

Psychedelic may help heavy drinkers quit

CARLA K. JOHNSON
Associated Press

The compound in psychedelic mushrooms helped heavy drinkers cut back or quit entirely in the most rigorous test of psilocybin for alcoholism.

More research is needed to see if the effect lasts and whether it works in a larger study. Many who took a dummy drug instead of psilocybin also succeeded in drinking less, likely because all study participants were highly motivated and received talk therapy.

Psilocybin, found in several species of mushrooms, can cause hours of vivid hallucinations. Indigenous people have used it in healing rituals and scientists are exploring whether it can ease depression or help longtime smokers quit. It's illegal in the U.S., though Oregon and several cities have decriminalized it. Starting next year, Oregon will allow its supervised use by licensed facilitators.

The new research, published Wednesday in *JAMA Psychiatry*, is "the first modern, rigorous, controlled trial" of whether it can also help people struggling with alcohol, said Fred Barrett, a Johns Hopkins University neuroscientist who wasn't involved in the study.

In the study, 93 patients took a capsule containing psilocybin or a dummy medicine, lay on a couch, their eyes covered, and listened to recorded music through headphones. They received two such sessions, one month apart, and 12 sessions of talk therapy.

During the eight months after their first dosing session, patients taking psilocybin did better than the other group, drinking heavily on about 1 in 10 days on average vs. about 1 in 4 days for the dummy pill group. Almost half who took psilocybin stopped drinking entirely compared with 24% of the control group.

Only three conventional



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Mary Beth Orr poses for a photo in her home Tuesday in Burien, Wash., south of Seattle. Orr used to have five or six drinks every evening before she enrolled in a study in 2018 to see if the compound in psychedelic mushrooms could help heavy drinkers cut back or quit entirely. She stopped drinking entirely for two years, and now has an occasional glass of wine.

drugs — disulfiram, naltrexone and acamprosate — are approved to treat alcohol use disorder and there's been no new drug approvals in nearly 20 years.

While it's not known exactly how psilocybin works in the brain, researchers believe it increases connections and, at least temporarily, changes the way the brain organizes itself.

"More parts of the brain are talking to more parts of the brain," said Dr. Michael Bogenschutz, director of the NYU Langone Center for Psychedelic Medicine, who led the research.

Less is known about how enduring those new connections might be. In theory, combined with talk therapy, people might be able to break bad habits and adopt new attitudes more easily.

"There's a possibility of really shifting in a relatively permanent way the functional organization of the brain," Bogenschutz said.

Patients described life-changing insights that gave them lasting inspiration, Bogenschutz said.

Mary Beth Orr, 69, of Burien, Washington, said her psilocybin-induced hallucinations — flying over breath-

taking landscapes and merging telepathically with creative people throughout history — taught her she wasn't alone.

Before enrolling in the study in 2018, Orr had five or six drinks every evening and more on weekends.

"The quantity was unacceptable and yet I couldn't stop," she said. "There was no off switch that I could access."

During her first psilocybin experience, she saw a vision of her late father, who gave her a pair of eagle eyes and said, "Go." She told the therapists monitoring her: "These eagle eyes can't see God's face, but they know where it is."

She stopped drinking entirely for two years, and now has an occasional glass of wine. More than the talk therapy, she credits psilocybin.

"It made alcohol irrelevant and uninteresting to me," Orr said. Now, "I am tethered to my children and my loved ones in a way that just precludes the desire to be alone with alcohol."

Patients receiving psilocybin had more headaches, nausea and anxiety than those getting the dummy drug. One person reported thoughts of suicide during a psilocybin session.

NOTICE OF PUBLIC HEARING ON TAX INCREASE

A tax rate of \$0.139074 per \$100 valuation has been proposed by the governing body of McLennan Community College.

PROPOSED TAX RATE	\$0.139074 per \$100
NO-NEW-REVENUE TAX RATE	\$0.132445 per \$100
VOTER-APPROVAL TAX RATE	\$0.143523 per \$100

The no-new-revenue tax rate is the tax rate for the 2022 tax year that will raise the same amount of property tax revenue for McLennan Community College from the same properties in both the 2021 tax year and the 2022 tax year.

The voter-approval rate is the highest tax rate that McLennan Community College may adopt without holding an election to seek voter approval of the rate.

The proposed tax rate is greater than the no-new-revenue tax rate. This means that McLennan Community College is proposing to increase property taxes for the 2022 tax year.

A PUBLIC HEARING ON THE PROPOSED TAX RATE WILL BE HELD ON August 30, 2022 AT 6:00 pm AT Northwood House at McLennan Community College, 1609 College Drive, Waco 76708.

The proposed tax rate is not greater than the voter-approval tax rate. As a result, McLennan Community College is not required to hold an election at which voters may accept or reject the proposed tax rate. However, you may express your support for or opposition to the proposed tax rate by contacting the members of the Governing Body of McLennan Community College at their offices or by attending the public hearing mentioned above.

YOUR TAXES OWED UNDER ANY OF THE RATES MENTIONED ABOVE CAN BE CALCULATED AS FOLLOWS:

$$\text{Property tax amount} = (\text{tax rate}) \times (\text{taxable value of your property}) / 100$$

FOR the proposal:	K. Paul Holt	Earl Stinnett, Sr.
	Doug McDurham	Pauline Chavez
	Elizabeth Palaciost	Ricky Turman
	Geneva Watley	

AGAINST the proposal: PRESENT and not voting: ABSENT:

Visit [Texas.gov/PropertyTaxes](https://www.texas.gov/PropertyTaxes) to find a link to your local property tax database on which you can easily access information regarding your property taxes, including information about proposed tax rates and scheduled public hearings of each entity that taxes your property.

The 86th Texas Legislature modified the manner in which the voter-approval tax rate is calculated to limit the rate of growth of property taxes in the state.

The following table compares the taxes imposed on the average residence homestead by McLennan

Community College last year to the taxes proposed to be imposed on the average residence homestead by McLennan Community College this year.

	2021	2022	Change
Total tax rate (per \$100 of value)	\$0.149782	\$0.139074	decrease of -0.010708, or -7.15%
Average homestead taxable value	\$167,398	\$180,753	increase of 13,355, or 7.98%
Tax on average homestead	\$250.73	\$251.38	increase of 0.65, or 0.26%
Total tax levy on all properties	\$31,525,246	\$33,829,845	increase of 2,304,599, or 7.31%

For assistance with tax calculations, please contact the tax assessor for McLennan Community College at 254-757-5130 or property.tax@co.mclennan.tx.us, or visit www.co.mclennan.tx.us for more information.

Your Community Calendar



Waco Founder Lions Club

Wednesday, August 31st program will be Mike Middleton, Accordion Concert

Get involved with a fun group of Waco business people in service to the Waco community. We are looking for new members! Good food, great programs, and terrific people at the oldest Founder Lions Club in Texas!!
1716 North 42nd Street, Waco, TX 76710
254-776-5341.

Jack Bowers Perspectivism bringing new ways to see things to Art Center Waco

The philosophy of perspectivism holds that we tend to bring our own established, automatic and persistent way of looking at the world with any visual encounter. The upcoming exhibition at Art Center Waco provides viewers an opportunity to be surprised by their own interpretation of what they see in the art that is presented. After years creating, studying, and teaching in California, Jack Bowers is now based in Waco. His Perspectivism show contains a variety of paintings and sculptures, showcasing new pieces and highlights of his past work.

Perspectivism will open on September 1, 2022, with an artist reception from 6–8 p.m. The exhibit will be on display through November 5, free to the public, from 11a to 5p, Tue - Fri, and 10a to 2p on Saturdays. For more information, contact Doug at doug@artcenterwaco.org

Waco Stars Dance Club Square Dance Lessons

Allamande Hall
106 Westlake
Speegleville, TX 76712

The 12 sessions will begin each Monday starting September 12, 2022 from 7 to 9 p.m. The first two lessons are free of charge. Other charges will be \$3.00 per person per sessions.

Registration is on site on September 12. Casual dress.
For additional information, text or call 254-715-2749 or email wendellmr662@gmail.com

Waco Founder Lions Club Fall Pancake Supper

Date: October 27, 2022
Time: 5:00 pm to 7:00 pm
Location: Waco Lions Den
1716 N. 42nd
Cost: \$10.00 per plate
Includes: 2 pancakes, 2 link sausage, syrup, and milk or orange juice
Complimentary bottled water provided
*Proceeds benefit the programs and activities of the Waco Founder Lions Club

Join Baylor's Lifelong Learning for the Fall 2022 Kickoff Event at the Lee Lockwood Library on: People Get Ready!

How Baylor and Waco Became Home to the World's Largest Collection of Black Sacred Music ... and Why It Matters

Friday, August 26 Coffee is available at 9:30 a.m. with the presentation from 10:00 a.m.-11 a.m. This is a free event and you do not need to be a member of Lifelong Learning to attend.

Speaker is Dr. Robert 'Bob' F. Darden, Professor Emeritus of Journalism, Public Relations & New Media at Baylor University. Darden is the founder of the Black Gospel Music Restoration Project at Baylor. Please call the Baylor Mayborn Museum at 254-710-1110 ext. 2 for information, or email Lifelonglearning@baylor.edu.

Send Community Events Information at least 2 weeks in advance to kristy.ferlet@wacotrib.com

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