

THE REN REVIEW

212 E. OSBORN, PHOENIX AZ 85012



WELCOME OCTOBER



IN THIS ISSUE

REN Outings and
September 11
memorial



Creative Writing
Corner Horror Edition
and Question of the
Month

Fun Pages:
Inspirational Quotes,
Mental Health Puzzle,
Trish Talks and fun
facts

Updates, NEWS and
more!

It is October and all the spooky is coming out! Ghosts, goblins, fairies and werewolves welcome! We went to camp which was amazing and camp 212 rocked it out as well. Finding our connection with nature, building friendships and learning new skills continue to expand on our recovery. In this edition we welcome not only the change in the season but changes in ourselves; encompassing new days, exciting experiences and renewed hope in our abilities and the future!

The REN review is an opportunity for members to submit articles about all things happening at REN! Please see Jen AH, visit the Computer Lab every Tuesday morning or email stories, pictures and ideas to renaznews@gmail.com. We want to hear from you, this is paper by the peers for the peers and all are welcomed. If you aren't a writer, we can work with you, let's learn together. Here's to a new day, hope and another exciting edition of REN news!



Question of the Month

In this edition of the The REN Review, we featured a few members and their answers to this month's question. In the future, remember to fill out your check in sheets in groups. Your answer can be featured! You can always submit them to renaznews@gmail.com as well!

Question: What was your favorite Halloween costume, memory and or Horror movie that you enjoyed the most?

I was Spiderman when I was 9 and I like the movie House of Wax - Isaiah

I love being a Dead Witch because I like to scare people also Hocus Pocus is my favorite Halloween movie. - Kimberly

I like dressing up as a Witch and a Princess and Halloween Town is my favorite - Sandra

I remember dressing up as a Bum one year with one of those costumes that had a plastic mask and vinyl smock. - Anthony

I was a skeleton and I like the movie the Exorcist. - Pedro

I loved being a Prom Queen - Dela

I loved the time that I made a Lion costume and the times that my husband painted my face in detail so I could wear comfy clothes. - Barbara

I love the movie Halloween and Mike Myers - Brian

Jason - Michael

Amityville Horror; I read the book in one night and was afraid to leave the chair in the living room - John

Wonder Woman was my favorite costume and the Jason movies - Karen

Scream - Tony

Thing or Friday the 13th is enjoyable but The Ring is scary - Jabbar

I made my daughter a Holly Hobby costume and once I dressed as Marilyn Monroe! - Shirley

I dressed in all purple with an innertube; I was a PAULUP! I also had skittlepocks and taped skittles all over. Science of the Lambs is my favorite - Paul

I liked the Peanuts Halloween Movie - Rebecca

Harley Quinn is my favorite costume and Halloween is my movie - Heather

I was the Headless Horseman and I like Village of the Damned - Stephen

I was a devil which goes against my beliefs now and The Thing was a cool movie. - Monte

I wore a poodle skirt and dressed up for the 50s - Renate

Princess - Tia

Ghost - John

I had a Halloween event for Girl Scouts and we didn't have much money but my mom always made a way. We got a pair of ears and tails and black sweatshirts and sweats, my mom was an artist and she painted our face like cats! We won the contest and she took me out eat with the money - Jen

I dream of Jeannie is my dream costume - Erica

Ol' Greg costume from a British comedy won me 100\$ - Chelsea

I was a Lost Boy - Steven

REN Outings

CAMP FRIENDLY PINES

Written by Dawn Gillis

Located in Payson, Camp Friendly Pines is a prime location. There are wondrous Pine forests all around. The grounds look out upon a nice view. There is a very fine campfire area to sit around on planks of wood. During the day we had day trips to Jerome, where we explored the town. Some went for Ice Cream, a few bought T- Shirts, some bought gifts of minerals and enjoyed novelty stores. The day was warm, and we were thankful for a great lunch of Italian sandwiches and chips. Three members sat on a bench talking with some bikers who were driving through with Harley Davidson motorcycles. There was a steep hill to walk up next to a park that looked inspired by a Halloween movie with chains and things hanging and had like a haunted house vibe to it. Two other members had the privilege of enjoying a local theatre with local town news and enjoyed the sunshine. Back at camp was a setup of hammocks that members and one staff had purchased for themselves. They hung rather nicely from the huge pine trees on the property where we stayed. At night you can see the constellations from the middle of camp and the stars were amazing through the pine trees. journey. There was a bright orange moon known as the "Cat Moon." During morning walks, one could find deer grazing in the wooded area and some even ventured into camp. They seemed accustomed to people and did not take off when approached. But only allowed us to get so close. There was a day journey to a small lake where we paddled in Canoes, kayaks and on paddle boards. Fun was had by all. Hiking around the neighborhood there were many areas to explore. On the hike we saw ripening blueberries and acorn trees, which are sacred to Native Americans who make a flour out of ground up acorns.

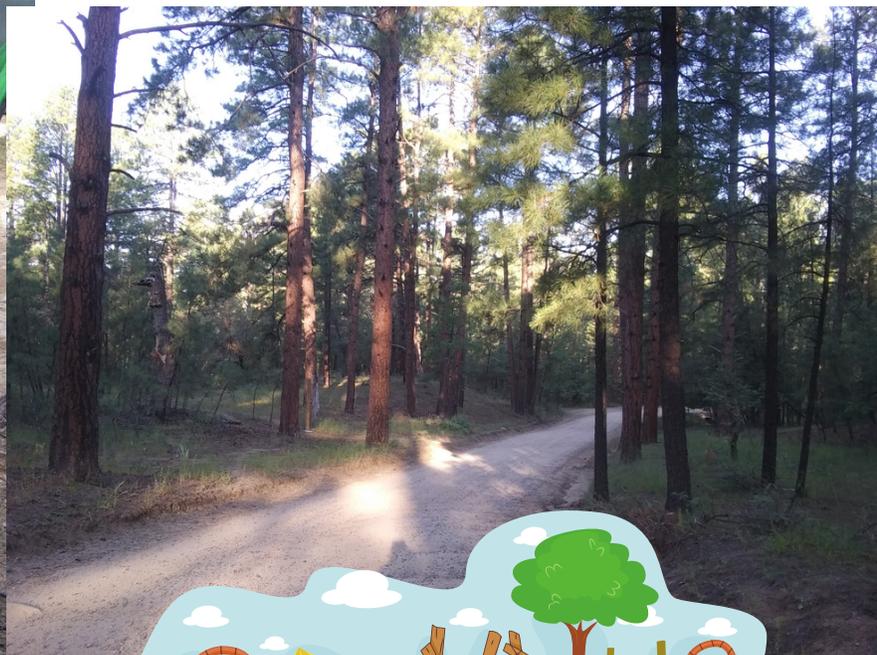
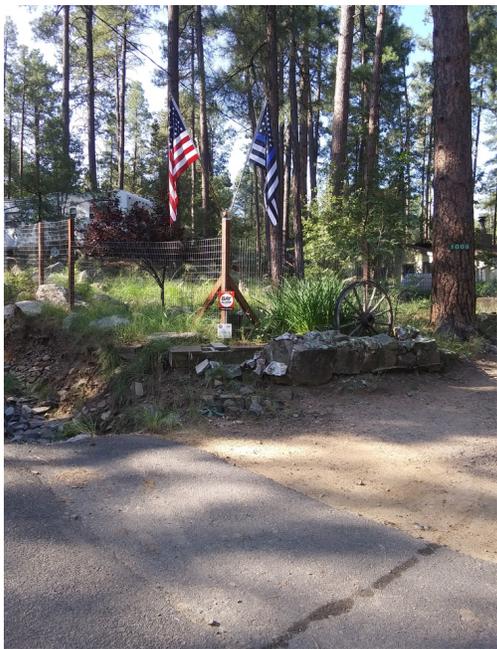
Nurturing hope, community and growth while reducing isolation and mental health stigma

RENS VISION STATEMENT

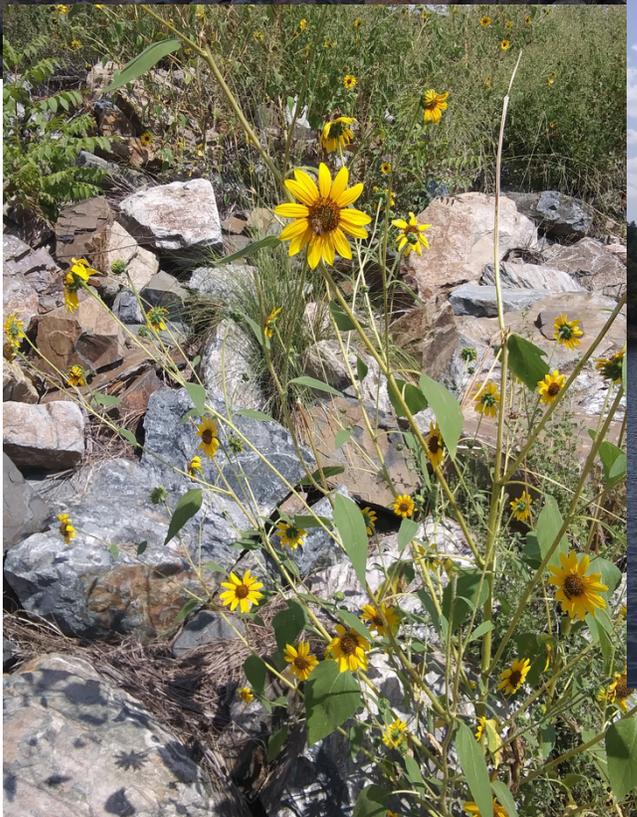
We had S'Mores two nights and they were delicious. We sat around the campfire at night and enjoyed the campfire until it was "lights out" time. There were many who played with games that were brought up, some card games and some board games. Chef sent up delicious food and snacks which always makes the trip better. The cabin was a historical building complete with an upright historical piano. We sang songs around the campfire and everyone was "high on Arizona." What a journey.



REN Outings



REN Outings



CAMPING!!

Creepy Creative Writing Corner

THE CHREECH

It creeps and crawls the hills at night
from the cemetery it comes forth and
seeps in thru your window with delight
as it roams it caresses your arms
leaving goosebumps and hairs on end
it encroaches on your bed it forms,
into something with a terrifying blend,
something so hideous,
it reminds you of sin,
a demonic thing coming from the smog,
with teeth so sharp and claws so long,
eyes of many, dark and emotionless as any can be,
why is it in this room with me,
I start to cry in a frightened state,
squinting my eyes shut with determination,
praying to a higher place...

"please oh please leave me be I've done nothing to bring this fiend to me!!!"
I cry with all my might I hear it growl...

"I shall not eat your soul this night ,but be good child or I'll be back in the night!!!"
as I open up thy eyes,
it dissolves back to smog and leaves before my eyes,
hoping with everything I have,
that it wont come back in fact...

"I shall be good this I swear for if I don't The Creech will come back to make my soul its
favorite snack!!!"

Shelby Simmons



I look in the mirror and all I see is gray,
I think that I'm dreaming so I try drowning myself to see if I
would wake up, but I keep sinking deeper into the ocean.
Days have passed, but no one noticed that I was gone. After
ten years I finally got to see my reflection, but the thing was
that I was the reflection. I tried breaking the mirror, but
there was no way out. The only way was if someone found
my body in the ocean. After a new family moved into my
house I realized the only way to scare people away was to
make someone look into my eyes through the mirror and
steal their soul. Until then I'll look at life through this
shattered mirror just waiting for someone to kill!

Deion Miller



Creepy Creative Writing

Corner

Ricardo ran through the pouring rain to get from his sister's house to his 2015 Honda Civic parked along the flooded street. His clothes were soaking wet when he sat down in the driver's seat.

He had a thirty-minute drive to get back home. After fifteen minutes he was on Highway 84. He passed over a bridge and he could hear the water roaring quickly under the storm-drenched bridge.

Two minutes later, Ricardo swerved to the left to avoid a ghostly figure standing in the road. The figure was about six-feet tall and it vanished as Ricardo passed it by. Soon after that, another apparition stood shimmering in the middle of the cold, dark street. He pulled the steering wheel to the right to miss the figure that appeared to be a woman.

Ricardo was scared but continued driving at about 40 m.p.h.

As he rounded a sharp turn, a small four-foot-tall being stood lifeless in the street. It raised its two arms and began waving them. Ricardo couldn't stop or turn in time, so he drove right through the child-like ghost. The spirit vanished as Ricardo watched it in his rearview mirror.

Up ahead, Ricardo could see three bright white beings standing side-by-side on the road. He pumped his break and came to a quick stop. Ricardo slowly got out of his car. He was shaking due to fear and to the cold. He walked with trepidation toward the three ghosts. When Ricardo was inches away, he saw the spirits slowly vanish. At that point, Ricardo saw that there was a raging river flowing in front of him. The apparitions saved his life.

Ricardo spent ten minutes calling the Highway Patrol to report the bridge that was destroyed.

He turned his car around and headed back to his sister's house. He was totally unaware that two-hundred feet downstream there was a 2012 Toyota Corolla upside down in the river, wedged against three trees. Inside the vehicle were the bodies of the Henderson family: Daniel, Mary Ann and their son Peter.

The spirits lingered in this world long enough to save the life of twenty-two-year-old Ricardo Garcia and he would be grateful to them for the rest of his life.

Monte Mendoza



Creepy Creative Writing Corner

On a dark stormy night, Rex, a 23 year old white man needs to find shelter out in the boondocks. As he drives over the rut covered road, he goes up a hill. the road winds around the hill and in the distance he sees his salvation; The Edge Inn. Finally a place he can pull off and stop driving in the nasty weather. Rex checks in with Joe, the night manager to get a room; the motel appears to be older, a little run down but he is grateful to have a bed in which he can rest. The room has a faded bedspread from the many launderings but appears quite comfortable. He drinks a couple of cokes while he watches a show about an asylum in the area. Now ready for sleep, he takes a quick shower and then crawls under the scratchy sheets. Rapidly he falls into a deep sleep and he begins to dream. He is a patient in the asylum trying to get out because he doesn't belong there. Rex fights, screams and resists the staff but alas he is here to stay.

Unbeknownst to Rex, while he is asleep; a voracious earwig that had cultivated it's taste for the human brain, has begun his meal. The earwig grew longer and suddenly began laying eggs along its path. This would portend a disastrously unfortunate outcome for Rex. In the nice warm brain tissue the eggs would begin to mature and eat more but this would take a few weeks for them to mature. By morning the earwig had stopped for a long rest. Rex awoke but didn't know where he was. He had lost his ability to reason and problem solve. Rex did not recognize the motel room or know what to do next. Fortunately the desk clerk in the morning went to check on him since he had not checked out. When he arrived he found Rex partially dressed and discovered Rex appeared to have lost his mind. Joe called the mental hospital and they sent the men in white coats in a van to take Rex to the closest mental hospital. He is still there to this very day wondering.

Barbara Proctor

NOW OR NEVER
NOW OR NEVER

you
are
super



At REN we believe in lifting one another up and navigating our journey with a heart of gratitude and compassion in our recovery. Here are words to inspire!



FUN IN RECOVERY



Would you Believe...



The most lit Jack o' lanterns according to the Guinness World Records is from the city of Keene, New Hampshire 30,581

- The world's longest haunted house is 3,564 feet long.
- The mask worn by Michael Myers in Halloween was actually a William Shatner mask painted white
- It is the most commercially successful horror film of all time. The 2017 film based on Stephen King's classic horror novel grossed \$700,381,759 worldwide.
- Jack-o'-lanterns were once made out of turnips, beets and potatoes — not pumpkins.
- Halloween is the second highest grossing commercial holiday after Christmas.
- The Guinness World Record for Heaviest Pumpkin is held by Mathias Willemijns from Belgium and his 2,624.6-pound pumpkin.
- Stephen Clarke holds the record for the world's fastest pumpkin carving time: 24.03 seconds
- Pumpkins are classified as a fruit, not as a vegetable.
- In Alabama, it is illegal to dress up as a priest or as a nun on Halloween.

OCTOBER WORD SEARCH

Fear

D	S	W	V	W	I	D	S	U	C	W	I	I	S	S	Z	M	A	N	Q
E	Z	R	A	Z	L	J	R	F	T	O	Z	N	T	M	E	C	N	I	R
T	J	P	T	S	Q	U	O	J	A	B	A	H	S	D	R	O	V	R	W
N	G	N	L	E	Q	Q	T	C	F	L	G	S	L	E	I	O	I	R	K
U	P	H	N	V	R	I	C	W	M	I	L	Y	T	S	C	I	T	J	R
A	S	D	W	O	R	C	O	F	E	I	E	I	E	E	O	T	B	S	A
H	S	K	V	F	U	U	D	H	N	F	Q	S	N	S	R	Q	S	T	D
K	L	B	F	A	I	L	U	R	E	I	L	W	T	G	D	S	P	H	F
R	A	S	L	O	D	U	L	S	M	R	J	N	B	I	R	D	S	L	U
G	M	H	O	O	J	S	N	L	O	E	E	T	X	E	O	L	Y	Q	C
R	I	A	H	A	O	A	T	R	U	M	A	C	T	O	L	I	Y	R	X
N	N	R	U	T	K	D	O	S	E	S	L	A	Y	O	N	T	Y	P	A
G	A	K	M	E	A	P	R	S	O	O	W	G	D	G	S	M	R	E	G
G	N	S	S	R	C	E	A	L	S	H	O	S	P	I	T	A	L	S	M
Y	X	I	F	R	L	B	D	E	B	M	G	S	E	L	D	E	E	N	O
X	P	G	G	O	O	G	T	R	E	J	E	C	T	I	O	N	C	K	V
E	F	W	G	A	W	S	R	E	D	I	P	S	Z	M	K	Q	U	Q	I
N	C	H	L	I	N	P	L	A	O	M	J	A	W	B	C	J	E	I	E
Y	G	G	A	J	S	X	B	O	G	W	G	M	K	O	U	M	H	K	S
Y	A	Y	Q	X	M	K	J	P	G	X	E	K	M	M	D	P	U	W	T

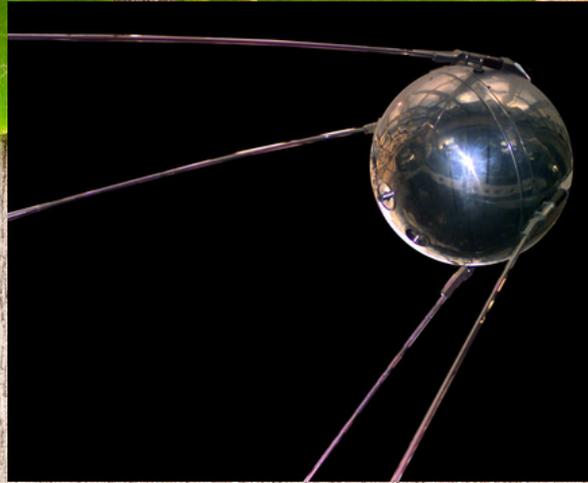
AGING
BIRDS
CLOWNS
DARK
DOLLS
FIRE
GHOSTS
HOSPITALS
NEEDLES
SHARKS
STORMS

ANIMALS
BLOOD
COASTERS
DEATH
FAILURE
FLYING
HAUNTED
INSECTS
NOISES
SNAKES
WATER

BASEMENTS
CLOSETS
CROWDS
DOCTORS
FALLING
GERMS
HEIGHTS
MOVIES
REJECTION
SPIDERS

Peer Trisha's Almanac

October 2021



October 4, 1957 - Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days.

October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

October 2, 1967 - Thurgood Marshall was sworn in as the first African American associate justice of the U.S. Supreme Court. He served until 1991

October 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.

October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.

October 3, 1974 - Frank Robinson was hired by the Cleveland Indians as baseball's first African American major league manager.

October 6, 1927 - The first "talkie" opened in New York. The Jazz Singer starring Al Jolson was the first full-length feature film using spoken dialogue.

October 8, 1871 - The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street.

October 13, 1775 The United States Navy was born after the Second Continental Congress authorized the acquisition of a fleet of ships.

October 13, 1792 - The cornerstone of the White House was laid by George Washington. The building, located at 1600 Pennsylvania Avenue, is three stories tall with over 100 rooms, and was designed by James Hoban. In November of 1800, President John Adams and his family moved in. The building was first known as the "Presidential Palace," but acquired the name "White House" about 10 years after its completion. It was burned by British troops in 1814, then reconstructed, refurbished and reoccupied in 1817.

October 13, 1884 - Greenwich was established as the universal time from which standard times throughout the world are calculated.

October 14, 1947 - U.S. Air Force Captain Chuck Yeager became the first man to break the sound barrier, flying in a rocket-powered research aircraft.

October 14, 1964 - Civil Rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize.

October 16, 1701 - Yale University was founded in Killingworth, Connecticut

October 16, 1978 - Cardinal Karol Wojtyla of Poland was elected Pope. He was the first non-Italian Pope chosen in 456 years and took the name John Paul II.

October 2021

October 16, 1995 - The Million Man March took place in Washington, D.C., under the direction of Nation of Islam leader Louis Farrakhan, who delivered the main address to the gathering of African American males.

October 20, 1944 - During World War II in the Pacific, General Douglas MacArthur set foot on Philippine soil for the first time since his escape in 1942, fulfilling his promise, "I shall return."

October 20, 1968 - Jacqueline Kennedy married multi-millionaire Greek businessman Aristotle Onassis

October 21, 1879 - Thomas Edison successfully tested an electric incandescent lamp with a carbonized filament at his laboratory in Menlo Park, New Jersey, keeping it lit for over 13 hours.

October 21, 1915 - The first transatlantic radio voice message was made by the American Telephone and Telegraph Company from Virginia to Paris.

October 24, 1861 - The first transcontinental telegram in America was sent from San Francisco to Washington, addressed to President Abraham Lincoln from the Chief Justice of California.

October 24, 1945 - The United Nations was founded.

October 26, 1825 - The Erie Canal opened as the first major man-made waterway in America, linking Lake Erie with the Hudson River

October 27, 1904 The New York City subway began operating, running from City Hall to West 145th Street, the first underground and underwater rail system in the world.

October 28, 1636 - Harvard University, the oldest institution of higher learning in America, was founded in Cambridge, Massachusetts

October 26, 1886 - The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor. The statue was a gift from the people of France commemorating the French-American alliance during the American Revolutionary War.

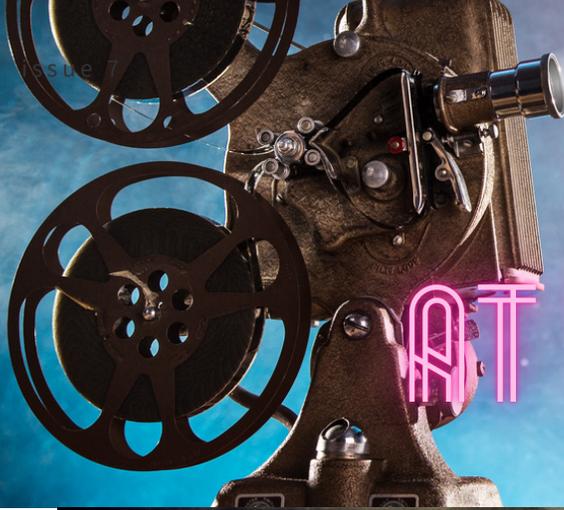
October 30, 1938 - The War of the Worlds radio broadcast panicked millions of Americans. Actor Orson Welles and the Mercury Players dramatized the story by H.G. Wells depicting a Martian invasion of New Jersey. Their script utilized simulated radio news bulletins which many listeners thought were real.

October 30, 1990 - For the first time since the Ice Age, Great Britain was connected with the European continent, via a new rail tunnel under the English Channel.

October 31, 1941 - Mount Rushmore National Memorial was completed after 14 years of work. The memorial contains 60-foot-tall sculptures of the heads of Presidents George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt

October 31, 1950 - Earl Lloyd became the first African American to play in a National Basketball Association (NBA) game when he took the floor for the Washington Capitols in Rochester, New York.





AT THE BOX OFFICE



Training Day - WarnerBros 1991

NOW PLAYING

IN THEATERS

Jeepers Creepers: Reborn

The Horror Hound festival holds its first-ever event in Louisiana, where it attracts hundreds of geeks, freaks, and die-hard horror fans from far and wide. Among them is fanboy Chase and his girlfriend Laine, who is forced to come along for the ride. But as the event approaches, Laine begins to experience unexplained premonitions and disturbing visions associated with the town's past, and in particular, local legend/urban myth The Creeper. As the festival arrives and the blood-soaked entertainment builds to a frenzy, Laine believes that something unearthly has been summoned...and that she is at the center of it.

Diana: The Musical -Netflix

A taping of the Broadway play Diana: The Musical which is based on the Princess of Wales. Was filmed during the height of the pandemic

Hellstorm - Hulu

As the son and daughter of a mysterious and powerful serial killer, Helstrom follows Daimon (Tom Austen) and Ana Helstrom (Sydney Lemmon), and their complicated dynamic, as they track down the worst of humanity — each with their own attitude and skills.

Megan Leavey- Amazon Prime

Kate Mara stars as a Marine dog handler whose partner, Rex, saved hundreds of lives during the Iraq war. After both were wounded, Leavey fought to save Rex's life and bring him home. Keep a box of tissues handy for this one. Based on a true story. (PG-13)

LEGO Star Wars Terrifying Tales,- Disney Plus

After the events of "The Rise of Skywalker," Poe and BB-8 must make an emergency landing on the volcanic planet Mustafar where they meet the greedy and conniving Graballa the Hutt who has purchased Darth Vader's castle and is renovating it into the galaxy's first all-inclusive Sith-inspired luxury hotel. While waiting for his X-Wing to be repaired, Poe, BB-8, Graballa, and Dean (a plucky and courageous young boy who works as Graballa's mechanic) venture deep into the mysterious castle with Vader's loyal servant, Vaneé. Along the way, Vaneé shares three creepy stories linked to ancient artifacts and iconic villains from across all eras of Star Wars. As Vaneé spins his tales and lures our heroes deeper into the shadowy underbelly of the castle, a sinister plan emerges. With the help of Dean, Poe and BB-8 will have to face their fears, stop an ancient evil from rising, and escape to make it back to their friends.

- 1971(50yr)**
The_Organization- *Sidney Poitier*
- 1981(40yrs)**
Paternity - Burt Reynolds,
- 1991 (30yrs)**
The Fisher King
- *Robin Williams*
- 2001(20yrs)**
Training Day - *Denzel Washington*
- 2020 (1yr ago)**
Tenet – *Michael Caine*
- September 2021 (1 month)**
Shang-Chi and the Legend of the Ten Rings - *Simu Liu*



MUSIC

BillBoard top 100

1971(50yrs) "Maggie May-Rod Stewart

1981 (40yrs) Arthur's Theme - Christopher Cross

1991 (30 yrs) Emotions- Mariah Carey

2001 (20yrs) I'm Real - Jennifer Lopez

September 2021 Way 2 Sexy - Drake featuring Future and Young Thug

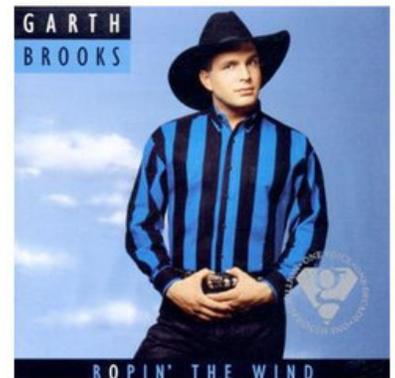
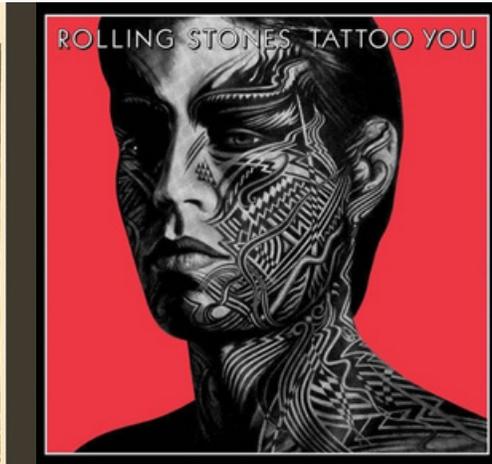
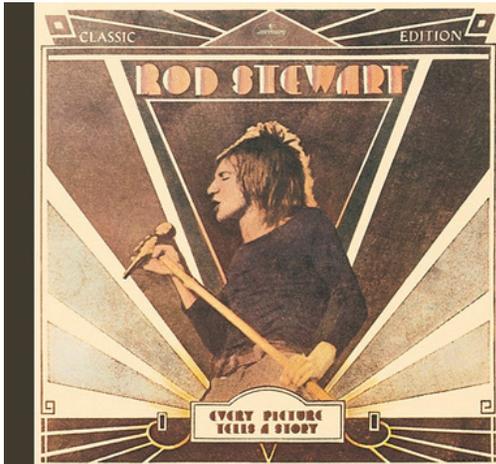
Albums

1971(50yrs) Every picture Tells a Story - Rod Stewart

1981 (40yrs) Tattoo You -The Rolling Stones

1991 (30 yrs)Ropin' the Wind - Garth Brooks

2001 (20yrs) Pain Is Love - Ja Rule
September Certified Lover Boy - Drake



Easy Potato Soup Recipe

INGREDIENTS

2 pounds russet potatoes (about 8 medium), peeled and diced
2 pound Yukon gold potatoes, peeled and diced
4 ounces pancetta, cubed
1 small onion, diced
4 cloves garlic, chopped
2 quarts low-sodium chicken or vegetable broth
1 teaspoon kosher salt, plus more as needed
1/2 teaspoon dried thyme
1/4 teaspoon freshly ground black pepper, plus more as needed
1 (12-ounce) can evaporated milk
1/4 cup all-purpose flour
Serving options:
Thinly sliced scallions
Cooked bacon or pancetta pieces
Shredded sharp cheddar cheese
Cheddar cheese crackers, crumbled

EQUIPMENT

6-quart or larger slow cooker
Measuring cups and spoons
Vegetable peeler
Chef's knife and cutting board
Ladle
Small bowl
Whisk

INSTRUCTIONS

Preheat the slow cooker on LOW. Before you begin peeling and chopping the vegetables, preheat a 6-quart or larger slow cooker on the LOW setting. This will help jump-start the cooking process.

Pile the vegetables into the slow cooker. Place the potatoes, pancetta, onion, and garlic in the slow cooker.

Add the broth. Pour in the broth. Give the mixture a stir to combine.

Season and cook for 3 to 4 hours on HIGH, or 6 to 8 on LOW. Add the salt, thyme, and pepper and stir to combine. Cover and cook until the potatoes and onions are tender, 3 to 4 hours on the HIGH setting or 6 to 8 hours on the LOW setting.

Thirty minutes before serving, thicken the soup. Before thickening the soup, taste and add more salt and pepper as needed. Whisk together the evaporated milk and flour in a small pitcher or measuring cup. Add pour this slurry into the soup and stir to combine. Cover and cook until the soup thickens, about 30 minutes more.

Serving and holding the soup. Serve the soup with the topping options. If not serving immediately, turn your slow cooker to the warm setting for up to 1 1/2 hours. As the soup cools, some separation might occur, but it's nothing a stir won't remedy.



Trisha Talks

Dear Trisha,

My Sister has not had the covid vaccine. I want her to be safe but she refuses to get the shot and feels it is her right not to get vaccinated. I feel otherwise and think it is safe.

She insists otherwise. How can I help her to stay safe, I really care about my sister and can't bear the thought of losing her or risk the chances of her getting sick. With all the controversy about the shot and numbers on the rise I feel it the right thing to do for herself and others. Am I wrong for wanting and trying to persuade her to get the vaccine?

Shot in the Dark

Dear Shot,

While I believe that vaccine is safe and have myself been vaccinated, there is still the option of not getting it. It is her personal choice on how or what she puts in her body and no one can tell her different; until they can. While some believe that it is of utmost importance to *get it done*, there are those that aren't behind it. That may be because of the state of the world that we live in and/or the fact that there is fear of the unknown. All you can do is to support her wishes and if you are sick or have been exposed to someone who is sick, wear a mask or stay away that way both of you stay safe.

Love, Trisha

If you have something you would like to get off your chest, write to me at Rentrishatalk@gmail.com "Remember not to include names of persons , places or organizations also religion and politics are not permitted". While Trisha is a trained peer support she is not by any means a mental health professional. If you are having a mental health crisis please seek out a trained professional or call the crisis line 602- 222-9444

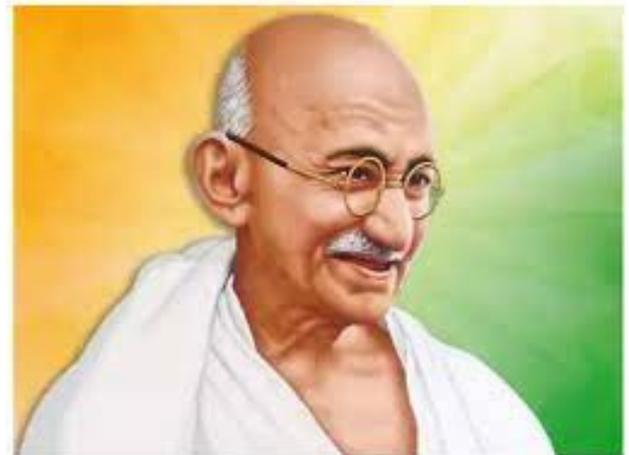




Happy Birthday

to all the people born In September.
Did you know you share the month
with these famous persons.

- October 2, 1869, Mohandas (Mahatma) Gandhi** spiritual leader
- October 4, 1822, Rutherford B. Hayes** 19th President
- October 5, 1830, Chester A. Arthur** 21st President
- October 5, 1882, Robert Goddard** *Father of the space age.*
In 1926, he launched the world's first liquid-fueled rocket Later, his liquid-fueled rocket Broke the speed of sound.
- October 6, 1846, George Westinghouse** Engineer and inventor
- October 8, 1890, Eddie Rickenbacker** American fighter pilot Ace, auto racing and headed Eastern Air Lines from 1934-63. awarded the Medal of Honor.
- October 9, 1940, John Lennon** Member of the Beatles
- October 11, 1884, Eleanor Roosevelt** wife of President Franklin Delano Roosevelt, 32nd U.S. President
- October 14, 1644, William Penn** Pennsylvania founder
- October 14, 1890, Dwight D. Eisenhower** 34th President
- October 15, 1844, Friedrich Nietzsche** German philosopher
- October 15, 1924, Lee Iacocca** American automobile executive best known for the development of the Ford Mustang and Ford Pinto cars while at the Ford Motor Company in the 1960s, and for reviving the Chrysler Corporation as its CEO during the 1980s.
- October 15, 1758, Noah Webster** - American teacher and journalist His name became synonymous with "dictionary" after he compiled the first American dictionaries of the English language.
- October 16, 1854, Oscar Wilde** - Irish poet and playwright
- October 21, 1917, Dizzy Gillespie**- trumpet player
- October 25, 1881, Pablo Picasso** Painter
- October 26, 1947, Hillary Clinton**, wife of president Bill Clinton
- October 26, 1947, Theodore Roosevelt** 26th President
- October 28, 1914, Dr. Jonas Salk** - he developed a vaccine for polio
- October 28, 1955, Bill Gates** *Microsoft founder*
- October 30, 1735, John Adams** - *2nd president*
- October 30, 1872, Emily Post** - *newspaper columnist*
- October 30, 1882, Admiral William "Bull" Halsey** - *American fleet commander during World War II*



RECOVERY

Empowerment

NETWORK

HOURS OF OPERATION

MONDAY - FRIDAY
7:30AM - 3:00PM

SATURDAY SERVICES
7:30AM - 3:00PM

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FOR ANY EVENTS ON THIS DAY

SUNDAY
CLOSED

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IF YOU WOULD LIKE TO BE PART OF THE REN NEWS TEAM - PLEASE MEET WITH JEN A.H. WE MEET IN THE COMPUTER LAB ON TUESDAYS FROM 9:00AM-11:30AM.
THANK YOU TO EVERYONE WHO PARTICIPATED IN THE PUBLISHING OF THE REN NEWSPAPER! AS WE NAVIGATE CHANGES
AND TRY OUR BEST TO PROVIDE A GREAT PAPER, YOUR FEEDBACK IS WELCOME!