITIES)

INTERIOR   OCEAN VIEW   BALCONY

**\$425**   **\$495**   **\$605**

(Note: These rates will most likely increase as the cruise date draws near; sign up early!)

Cruise rates are in U.S. dollars, per person, based on double occupancy and cruise only. This price includes all meals served onboard, self-serve drinks, entertainment shows, and much more! Prices subject to change without prior notice. Offer is not available on all departure dates and ships. Carnival reserves the right to re-instate a fuel supplement for all guests at up to \$9 per person per day if the NYMEX oil price exceeds \$70 per barrel

#### CRUISE ITINERARY

Starting Saturday, Oct. 27<sup>th</sup>, 2012  
ending Thursday, Nov. 1<sup>st</sup>, 2012

<u>Day</u>	<u>Port</u>	<u>Arrive</u>	<u>Depart</u>
Sat	Galveston	--	4:00PM
Sun	Fun Day at Sea	--	--
Mon	Progreso	7:00AM	3:00PM
Tues	Cozumel	8:00AM	4:00PM
Wed	Fun Day at Sea	--	--
Thurs	Galveston	8:00AM	--

FOR CRUISE INFORMATION AND TO BOOK THE CRUISE, CONTACT:

LANCE JONES, PERSONAL CRUISE PLANNER,  
CARNIVAL CRUISE LINES at:  
1-800-819-3902, ext. 85130  
email: [LJones@carnival.com](mailto:LJones@carnival.com)

(Be sure to mention Joe Mayer/Sober Cruise to get above rates and dinner seating together)

FOR SOBER GROUP INFORMATION, CONTACT:

JOE MAYER at:

210-861-4161

email: [jmayer3@satx.rr.com](mailto:jmayer3@satx.rr.com)

(Please note this Sober Cruise is not affiliated with La Hacienda Treatment Center or Carnival Cruise Lines)

## ALUMNI MEETINGS

AREA	DAY / TIME	LOCATION	MORE INFO
<b>AUSTIN</b>	Wednesday 7:30 pm	La Hacienda's Solutions 2100 Kramer Ln., Suite 300 Austin, TX	<b>512-835-1994</b>
<b>BEAUMONT</b>	Monday 6:30 pm	St. Andrews Presbyterian 1350 N. 23rd St. Beaumont, TX	<b>409-296-3653</b>
<b>COLLEGE STATION</b>	Thursday 6:00 pm	La Hacienda-College Station 702 University Dr., Suite 100-D College Station, TX	<b>979-846-9500</b>
<b>DALLAS/FT. WORTH</b>	Monday 7:00 pm	La Hacienda Community Outreach 1320 Greenway Dr., Suite 135 Irving, TX	<b>972-751-1200</b>
<b>HOUSTON</b>	Tuesday 6:30 pm	La Hacienda Community Outreach 2650 Fountain View Dr., Suite 120 Houston, TX	<b>713-977-5202</b>
<b>HUNT</b>	Sunday 11:00 am	La Hacienda Treatment Center 145 La Hacienda Way Hunt, TX	<b>830-238-4222</b>
<b>KERRVILLE</b>	Tuesday 6:30 pm	La Hacienda Community Outreach 429 Earl Garrett St. Kerrville, TX	<b>830-238-4222</b>
<b>MIDLAND</b>	Thursday 7:00 pm	La Hacienda Community Outreach 206 N. Midkiff, Suite 1-D Midland, TX	<b>432-697-0272</b>
<b>SAN ANTONIO</b>	Monday 7:00 pm	La Hacienda Community Outreach 8600 Wurzbach Rd., Suite 702 San Antonio, TX	<b>210-692-0001</b>
<b>WACO</b>	Wednesday 7:30 pm	1725 Columbus Ave. Waco, TX	<b>254-662-3439</b>

## FAMILY MEETINGS

AREA	DAY / TIME	LOCATION	MORE INFO
<b>AUSTIN</b>	Monday 8:00 pm	La Hacienda's Solutions 2100 Kramer Ln, Suite 300 Austin, TX	<b>512-835-1994</b>
<b>BEAUMONT</b>	Tuesday 6:30 pm	St. Andrews Presbyterian 1350 N. 23rd St. Beaumont, TX	<b>409-296-3653</b>
<b>COLLEGE STATION</b>	Thursday 6:00 pm	La Hacienda-College Station 702 University Dr., Suite 100-D College Station, TX	<b>979-846-9500</b>
<b>DALLAS/FT. WORTH</b>	Tuesday 7:00 pm	La Hacienda Community Outreach 1320 Greenway Dr., Suite 135 Irving, TX	<b>972-751-1200</b>
<b>HOUSTON</b>	Wednesday 6:30 pm	La Hacienda Community Outreach 2650 Fountain View Dr., Suite 120 Houston, TX	<b>713-977-5202</b>
<b>KERRVILLE</b>	First Thursday of each month 7:00 pm	La Hacienda Community Outreach 429 Earl Garrett St. Kerrville, TX	<b>830-238-4222</b>
<b>SAN ANTONIO</b>	Monday 7:00 pm	La Hacienda Community Outreach 8600 Wurzbach Rd., Suite 702 San Antonio, TX	<b>210-692-0001</b>