

THE REN REVIEW

212 E. OSBORN, PHOENIX AZ 85012



WELCOME



We have been around a whole year as we celebrate our Anniversary issue! What once started as just a fun way to express ourselves and something new to do has evolved to something greater! We are always growing and changing and adding new content and incorporating our love for REN! These months we attended an Easter Jam, had an open house for the HERO, had the Mural Ribbon cutting, a Carnival and welcomed new staff and cheered on our peers in Tar Wars!! Thank you to our members who come out every day to share their recovery journey with us! Here is to another two months of growth and inspiration!

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!

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Fun Pages:
Inspirational Quotes,
Mental Health Puzzle,
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facts

Updates, NEWS and
more!





RENOLGY

KNOWLEDGE IS POWER



NAOMI JUDD 1946 - 2022

This article may contain triggering words.
Reader discretion is advised.

Dear readers, I was going to do an article on Autism for this edition. However, due to the passing of country music legend Naomi Judd, I would like to share this article written for Taste of country.com by Jess all rights reserved.

The country music world was stunned to hear that Naomi Judd had died on Saturday (April 30). The Judd family matriarch was 76. Although details of her death have not been revealed, her daughters, Wynonna and Ashley, released a statement on Twitter and cited mental illness as the cause.

"Today we sisters experienced a tragedy," they tweeted on the day of their mother's death. "We lost our beautiful mother to the disease of mental illness. We are shattered."

In recent years, Naomi was open about her struggles with mental illness. In her 2016 memoir *River of Time: My Descent Into Depression and How I Emerged With Hope*, she revealed that her battle had been a lifelong one, but it was during the 2012 Last Encore Tour that things took a dark turn. Memories of being sexually abused as a child came flooding back during that time.

"I never dealt with all the stuff that happened to me, so it came out sideways, as depression and anxiety," Judd confessed to NBC in 2017. "Depression is partly genetic, and I have it on both sides of my family."

Judd experienced depression and anxiety so severe that it left her immobilized for two years. Due to a lack of movement, her muscles had atrophied significantly. Ultimately she was diagnosed with treatment-resistant severe depression. Judd underwent extensive treatment for her depression, later saying, "It really felt like, if I live through this, I want someone to be able to see that they can survive."

In an effort to remove the stigma placed on those struggling with mental health, Judd was completely transparent about what she went through after returning home from the Encore Tour. She began having suicidal thoughts during that time and had rationalized in her head that her family would be understanding if she took her own life.

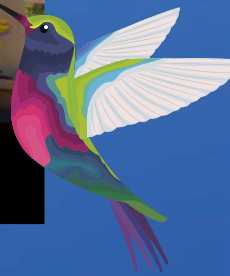
"It's so beyond making sense but I thought, 'Surely my family will know that I was in so much pain and I thought they would have wanted me to end that pain,'" she recounted to *People*.

At that time, it was her family — her husband Larry and her daughters — who helped her through her pain. Judd began working on her relationship with Ashley and Wynonna and tried out new therapies and medications. In 2017, in a vulnerable essay written for NBC News, she acknowledged that she was battling a disease. "Depression is a disease of the brain, just like heart disease is a disease of the heart and diabetes is a disease of the pancreas," she states. "My brain simply doesn't make any of the happy chemicals it's supposed to, and I have to use medication to give me a chance to have a life."

The country veteran also worked with the National Alliance for the Mentally Ill and the Vanderbilt Psychiatric Hospital. Judd wanted to strip away the stigma of mental illness to better serve the 44 million people living with the disease.

"It's staggering how many people that is — 44 million," she shared. "If you've got a pulse, then you're fighting some battle, whether it's a diagnosis of depression, like 16 million people, or one of anxiety, like 42 million people, or something else. And there's power in numbers: it means that there are other people. You're not alone." Most recently the Judds reunited for a performance at the CMT Music Awards. The mother-daughter duo sang "Love Can Build a Bridge." They were inducted into the Country Music Hall of Fame on Sunday (May 1), one day after Naomi's death. The duo also had plans for a reunion tour in 2022. According to NBC, Naomi felt most like herself on stage.

REN HAPPENINGS!



Mural Event!

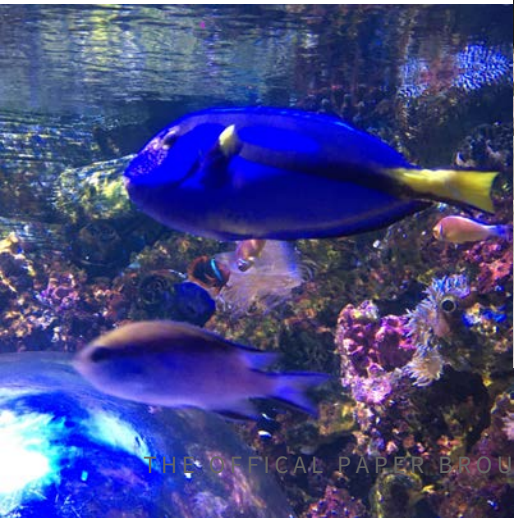


TAR WARS

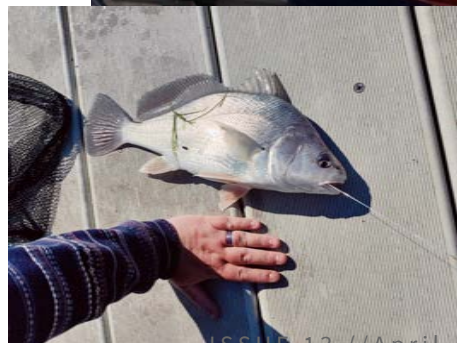
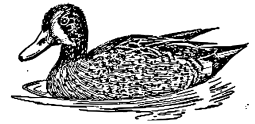
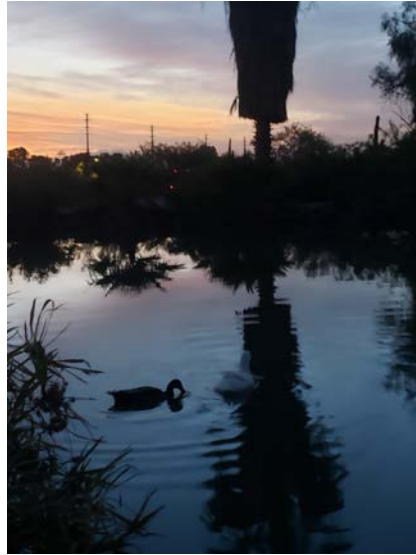




HERO Outings!



Member Happenings and Art!



Trisha Talks

Dear Trisha,

I am feeling shaken sometimes during my regular visits to REN. I don't seem to know why I don't have a clear perspective on how everyone feels about me. Most of the time in other words, I can't see the objective side of me; others can see, so most of the time, I couldn't care less. At least that is the way I come off. I wish I could know how I am received, especially by my peers at REN. Or should I really care? See, my beliefs are rigid and set. But I feel like I need to stand against the world. Unlike the majority, why? Because people like John Lennon did so in their lifetime.

Really Concerned

Dear Concerned,

Everyone has a need to be liked. We all want to be received well. It's human nature and certainly without question, a person's values are extremely important and should never be compromised. Those values are what makes you, you. I also believe you can open up a little without compromising what you believe in listening to what the other person says. You do not have to believe in what they are saying, just give them the same respect you would like to receive from them. Open up your heart and let some of the sunshine show. You do not have to change your morals and values to accept theirs. When you do that people will see the true you, someone who has a solid foundation and moral compass, unwillingness to let people cross his boundaries, but with compassion and love to accept other's beliefs. Know Trisha loves you unconditionally for who you are so to quote Billy Joel " don't you go changing."

Much 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



FUN IN RECOVERY

Would you Believe...

Word Search April and May



- The suffix -stan is Persian for Place to country which is why so many counties end with it
- In the last row of the US Senate Chamber, there is a desk stock with candy.
- The French territory of Louisiana was purchased by the U.S. in 1803 for roughly four cents per acre.
- There are seven different villages in Denmark, Sweden, and Norway with the name Å (it translates to "river" in Scandinavian languages).
- At 4,101 feet, Mt. Thor on Baffin Island, Canada, has Earth's greatest sheer vertical drop.
- There's a village in Norway called Hell, and it freezes over every winter.
- There is no spot in Central America more than 125 miles from the ocean.
- Stretching over 1,600 miles, the Great Barrier Reef is the world's biggest single structure made by living organisms.
- Indonesia is made up of over 17,000 islands.
- Rhode Island might be the smallest state in terms of land area, but Wyoming is the least populated.

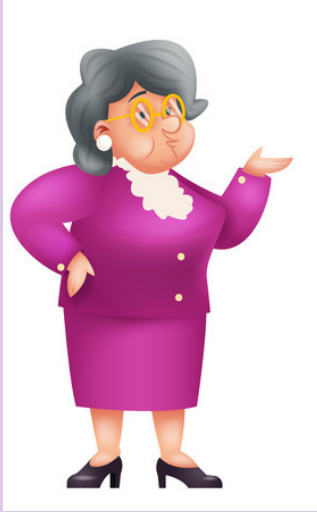
Coping With Stress

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

- | | | |
|---------------|---------------|-------------|
| AVOID ALCOHOL | BE POSITIVE | EAT HEALTHY |
| HAVE FRIENDS | HOLISM | LIFESTYLE |
| LOVE YOURSELF | MAKE EXERCISE | MEDITATION |
| MENTAL HEALTH | MOTIVATION | SLEEP WELL |

Peer Trisha's Almanac

APRIL-May 2022



April 2, 1513 - Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.

April 2, 1792 - Congress established the first U.S. Mint at Philadelphia.

April 3, 1860 - the Pony Express service began

April 4, 1887 - The first woman mayor was elected in the U.S. as Susanna M. Salter became mayor of Argonia, Kansas.

April 6, 1896 - the first Olympics of the modern era was held in Athens, Greece.

April 11, 1968 - the Civil Rights Act of 1968 was signed into law by President Lyndon B. Johnson.

April 12, 1961 - Russian cosmonaut Yuri Gagarin became the first human in space.

April 12, 1981 - The first space shuttle flight occurred with the launching of Columbia with astronauts John Young and Robert Crippen aboard.

April 14, 1828 - The first dictionary of American-style English was published by Noah Webster as the American Dictionary of the English Language.

April 15, 1817 - The first American school for the deaf was founded by Thomas H. Gallaudet and Laurent Clerc in Hartford, Connecticut.

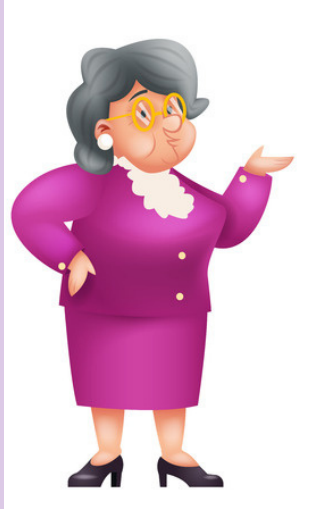
April 22, 1864 - "In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.

April 22, 1889 - The Oklahoma land rush began

April 22, 1800 - The Library of Congress was established in Washington, D.C.



Peer Trisha's Almanac



May 1 - Observed as May Day, a holiday and spring festival since ancient times, also observed in socialist countries as a workers' holiday or Labor Day.

May 1, 1707 - Great Britain was formed from a union between England and Scotland. The union included Wales which had already been part of England since the 1500's. The United Kingdom today consists of Great Britain and Northern Ireland.

May 4, 1494 - During his second journey of exploration in the New World, Christopher Columbus discovered Jamaica.

May 5, 1862 - Celebrated in Mexico as Cinco de Mayo, a national holiday in remembrance of the Battle of Puebla in 1862, in which Mexican troops under General Ignacio Zaragoza, outnumbered three to one, defeated the invading French forces of Napoleon III.

May 5, 1961 - Alan Shepard became the first American in space. He piloted the spacecraft Freedom 7

May 7, 1992 - The 27th Amendment to the U.S. Constitution was ratified, prohibiting Congress from giving itself pay raises.

May 9, 1862 - President Juárez declared that the anniversary of the Battle of Puebla (May 5) would be a national holiday regarded as "Battle of Puebla Day" or "Battle of Cinco de Mayo"

May 10, 1869 - A golden spike was driven by Leland Stanford, president of the Central Pacific, into the newly constructed tracks at Promontory Point, Utah to celebrate the linkage of the Union Pacific and Central Pacific railways

May 10, 1994 - Former political prisoner Nelson Mandela was inaugurated as president of South Africa. Mandela had won the first free election in South Africa despite attempts by various political foes to deter the outcome.

May 12, 1937 - King George VI was crowned at Westminster Abbey in London, King George reigned until his death in 1952. He was succeeded by his daughter Elizabeth, the current reigning monarch.

May 14, 1607 - The first permanent English settlement in America was established at Jamestown, Virginia, by a group of royally chartered Virginia Company settlers from Plymouth, England.

May 14, 1804 - Lewis and Clark departed St. Louis on their expedition to explore the Northwest. They arrived at the Pacific coast of Oregon in November of 1805

May 14, 1796 - Smallpox vaccine was developed by Dr. Edward Jenner, a physician in rural England.

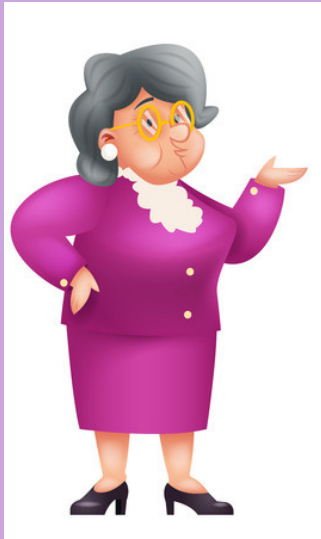
May 17, 1792 - Two dozen merchants and brokers established the New York Stock Exchange.

May 17, 1875 - The first Kentucky Derby horse race took place at Churchill Downs in Louisville.

May 20, 1862 - President Abraham Lincoln signed the Homestead Act opening millions of acres of government-owned land in the West

May 20, 1927 - Charles Lindbergh took off from New York in the Spirit of St. Louis for the first solo nonstop flight between New York City and Paris.

Peer Trisha's Almanac



- May 20, 1932** - Amelia Earhart became the first woman to fly solo across the Atlantic. She departed Newfoundland, Canada, at 7 p.m. and landed near Londonderry, Ireland, completing a 2,026-mile flight in about 13 hours.
- May 21, 1881** -The American Red Cross was founded by Clara Barton.
- May 22, 1972** - President Richard Nixon became the first American president to visit Moscow.
- May 24, 1844** - Telegraph inventor Samuel Morse sent the first official telegraph message, "What hath God wrought?" from the Capitol building in Washington, D.C., to Baltimore.
- May 25, 1787** - The Constitutional Convention began in Philadelphia with delegates from seven states forming a quorum.
- May 27, 1937** - In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by strolling across it.
- May 28, 1934** - Amnesty International was founded by London lawyer Peter Berenson. He read about the arrest of a group of students in Portugal then launched a one-year campaign to free them
- May 29, 1787** - At the Constitutional Convention in Philadelphia the Virginia Plan was proposed calling for a new government consisting of a legislature with two houses, an executive chosen by the legislature and a judicial branch.
- May 30, 1783** - The Pennsylvania Evening Post became the first daily newspaper published in America.
- May 30, 1922** - The Lincoln Memorial in Washington, D.C., was dedicated. The Memorial was designed by architect Henry Bacon and features a compelling statue of "Seated Lincoln" by sculptor Daniel Chester French.



Happy April Birthdays

Birthstone Diamond zodiac sign Aries (March 21 – April 19) / Taurus (April 20=may 20)
 Here are some celebrities you share your special day with

April 1

Debbie Reynolds 1932-2016
 Gordon Jump 1932 - 2003

April 2

Marvin Gaye - 1939-1984
 Hans Christian Andersen - 1805-1875

April 3

Eddie Murphy -1961
 Alec Baldwin - 1958

April 4

Robert Downey Jr.- 1965
 Heath Ledger 1979 -2008

April 5

Pharrell Williams -1973
 Booker T. Washington - 1856-1915

April 6

Candace Cameron-Bure- 1976
 Merle Haggard 1820 - 1913

April 7

Jackie Chan -1954
 Billie Holiday -1915-1959

April 8

Julian Lennon.-1963
 Betty Ford -1918 - 2011

April 9

Dennis Quaid -1954
 Hugh Hefner 1926 - 2017)

April 10

Haley Joel Osment - 1988
 John Madden -1936 - 2021

April 11

Matt Ryan - 1981
 Ethel Kennedy -1928

April 12

David Letterman - 1947
 David Cassidy -1950 -2017

April 13

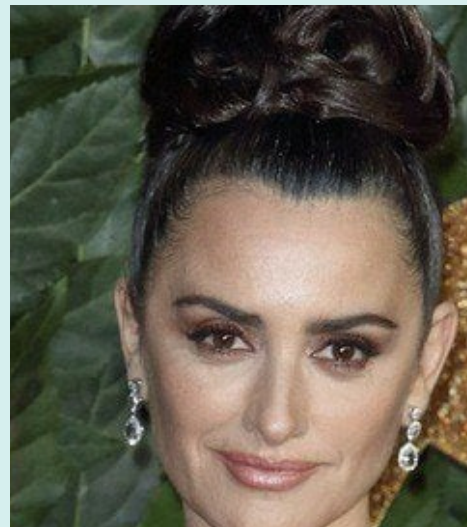
Caroline Rhea -1976
 Thomas Jefferson -1743 -1826

April 14

Anthony Michael Hall -1968
 Pete Rose-1941

April 15

Emma Thompson -1959
 Leonardo da Vinci 1452-1519



April 16

Selena -1958 - 1995
 Martin Lawrence -1965

April 17

Don Kirshner -1934 - 2011
 Harry Reasoner -1923 - 1991

April 18

Conan O'Brien -1963
 Jeff Dunham -1962

April 19

Tim Curry -1946
 Ashley Judd-1968

April 20

Carmen Electra-1972
 Luther Vandross -1951 -2005

April 21

Iggy Pop -1947
 Queen Elizabeth II -1926

April 22

Jack Nicholson - 1937
 Glen Campbell 1936-2017

April 23

Roy Orbison - 1936-1988
 James Buchanan 15th US Pres. -1791 -1868

April 24

Kelly Clarkson -1982
 Barbra Streisand -1942

April 25

Al Pacino -1947
 Ella Fitzgerald - 1917-1996

April 26

Jet Li -1963
 Carol Burnett - 1933

April 27

Coretta Scott King-1927 - 2006
 Ulysses S. Grant 18th US.pres -1822-1885

April 28

Penélope Cruz - 1974
 James Monroe 5th US. pres. - 1758 -1831

April 29

Uma Thurman- 1970
 Willie Nelson - 1933

April 30

Kirsten Dunst - 1982
 Johnny Galecki - 1975



Birthstone Emerald zodiac sign Taurus(April 20 -May 20) / Gemini (may 21 - June 20)
 Here are some celebrities you share your special day with

May 1

- Tim McGraw 1967
- Calamity Jane 1852 - 19003

May2

- Dwayne Johnson- 1972
- Catherine the Great - 1729-1796

May 3

- Frankie Valli -1934
- James Brown - 1933 -2006

May 4

- Randy Travis - 1959
- Audrey Hepburn 1929 -1993

May 5

- Adele -1988
- Karl Marx - 1818-1883

May 6

- George Clooney- 1961
- Orson Welles 1915 - 1985

May 7

- Aidy Bryant -1987
- Tim Russert -1950

May 8

- Melissa Gilbert -1964
- Don Rickles -1926 - 2017

May 9

- Billy Joel -1949
- Candice Bergen 1946

May 10

- Bono - 1960
- Fred Astaire 1899- 1987

May 11

- Natasha Richardson 1963-2009
- Salvador Dalí -1904-1989

May 12

- Emilio Estevez - 1962
- Florence Nightingale 1820 -1910

May 13

- Stevie Wonder -1950
- Ritchie Valens -1941 -1959

May 14

- Mark Zuckerberg -1984
- George Lucas -1944

May 15

- Eddy Arnold 1918-2008
- Madeleine Albright 1937-2022



May 16

- Janet Jackson -1966
- Danny Trejo -1944

May17

- Bob Saget -1956 - 2022
- Enya -1961

may 18

- Tina Fey -1970
- George Strait -1952

may 19

- Grace Jones -1948
- Malcolm X -1925 - 1965

May 20

- Cher-1946
- James Stewart -1908 -1997

May 21

- Mr. T - 1952
- The Notorious B.I.G. 1972 - 1997

May 22

- Naomi Campbell - 1970
- Sir Arthur Conan Doyle 1859 -1930

May 23

- Jewel 1974
- Rosemary Clooney 1928 -2002

May 24

- Patti LaBelle -1944
- Queen Victoria -1819 -1901

May 25

- Mike Myers -1963
- Jessi Colter - 1943

May 26

- Stevie Nicks -1 1948
- John Wayne - 1907 - 1979

May 27

- Lisa Lopes (Left Eye) 1971 - 2002
- Wild Bill Hickok 1837 -1876

May28

- Gladys Knight - 1944
- Ian Fleming 1908 -1964

May29

- Melissa Etheridge - 1961
- John F. Kennedy 1917 - 1963

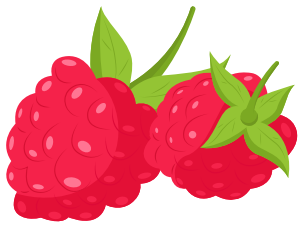
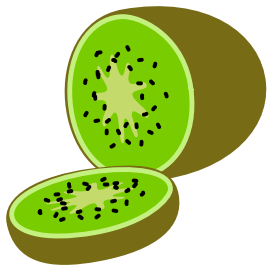
May30

- Wynonna Judd - 1964
- Mel Blanc - 1908 - 1989

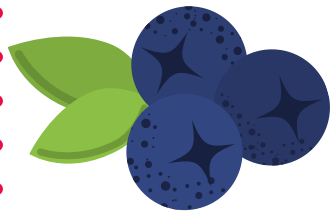
May31

- Brooke Shield - 1965
- Clint Eastwood 1930

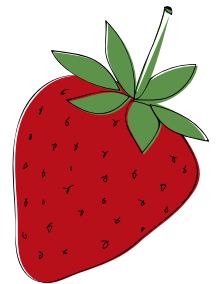
Annie's Fruit Salsa and Cinnamon Chips



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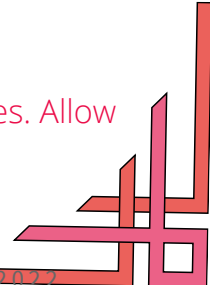


- 2 kiwis, peeled and diced
- 2 Golden Delicious apples - peeled, cored and diced
- 8 ounces raspberries
- 1 pound strawberries
- 2 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavor
- 10 (10 inch) flour tortillas
- butter flavored cooking spray
- 2 tablespoons cinnamon sugar



Instructions Checklist

- Step 1
- In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
- Step 2
- Preheat oven to 350 degrees F (175 degrees C).
- Step 3
- Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
- Step 4
- Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.





REN MOVIE REVIEW



The Bad Guys

What do you get when you cross Loony Tunes with Ocean Eleven?

The latest creation from Dreamworks. The story follows Mr. wolf, Mr snake, Ms. Tarantula, Mr. Shark, and Mr. Piranha, a group of people who always get a bad rap. The gang wreaks havoc on the city till they are caught and then have to embark on their most outstanding capper. They have to convince the town that they have gone good. Along the way, Mr.wolf begins to wonder if they are more to life than being bad. Loosely based on the graphic novels by Aaron Blabey. While the plot is a great idea, and there are funny and good moments, it is not well executed.

While I would see it once, I would not see it again.

-  = Only on a dare.
-  = I could not find the remote.
-  =It had It's moments.
-  =I like It!
-  =OMG Gurl,You have to see this movie!





AT THE BOX OFFICE

Top 10 Summer Movies



1. Caddyshack (1980)
2. Grease (1978)
3. Dirty Dancing (1987)
4. Ghostbusters (1984)
5. National Lampoon's Vacation (1983)
6. Stand By Me (1986)
7. American Graffiti (1973)
8. Then and now (1995)
9. Jaws (1975)
10. Ferris Bueller's Day Off (1986)

- #1s of the past**
- 1972(50yrs)**
The God Father- Marlon Brando
 - 1982 (40yrs)**
Conan the Barbarian- Arnold Schwarzenegger
 - 1992 (30yrs)**
Lethal Weapon 3 - Mel Gibson
 - 2002 (20yrs)**
Spider-Man- Tobey Maguire
 - 2021 (1yr ago)**
A Quiet Place Part II- Emily Blunt



AT THE BOX OFFICE



NOW PLAYING

IN THEATERS

Bad Guys

After a lifetime of legendary heists, notorious criminals Mr. Wolf, Mr. Snake, Mr. Piranha, Mr. Shark and Ms. Tarantula are finally caught. To avoid a prison sentence, the animal outlaws must pull off their most challenging con yet -- becoming model citizens.

Netflix

Marmaduke

The iconic 20th-century comic about a goofy, lovable dog is getting the animated-movie treatment. Who is voicing the kids' character, you may ask? None other than Pete Davidson! He leads the voice cast as the pup, trying to make it into the Westminster Dog Show, and J.K. Simmons also provides voice talent.

Hulu

Captive Audience

Captive Audience is a three-part documentary about the Stayner case, which captivated the country when the 7-year-old was kidnapped from his hometown in California in December, 1972, and then captivated the country again when he came back to his family as a 14-year-old returned to his family in March, 1980. It also tells the story of his older brother Cary, who is now in prison after having been convicted of killing four women in the first half of 1999

Disney +

Better Nate Than Ever

Nate, a young boy that has a passion for Broadway, and when he gets the chance of a lifetime to possibly be on the big stage, he takes a road trip with his best friend to the place where he dreams of living - New York City.

Prime

EMERGENCY

Ready for a night of legendary partying, three college students must weigh the pros and cons of calling the police when faced with an unexpected situation.



MUSIC



Top 10 songs of summer

1. Rock the boat -Hues Corporation
2. Cruel Summer - Bananarama
3. Walking on Sunshine -Katrina and the Waves
4. Summer Breeze -Seals & Crofts
5. Summer Nights-John Travolta, Olivia Newton-John
6. wipe out- Surfari
7. Summer in the City - Lovin Spoonful
8. Under the Boardwalk -Drifters
9. Hot in Herre-Nelly
10. Summertime- DJ Jazzy Jeff & the Fresh Prince



#1 Singles

- 1972(50yrs)
The First Time Ever I Saw Your Face- Roberta Flack
- 1982 (40yrs)
I Love Rock N Roll -Joan Jett and the Blackhearts
- 1992 (30 yrs)
Save The Best For Last-Vanessa Williams
- 2002 (20yrs)
Don't Let Me Get Me – Pink
- 2021
"Save Your Tears - The Weeknd



#1 Albums

- 1972(50yrs)
America- America
- 1982 (40yrs)
Chariots of Fire- Vangelis
- 1992 (30 yrs)
Adrenalize - Def Leppard
- 2002 (20yrs)
Ashanti – Ashanti
- 2021
Fearless-Taylor Swift