

Keystone Celebrates 40 Years with McAndrew concert

By Andy Wilcox

Self described singer, storyteller and observer of life John McAndrew paid a visit to patients at Keystone Treatment Center in Canton this past Friday during a private performance at the Center honoring Keystone's 40 years of serving those in recovery.

Executive Director Carol Regier, who has been at Keystone since its beginning 40 years ago, said they were proud to be able to bring McAndrew back to Canton. He had performed and talked to residents three years ago.

McAndrew spent nearly two hours at the Center, talking with residents and performing several of his songs, which all had special meaning not only to the artist, but to the residents.

McAndrew, who is in recovery, shared one of his songs, named "Good Enough," though he told the crowd the real name of the song should be "Sometimes I Stumble," which described his journey through alcoholism and the ensuing recovery.

"Even in, especially in, recovery, we stumble," McAndrew said. "I'm not proud of it. I've made so many mistakes in recovery, but I can only blame myself, not the alcohol."

McAndrew told Keystone patients it is okay to mess up. It happens. "It's okay to be free, don't be afraid to mess up. This next song, 'Like a Child,' talks about how we're always learning."

Every song spoke to a different emotion or event in McAndrews life and shared the reality that recovery isn't something instant, but is a lifetime of changing after becoming clean from addiction.

"What is fear," McAndrew asked the group.

"Paralyzing," responded one of the patients.

"Fear is paralyzing. They're (fears) bigger than they really are. They're scary. The are like leeches. You can't kill them. I'd let my fears get

like a 400 foot Goofy at the Macy's Parade," McAndrew said.

He related a special moment in his life where that fear left and shared that moment through his song, "Not Afraid Tonight."

McAndrew has toured with Eric Clapton and many other artists over the year and is a native of Minnesota.

He reminded the group that alcoholism and any addiction's goal is to get between them and love. Residents were into the music so much that when technical problems caused the piano to act up, they clapped along to McAndrew as he continued singing.

"I used to joke that I drank Lake Michigan and they cut me off," McAndrew said. "I don't want to go back to the lake."

McAndrew told the Sioux Valley News that he is still in recovery. "We are always learning."

"We always enjoy John's music and message," said Regier. "He really has an impact."

McAndrew then gave away copies of his latest album to residents, but not before the group gathered in a circle to pray for strength and continued recovery.

Biography: John McAndrew is a storyteller. He draws pictures on water like an ancient calligrapher. The lyrics float up and into your musical psyche. Describe him as Paul Simon with a smidgen of Harry Chapin and a dollop of Jimmy Webb. His music is revealing. It lays bare the soul. It speaks to a time that was and to what might be.

If you call him a piano player--you'd be absolutely correct--in part. If you call him a singer that'd be right on target, too. John McAndrew is a piano player. He's a singer.

And, to complete the picture--throw in songwriter. It's that unique combination that makes John's music work for him. "I want to make sense of the things I feel. I try to tell stories, say important things and make



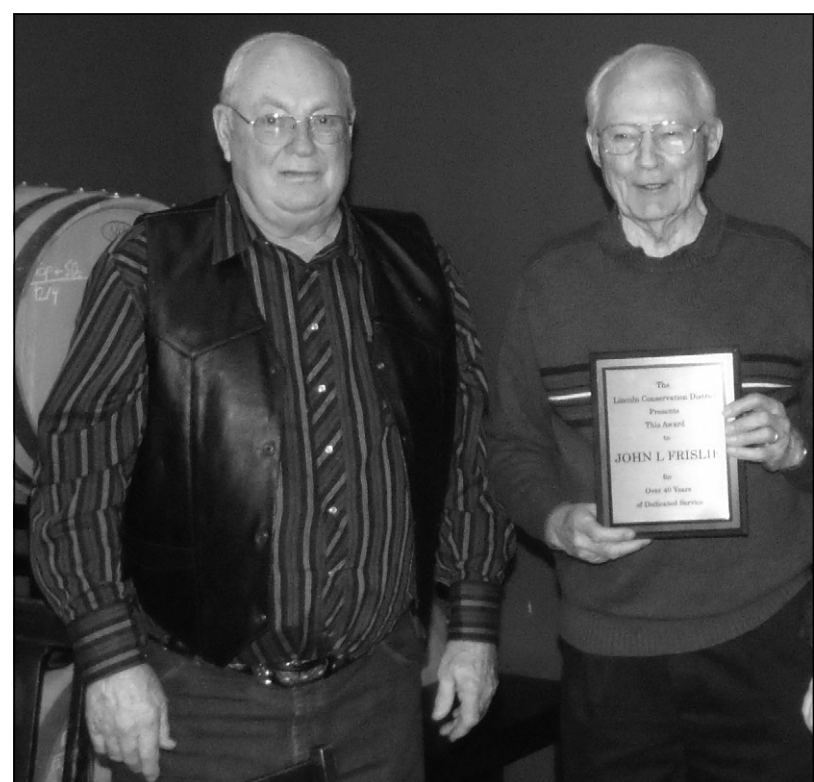
John McAndrew plays the guitar as he performs Like a Child at Keystone Treatment Center's private performance last Friday afternoon. Keystone is celebrating 40 years of Recovery in 2013 with several events planned last weekend and again this fall/winter.

them easy to understand. Lyrics are power," says McAndrew.

McAndrew was born in Rice Lake, Wisconsin. He is one of seven kids--four brothers and two sisters. The family moved around quite a

bit. John attended high school in Pittsburgh where he thought his calling would be the "fine arts." He loved to draw. But his father, Bill, played saxophone and clarinet with Stan Kenton, and, John wanted to

follow in his dad's footsteps. Without taking a lesson--John taught himself the sax, flute, guitar, harmonica and the piano. Somewhere along the way he fell in love with words, lyrics, the things that breathe life into a song.



Frislie Retires from Lincoln Conservation District Board

John Frislie, Lincoln Conservation District Supervisor, has retired December 31, 2012, after serving 44 years on the district board. The Lincoln Conservation District wishes to thank John for his many contributions to the resource conservation efforts in Lincoln County over the past 44 years. Pictured with John Frislie, right, is Merlyn Rennich, Chairman of the Board of Supervisors.



Eileen Reynolds and her son, Marvin Reynolds, flew down to Ft. Myers, Fla. They enjoyed warm weather and ocean front and reading the *Sioux Valley News*.

If you would like to see your photo in the *Sioux Valley News*, bring the *News* along on your next trip and take a picture with the paper. Submit it to the *News* office at svn@siouxvalleynews.com and it will appear in the paper.

Harrisburg High School Second Quarter Honor Roll

Harrisburg High School submits two honor roll categories for each quarter of the school year, the Honor Roll(3.5-4.0) and the Merit Roll(3.0-3.499). In the second quarter, 369 students earned status in one of the categories. *designates 4.0 or above.

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*Jordan Egan, Cody Eide, Danielle Emmett, Connor Enberg, Tyler Ensz, *Conner Erickson, Tiahna Evans, *Kody Everson, *Sydney Fiske, Kori Fink, Nicholas Fisher, Emily Fodness, Bronson French, Benjamin Fuhr, Jessica Garcia, Delina Gardner, Sydney Gibson, Damian Giraldo, Christopher Glanzer, Megan Goldammer, *Madeline Gould, Meridith Gould, Jacoby Grady, Climent Grey, Erin Gropel, Courtney Halling, Cole Hanselman, Aaron Hanson, Nathan Harmer, Abigail Hatch, Jacob Headlee, Isaac Hettver, *Kyle Hill, *Sydney Hirschhorn, Connor Hoback, Kirynn Hogan, Danni Jonner, Travis Kotula, *Anna Hrdlickova, Anna Hudson, McCade Ivarsen, Jordan Janak, *Bailee Jensen, Alexandra Johnson, Lukas Johnson, Brady Jones, Emma Jordan, *Keren Kabambi, *Alexis Karow, Taylor Kelly, Maraya King, Jacob Klemme, Brittany Klinkel, *Talia Klocker, *Kylie Koerner, Shaniah Kooops, Keeley Kotula, Logan Kowalski, *Morgan Krier, Jordann Krouse, Paige Lacey Mallory Lanier, *Ross Lanier, Adam Larson, Emilie Larson, Sylvia Larson, Ashley Lefdal, Christopher Levisay, *Samantha Levisay, *Korissa Lindner, Casey Lint, *Allie Loftesness, Kira Loftesness, Morgann Lommen, Kaelieigh Mariner, Daniel Mastick, Gabriel May, Alexandra Mayer, Molly McAllister, *Andrew McCuen, *Blake McGraw, Sadie Meikle,

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