

NARCONON® VISTA BAY SUCCESS

John F. Narconon Student 2005

Saving Lives in our Community

VISTA BAY STUDENTS
VERY OFTEN SHARE
THEIR STORIES SO
THAT OTHERS LIKE
THEM CAN WITNESS
AND EVENTUALLY
EXPERIENCE THE SAME
LIFE-CHANGING WINS
FROM THE INCREDIBLE
AND EMPOWERING
VISTA BAY PROGRAM

THE WORDS TO THE
RIGHT ARE THE WORDS
OF ACTUAL STUDENTS
AND GRADUATES OF
THE VISTA BAY
PROGRAM, WHO NOT
LONG AGO FELT
HOPELESSLY ADDICTED
TO DRUGS OR
ALCOHOL.

If you are losing a loved one
to drugs or alcohol, please
call: [1-800-556-8885](tel:1-800-556-8885) and
find out more about the
Vista Bay Program.

My name is John Foti. I am 35 years old and I've abused drugs for 20 years. I was a hopeless drug addict who could not conceive ever being able to quit doing mind altering chemicals. I tried other means of quitting, but I just could never get that elusive physical sobriety. The longest length of time I was able



to stay put together since I was 13 years old was 48 days straight. It has been a long and trying road until May 5, 2005. That was the day that I arrived here.

From the first day here that little voice that drove me to keep using vanished. I am currently in the Sauna part of my program and I have been in for 41 days. I have had 5 drug restimulations – 4 pot and 1 LSD.

They were not easy to get through, but between the extremely professional staff and caring students, I was able to get through these uncomfortable ordeals. In having walked through these “restems”, I have come to a major conclusion – that I can't stand the feeling of being altered in any way, shape or form. I like the person I am and I am proud of myself for accepting this new way of life! You see, we are one huge family here from the staff to all the students.

In the five other programs I have been exposed to, I was the victim and I was made to believe that I was powerless. Here at this program, we are taking responsibility for our past and our future. I would like to thank Vista Bay for giving me the chance to get my life back. I have never felt as good as I currently do.

-John F.