

BC3 grad Shelley Duffy to be hostess of college's second Hope Night

Jan. 22, 2019



Shelley Duffy, a 1982 Butler County Community College graduate whose 30-year career with CBS Radio in Pittsburgh included co-hosting the “John, Dave, Bubba, Shelley” show on B-94 FM, will serve as hostess for BC3’s second Hope Night on Jan. 28.

(Butler, PA) Former CBS Radio personality and Butler County Community College graduate Shelley Duffy, musical act Washboard Tony and BC3’s Pioneer Players will entertain guests during BC3’s second Hope Night, set for 7 p.m. to 9 p.m. Jan. 28 at the Butler Art Center.

Hope Night, a free public event that debuted in December to a crowd exceeding 50, is a result of the success of BC3’s “Reset Your Brain: A Revolutionary Approach to Opioid Addiction & Recovery,” said Tracy Hack, BC3’s coordinator of community leadership initiatives.

“Reset Your Brain,” which represents an objective in the college’s 2017-2022 strategic plan that focuses on quality of life, produced BC3’s “Hope is Dope” series, a four-week educational

course based on a Cranberry Township licensed therapist's natural endorphin-resurrecting ideas to overcome opioid addiction and which drew a combined 111 participants in 2018.

"Hope is Dope" led to the creation of "New Eyes," an upcoming 10-week program for those who completed "Hope is Dope" and who, according to Hack, asked, "What's next? We want to learn more."

And now, Hope Night, which Hack said will continue monthly and whose goal is to provide endorphin-sparking activities.

"In December we did music and art," Hack said. "Those are creative things that produce endorphins. Our intention is that each month we provide activities that produce endorphins and provide hope and joy, the feeling of community and of social support."

BC3's "Hope is Dope" and "New Eyes" programs are based on 2016 books by Steve Treu, a licensed therapist with Quantum Revolution Counseling who teaches the courses and has said that his methodology in treating opioid addiction incorporates physical, mental or spiritual skills that trigger the brain's reproduction of endorphins and create "a natural high."

Laughter, Hack said, will be a theme of Hope Night on Jan. 28.

The idea of bringing laughter to, and awakening endorphins within, the Butler Art Center appeals to Duffy, a Butler native, 1982 BC3 graduate and 2005 BC3 distinguished alumna whose 30-year Pittsburgh radio career included serving as co-host of the "John, Dave, Bubba, Shelley" show for more than a decade on B-94 FM.

"I have spent most of my career laughing," said Duffy, who will serve as Hope Night hostess. "There are studies upon studies that prove that laughter truly is such amazing medicine. A positive high is such a different kind of high. When you have that going on in your life, you don't need anything else. In my own personal life, when I am laughing and having a good time, there is nothing better than that. No drug. No alcohol. Nothing can compare to that."

"Laughing is just an amazing, wonderful feeling. When you can help people do it, or when somebody makes you laugh, or brings a smile to your face, I don't know what can be better."

There are many activities and emotions that naturally produce endorphins, Hack said.

"Laughter," she said, "is one of them."

Washboard Tony's Tony Frochio and Rob Verone will provide uplifting music at Hope Night and the Pioneer Players, BC3's theater group, will perform skits. Light refreshments will be served, and admission is free.

"New Eyes," which costs \$96, will be held from 7-9 p.m. Tuesdays on BC3's main campus beginning March 5.

“Hope is Dope,” which is free to participants, is scheduled from 6:30-8:30 p.m. Mondays at the Alliance for Nonprofit Resources, 127 S. Main St., Butler, starting April 1.

Registration is required for both classes. Visit bc3.edu/reset to register.

For more information about the classes or Hope Night, contact Hack at 724-287-8711, Ext 8172.

The classes are based on Treu’s books titled “Hope is Dope: Achieving Chemical Balance” and “New Eyes: A Unifying Vision of Science & Spirituality.”