



The Thermometer Times

Published by The Depression and Bipolar Support Alliance of Riverside, California

VOL. 20 NO. 11 *Out of darkness . . . November 2008*

Dates to Remember

CARE & SHARE GROUPS

Clients and their guests are invited to come and participate.

Professional care providers very welcome.

Riverside County Mental Health
Administration Building
(see page 9 for address & map)

Saturday 10:00 am -12 noon
November 1, 8, 15, 22 & 29

Thanksgiving Dinner
at Jo Ann's at noon
Food will be furnished, just
come and enjoy the day

Web Site for DBSA, Riverside:

<http://californiadbsa.org>

E-mail for DBSA, Riverside:

dbsaofriv1@aol.com

E-mail for DBSA, California:

dbsaofca1@aol.com



Meetings start promptly at 10 am. Do yourself a good turn: Be on time...visit with friends before the meeting. If you come late, please enter quietly.

Directions to

Jo Ann Martin's Home

Exit 91 Frwy at Van Buren. Go south
4.2 miles on Van Buren to
Whispering Spur. Turn left.

2nd
driveway
on the right



16280 Whispering Spur
Riverside, CA 92504
951 / 780-3366

Sanctuary for the Soul

By Kathi Stringer

Envision psychiatric disabilities as a scarred face that is grossly disfigured and haunted by torn flesh. The blackness of night is your friend that evades the daylight distortions of the fleshy tissue. The shadows protect you from the looming sneers of the passerbys. You are a fugitive in a world that lacks empathy, understanding and compassion. You are alone.

Then,

Imagine in a world, a sanctuary of unconditional acceptance for those with psychiatric disabilities. A refuge to find solace, relief and oneness. An encampment to provide self-reflection, a sense of security and a vestige of normalcy.

Then we ask, "Whose dream is this that rises yonder? Who dares to lasso the stigma of unbound lands?" As the curtain opens the story unfolds regarding the Jefferson Wellness Center.

It was the blood, sweat and tears in a collative effort of Riverside County Mental Health, and interested stakeholders made up of family Members and clients in the face of hostile opposition.

In the 70s Legislation passed the Bates' bill for various program options that include: Crisis residential programs; long-term residential treatment programs; transitional residential programs, independent living programs, day treatment programs and Socialization Centers.

However, time was running out when Riverside County Mental employees and stakeholders scrambled to articulate a program in the form of a grant that would qualify for funding. During the next 2 months many meetings were held until the grant was filed on 2/28/81.

And, there was another major hurdle. Where would the new program be located? It's not as simple as going for a drive and selecting a building. Zoning laws had to be considered and worst, "what would the neighbors think?"

Indeed, what would the neighbors think? In expectation of resistance and the hurdles anticipated due to starting from scratch, it was decided the proposed program would be located at the existing Gheel House in downtown Riverside.. The Gheel house was a socialization center for the disabled since the early 60's and funded by private stakeholders. Yet, the Gheel House and the new program were uniquely different. The Gheel House was basically a hang out, but the new program would be structured. It would offer domestic skills training and self-improvement groups that were goal orientated toward improving the quality of life and employment opportunities. The new decade of the 80's moved out the old ways of symptom

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a note from the Editor

We invite you to submit material for review and possible publication in the newsletter. Your articles allow us to get to know one another in greater depth and to learn of the many talents, interests and assets of our members.

Articles, poetry and/or drawings can be on anything pertaining to experiences you have to share regarding depression and/or bipolar disorder; what it is to live and cope with the disorder; how you learned of it, what helps, what doesn't. You may write on any other mental health issue or problem that you are passionate about. You can tell us about yourself and how you spend your time and what's important to you. You may want to write a report on a mental health event you attended or a mental health book you have read. We would appreciate that, too.

Drawings should be black and white, line or half-tone.

Your work may be submitted to JoAnn, Leroy or Lynne at DBSA Riverside meetings.

It may be mailed to: *The Thermometer Times*
% Jo Ann Martin
16280 Whispering Spur
Riverside, CA 92504

E-mail it to: JoAnnMartin1@aol.com

FAX to: 951/780-5758

Materials submitted may or may not be published, at the discretion of the editors, and may be edited for length.

Get your creative juices flowing and share your knowledge and experience with your DBSA friends through *The Thermometer Times*.

Thank you. Lynne Stewart

MOVIE NIGHT AT JO ANNS*

2nd and 4th Tuesday of November

6:30 PM

Tuesday, November 11

"The Five People You Meet In Heaven"

Mitch Albom's NY Times best seller.

Ellen Burstyn and Jeff Daniels offer the power to stir and comfort in this touching story.

Tuesday, November 25
"Forever Young"

Mel Gibson and Jamie Lee Curtis

When you run out of tomorrows, a surprising experiment appears to be the answer.

Enjoy pizza and an additional movie of your choice!

*Directions to Jo Ann's home on page 1, bottom of column 1 of this Newsletter.

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Please feel free to reprint any of our articles. However, please acknowledge our publication, date, and author or source. It will please the authors and recognize their efforts.

Riverside Suicide Crisis Help Line

Call (951) 686-HELP [686-4357] if you need to talk to someone. It is available 24 hours - 7 days a week.

National Suicide Prevention Hotline

Call 1-800-273-TALK (8255) if you need to talk to someone in any of 109 crisis centers in 42 states. The National Suicide Prevention Lifeline has just been launched by SAMHSA (Substance Abuse and Mental Health Services Administration) as part of the National Suicide Prevention Initiative (NSPI). In addition, a new Web-site has been established at

www.suicidepreventionlifeline.org

SANCTUARY *(Continued from page 1)*

management, and adapted trends for recovery models toward wellness.

Days later after the grant was filed with the state's Bates committee, a local town hall meeting was held with the new program on the chopping block. The downtown businesses were in a slump along with neighborhood sagging property values. The last thing they wanted was another social service agency to act as a magnet for the undesirables. "You have to draw the line somewhere," said Curtis Grassman, resident and representative of the Bryant-Grant Parent Teacher Association. Grassman wasn't alone. Judith Schaeffer, resident and co-founder of the Downtown Renaissance Association developed to revitalize the business community was allied with 30 townfolk that held the same view, and they were determined to drag the problem into court if pushed. John Ryan, the Riverside County Mental Health Director tried unsuccessfully to elevate their fears the next couple of months and decided to consider another location.

A sigh of relief came in April of 1981 when the Bates committee approved the grant. However, the clock was still ticking and the county was still under pressure to make use of funds or risk losing the state allocation. A massive search was underway to find a central location within the bus route stream. Scouts were looking for a stand-alone home-like setting with the capacity to serve 30 clients per day. The building needed to be flexible to retrofit a kitchen, occupational therapy (OT) area, a classroom setting, and group rooms. Out of about 40 possibilities the selection was narrowed down to three.

In November the headline read, "County proposes Magnolia Avenue site for disabled center." Two days later the planning commission approved a conditional use permit (CUP) for the new program that would be in a Victorian turn-of-the-century 2-story house.

However, trouble was brewing and a posse was being rounded up within the neighborhood. Finally, the moment was at hand. A week before Christmas the city council convened to hear close to a hundred angry people. Opponents were armed with a petition containing signatures of 275 people against the center. The 4-hour debate seemed to run smoothly until the last quarter when the lights blacked out for 15 minutes. It was an odd and eerie silence in the making of a hostile environment. Suddenly the lights flashed on. Things broke loose. It was argued the undesirables could be aggressive or dangerous. The mob alleged the mentally disabled would depreciate the neighborhood, pick their flowers, wander aimlessly, and jeopardize the neighborhood safety. John Behney, an employee of Riverside County Mental Health had his work cut out for him. If he ever had to earn his salary, now would be the time. He addressed and countered all their concerns with reassurance. When the city council voted in favor of the center, 5 to 2, a wave of rage went through assembly. The local newspaper stated, "*Near the end opponents yelled out from the audience that the vote did not serve justice and that the public hearing was a farce.*"

Advocates of the new program were in holiday spirits that

year. They had triumphed over tight deadlines to apply for a grant and they had faced down heavy opposition against their home. The following spring brought more than budding flowers on the trees. The new center opened bringing new life into the community of the mentally disabled.

The new center, the Jefferson House was named in honor of Jeff and Dorothy Jefferson of Riverside, California. The couple was determined and tireless advocates for the mentally ill. As the mother of 3, her oldest son suffered from schizophrenia. In the face of stigma, she spearheaded barriers for 25 years to help families cope with mental illness. She participated on the State Mental Health Planning Council and the county mental health advisory boards.

"She was born on Sept. 16, 1917, in Saskatchewan, Canada. After receiving Bachelor of Science and Master's degrees in home economics fields, she helped launch the University of British Columbia's home economics department in 1943. Over the years she taught at the University of California, Los Angeles; Riverside Community College; University of California, Riverside; and the Riverside Unified School District until retiring in 1977."



The conditional use permit had strings attached. To help quell frustrated neighbors, an oversight committee was established

to act as a liaison and defuse potential problems. As the seasons moved through the year, the first anniversary of the Jefferson House was certainly an occasion to celebrate. Not a single complaint was logged nor did any of the mob's fears materialize. No flowers were picked; there was no loitering, no crime, and no impact jeopardizing the safety of the community. In fact, most neighbors became downright friendly with the center's clients. The newspaper states, "*This comes as a pleasant surprise to clients and staffers of the socialization center for emotionally disturbed adults in Riverside. And it comes as an even greater surprise to many of the initial opponents who tried to block the center's location in their neighborhood. The controversy has cooled considerably. The state-funded center operated by the Riverside County mental health program is winning praise not only from friends but from former foes as well.*"

The Jefferson House has survived and thrived since that day long ago in the Spring of April 1982. Over a decade later in 1995, the year of Dorothy's death, the Jefferson House moved to a larger facility. Then 5 years later, the center moved again to an office/industrial complex. However, the center was renamed the Jefferson Wellness Center. The fad of

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sufficing rehabilitation centers as 'house' had ran its course. Recovery models were the new trend.

The Jefferson Wellness Center, a community resource and social center for individuals with psychiatric disabilities is definitely a success story. The original \$98,506 grant to fund the center has grown to over \$1,000,000 annually.

Today the Jefferson Wellness Center enjoys an expansive building. The program is robust with various activities. Abridged to the many lengthy hallways are spacious and open areas. One such area is assigned for ceramics projects, complete with oven, textiles and paints. In another area is a woodshop complete with a full range of power tools that includes table-saws and jigsaws. The Jefferson Wellness Center portfolio includes a room so immense that it can be divided with movable wall. Pool tables set the landscape on one side of this huge room coupled with a den style social setting on the other side. Here individuals enjoy socialization through a game of pool, working picture puzzles, enjoying home videos, music, reading and conversation. Additionally the program offers vocational training for employment, and adult education toward a GED. Several times a week laptop computers are available to help participates gain a sense of ease and mastery in computer skills. There is an array of many more large conference rooms connected to hallways. They are used for self-esteem groups, communication groups, problem solving groups, and even groups that teach successful strategies for the job interview.

Here, the besieged found a sense of belonging, a feeling of calm rest, a source of new friendships and camaraderie. My hat is off to Jefferson Wellness Center. In my opinion, Jefferson Wellness Center is the poster project of success for Riverside County Mental Health. I've personally felt the warmth, acceptance, and security that help facilitate the healing process. Broken, abused and neglected, I'm slowly finding my way, as are many others at the Jefferson Wellness Center, a sanctuary for the soul.

Talk to Improve Memory

Who couldn't do with a little help in the memory department? Here's a simple trick offered by researchers at the University of Michigan: Simply talk for 10 minutes. It's been shown to improve memory and performance on tests. Study participants from many demographic groups were asked how often they talked each week on the phone to friends, neighbors and relatives and how often they get together. After accounting for variables, such as health, education, race, ethnicity, gender, marital status, income and physical and mental health, researchers discovered that the higher level of participants' social interaction, the better their cognitive functioning, regardless of age group.

Source: *Personality and Social Psychological Bulletin*, 2008

President and CEO of DBSA (our National Organization) spoke at our 18th Annual Conference.

The following was reported in a press release before he became President of DBSA. It describes his many attributes:

(CHICAGO — July 31, 2008) — Well-respected consumer advocate Peter Ashenden will assume leadership on an interim basis of the nation's leading consumer-led mental health organization, the Depression and Bipolar Alliance (DBSA), on September 1, 2008.

Ashenden, who has served as DBSA's executive vice president for a year, brings more than 30 years of solid experience in senior management, strategic planning, nonprofit management, development and delivery of recovery-oriented services and wellness training for health care experts and consumers. He is also nationally recognized as a keynote speaker, consultant and trainer, and for his talent in starting many self-help groups and grassroots networks across the country.

For 11 years, he was the executive director of the Mental Health Empowerment Project (MHEP), a nonprofit corporation organized to develop and strengthen support and recovery activities. Ashenden also served as a member of the DBSA board and as a board officer during his three years of participation. Recently, Ashenden was named chair elect of the board of the U.S. Psychiatric Rehabilitation Association (USPRA), the preeminent association advancing the practice of psychiatric rehabilitation and recovery. Ashenden is the first self-identified consumer ever to hold this position.

As a consumer diagnosed with a mood disorder himself, Ashenden is passionate about advocating for others and sharing his personal experiences openly with the goal of empowering others so that they can recover and lead successful and productive lives.

"Peter Ashenden is one of the most committed and knowledgeable consumer advocates I have ever met," stated Stephen Propst, chair of DBSA's board of directors. "His deep knowledge of the issues and his incredible range of experience are the perfect combination to lead DBSA in creating and strengthening consumer-run mental health services, a critical step towards transforming mental health care in America."

Ashenden also serves on the board of the Verrazano Foundation, an organization created to combat stigma and discrimination against those living with mental illness. He is a former member of the Commission on Accreditation of Rehabilitation Facilities (CARF), the Mental Health Association of New York State and a former board member of PEOPLE Inc.

Ashenden will replace Sue Bergeson, who will be bringing the consumer viewpoint to another arena to assist consumers in finding and maintaining recovery. The board and staff of DBSA want to thank Sue for her years of dedicated service and wish her well in her future endeavors.

To learn more about DBSA, visit www.DBSAAlliance.org. Source?

Depressed People More Prone to Alzheimer's, Study Says

Stress of Depression May Damage Brain, Bringing About Disease

By ANDREW STERN

Apr. 7, 2008— CHICAGO, April 7 (Reuters) - People with depression are more likely to later develop Alzheimer's disease, according to two studies published on Monday, and one team said that chronic stress may damage their brains.

"What we think it suggests is that depression truly is a risk factor for Alzheimer's disease, and not simply a sign that the disease is developing," Dr. Robert Wilson, a neuropsychologist at Rush University Medical Center in Chicago who led one study, said in a telephone interview.

Some researchers have assumed that Alzheimer's causes depression, so Wilson's team tracked 917 retired Catholic priests and nuns, 190 of whom developed Alzheimer's disease. Those with more symptoms of depression at the beginning of the study were more likely to develop Alzheimer's disease.

But Wilson's group did not find a sudden onset or worsening of depression in the few years before symptoms of the brain disease took hold.

"Our thinking is that depression somehow causes damage to part of the brain called the limbic system, and this is the part of the brain that Alzheimer's disease preferentially attacks," Wilson said.

The limbic system includes the hippocampus and amygdala, which play key roles in emotions and memory.

The subjects in the study, which appeared in the Archives of General Psychiatry, were asked about depressive symptoms and not about specific episodes.

"In terms of depressive symptoms, those are fairly consistent from year to year as people have a chronic tendency to be depressed or not be depressed — it's not just something that randomly varied from year to year," Wilson said.

Damaged Connections

Wilson cited one theory that chronic stress from depression releases excessive amounts of the brain hormone cortisol that ultimately damages the filigreed connections between brain cells called dendrites. Depression has not been shown to have a direct relationship to the brain plaques and tangles often found during autopsies on Alzheimer's victims, Wilson said.

"Some people die with lots of plaques and tangles but they don't have dementia. Some people die with few plaques and tangles and they do have dementia. This has long been known that plaques and tangles aren't the whole story. There were

other things going on that are causing loss of cognition and memory we think depression is involved in one of those pathways," he said.

Everyone reaching their 70s and 80s likely has some physical manifestations of Alzheimer's in their aging brains, Wilson said, but not all develop the mind-robbing symptoms.

"We think that some people are more vulnerable or it takes less of a dose because of other changes that are taking place in the brain," such as damage inflicted by depression, he said.

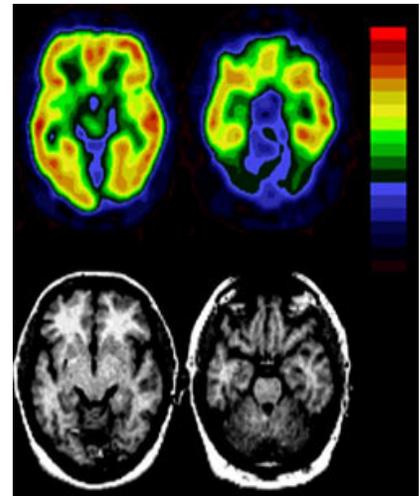
A related theory that depression shrinks the hippocampus and amygdala and paves the way for Alzheimer's was not supported by a Dutch study published on Monday in *Neurology*, a journal of the American Academy of Neurology.

Magnetic resonance images were taken of the subjects' brains at the beginning of the study, and depression was not associated with brain shrinkage.

But among the 134 of 503 people in the study who reported

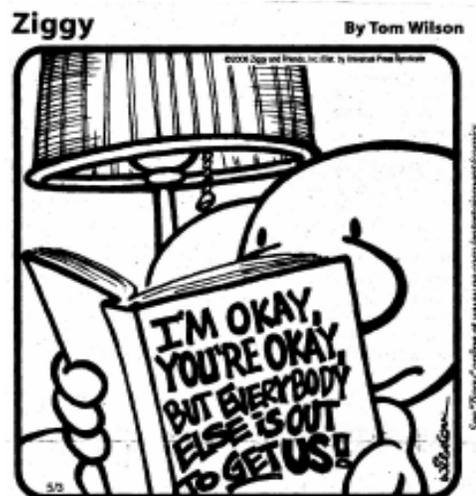
seeking help for depression, the risk of Alzheimer's was 2.5 times higher than among those who were not depressed.

"We don't know yet whether depression contributes to the development of Alzheimer's disease or whether another unknown factor causes both depression and dementia," said Monique Breteler of Erasmus University in Rotterdam.



(Editing by Maggie Fox and Philip Barbara)

Source: REUTERS



Annual Conference was a Success!

One of the requirements for volunteers to attend the DBSA-California's 18th Annual Conference with a scholarship, was to submit a written report of 100 words about personal experiences. Below are remarks that should inspire every one of you to attend our next one.

I was delighted to receive this encouraging and uplifting bit of writing: Jo Ann Martin, President, DBSA-CA

100 Words for DBSA-CA about my experience at the 18th Annual DBSA-CA Conference

by Kristian J. Olson

One of the quotes that I will always remember from the conference is: "take care of yourself first". Not only is this advice helping me in life after the conference but it also helped me during the conference. You see, I have a habit, of over-committing...,spreading myself too thin, staying up too late, and not getting the sleep I need to live a balanced and stable life. Instead of making choices to stay in a state of euphoria, I can choose to do what is best for my health. For this season of my life, my recovery is what is most important. Thanks DBSA, for your help.

Other Words fur DBSA-CA about my experience at the 18th Annual DBSA-CA Conference (stuff outside my 100 words)

My experience at the conference was delightfully positive. From the first contact with Kevin, Leroy, and Jo Ann, I was pleased with how positive and excited everyone was about the conference. What attracted me to the conference was the encouragement of Terry and Marilyn, the two facilitators of the DBSA Sacramento Chapter. The goal was that I would gain some training on being a group facilitator so that I could be more prepared for facilitating a support group that we hope to start in Roseville, CA (30 minutes North East of Sacramento). Ideally, in time, the vision is that we will start this new DBSA Chapter.

When I first showed up to the conference on Thursday, I was overjoyed that I came a day early. I got the opportunity to meet the people with whom I had been in contact with since September 4th, 2008. Seeing Jo Ann, "The President", was like meeting a rock star. Through email and phone conversations, she had been so helpful in my inquiries about the specifics of the conference that meeting her had increased significance over her simply being the President of all of the CA Chapters. Next came Kinike.

I had never met Kinike before but she instantly became an asset to my experience at the conference. First, on Thursday night, we met in the room where all of the administrative work was being finished and I took advantage of the opportunity to go over the different workshops being offered while I helped stuff all of the blue folders.

This was especially helpful to me because I received a scholarship from DBSA-CA and I wanted to already have a plan in place for both days of the conference so I wouldn't have to spend time Friday morning trying to figure out my schedule and responsibilities. As I suspected, the following Friday morning was so intense that having my decisions made the night before significantly reduced the stress I would have suffered if I had not already chosen which workshops I was going to attend. Secondly, as it turned out, Kinike was the person at the conference with whom I needed to connect. She had information about 1) starting a new support group during her "Nuts & Bolts" workshop, and 2) receiving information about facilitator training. Connecting with her set the tone for the conference and reassured me, even before the conference begun, that I was going to accomplish both goals that I had come to the conference to meet, very encouraging. There is one last thing I want to add about meeting Kinike.

When it came time to discuss my entry into the talent show, I learned that we shared a love for Country Line Dancing. When I shared that I was going to do "eight Country Line Dances in 5 minutes", she shared that she was currently living in Texas and that she, herself, has spent a lot of time enjoying line dancing. In fact, she changed into a fun country outfit after she did her Hawaiian dance and she and I got several people up and dancing after the Talent Show was finished. (BONUS INFO): her song "Keep Your Eyes On The Hands" has become one of my favorite Hawaiian songs. Watching her dance to THIS song was so much fun and so entertaining. We especially enjoyed Mike Sullivan, voice and guitar, and Walter Davis, on saxophone, as we danced to the music that they played for over 45 minutes after the talent show. Tons of fun!

After Kinike came Leroy. Friday morning is when I got to meet Leroy. Leading up to the conference, he was extremely helpful in answering all of the questions that I had about the conference and the scholarship I was being awarded. Just like meeting Jo Ann, meeting Leroy was very rewarding because I got the opportunity to shake his hand in gratitude for the significant amount of time that he spent with me on the phone, helping me to get to the conference and making it as beneficial as possible.

Kristian J. Olson

Living Well With Bipolar

Saturday, October 18, special speaker
Kristen Lennon, MFT

Kristen Lennon opened her session by asking the group about their past and current experiences with their diagnosis.

With a kind and compassionate heart, Lennon explained the symptoms of Bipolar One as she has come to understand them. Her emphasis dealt with euphoria, a lack of desire for food and sleep, a division from reality, hyperactivity, addictions and mania.

Ms. Lennon also explained that often times irritability and anger go unseen and may not be properly diagnosed. She listed the film “Mr. Jones” featuring Richard Gere as a prime example of Bipolar One and how just one manic episode could be a trigger to something larger in a persons mental state.

The most critical issue in living well with the Bipolar condition is to remember the “6 R’s”;

1. **Rest.** Whether you feel that you need rest or not, your body requires a good night’s rest. Without it, bipolars in particular, get into trouble.

2. **Routine:** Breakfast, lunch, dinner. Eat three times a day to keep up your strength. Our body continues to deserve the proper fuel and energy a good diet can bring.

3. **Relaxation:** some suggestions could be leisurely walking, gardening, listening to CD’s, prayer, singing, scrapbooking, and other hobbies. Any tools that can bring peace and solace to the mind is helpful.

4. **RX:** Medication is 30% - 40% of your achieving well-being in your life. But meds alone will not achieve this. Therapy is also a necessary medical treatment.

5. **Reflection:** Consider your life’s stresses more thoroughly with, for example, yoga. Be introspective. How am I going to be that thoughtful, energetic, creative person that I am?

6. **Rebuild:** Structure. How do I establish my lifestyle so that I’m living well? What do I want to be? The brain does not assimilate the “don’t”. Focus on the positive. When you’re depressed its often not that “I can’t”, it is that “I won’t”. Rationalize is to “Ration - a - lies.” Don’t get caught in that trap.

Kristen Lemmon is convinced that bi-polars are the geniuses’ of today. Live like it. Express yourself. Be the person you were created to be, inspite of... a bipolar condition.



“I Haven’t Wanted To Slow down”

interview by Jesse Kornbuth

His father committed suicide when Robert Edward Turner III was 24, but there was no time to mourn: The son took over and saved the family’s billboard business and grew it relentlessly.

Ted Turner launched Turner Broadcasting, founded CNN, bought the Atlanta Braves, and sailed Courageous to victory in the America’s Cup races. By his 40’s, Turner was worth a billion dollars. When he sold his company to Time Warner, he became its largest share-holder; by 1997, his wealth had swelled to \$3.2 billion. To celebrate his good fortune, he gave \$1 billion to the United Nations—the largest gift in its history. Another mogul might have regretted that generosity when Time Warner merged with America Online and his net worth tumbled, but Ted Turner just moved on to fresh ambitions, including saving the planet and raising bison.

In his new memoir, Call Me Ted (Grand Central Publishing), the 70-year-old entrepreneur holds forth on a life of professional achievement, personal triumph, and planetary consciousness. He doesn’t shrink from the troubles he’s faced: his father’s death, his three marriages (including one to Jane Fonda), and his bipolar disorder. In conversation, he’s equally forthright. Reader’s Digest spoke with Turner and, in the spirit of his book’s title, called him Ted and asked him anything.

Q. Your father spanked you and refused to pay for college. Yet you went to work for him. Why?

A. I loved him. He always had pretty decent reasons for what he did. I knew the business I liked it, I was the only son, and I was the apple of his eye—it was the smart thing to do. I’ve always tried to do the smartest and best thing. Mostly, my judgment has been pretty good.

Q. That judgment led you to start CNN in 1980. You were way ahead of the pack in terms of seeing the potential of cable. Do you still watch CNN?

A. All the time.

Q. With pleasure? Or does anything about it bug you?

A. This company came out of my head and heart, and I’d hoped we’d do more than make money. It does bug me a bit that CNN. USA has cut back on environmental and international coverage.

Q. At an early age, you used to tell people that you wanted to become the world’s greatest sailor, businessman, and lover all at the same time,” according to your book, How’d that work out for you?

A. I was exhausted.

Q. You’ve dealt with scores of people during your years in business. How frustrating is it to deal with those who don’t think outside the box?

A. I never thought of it from that view point. I believe anyone can change. But when you’re dealing with large corporations and boards, the box can be useful. Look at Jerry Levin [former CEO of Time Warner]. When he made the AOL deal, he was outside the box. Clearly, thinking outside the box isn’t always the best idea.

Q. You’re the largest individual landholder in America

Continued on page 10 (Ted Turner)

