

THE REN REVIEW

212 E. OSBORN, PHOENIX AZ 85012



WELCOME

It is a new edition! We hope you are doing well and working everyday to expand on your recovery. At the end of every day it is an opportunity to ask yourself how you have grown, take inventory, and make changes. The next morning we can look forward to the next chance of making it a great one! As we look forward to camp, activities, and a shot to make new friends and broaden horizons; we also welcome the ability to support you through it!

REN also offers groups each day to offer hope and educational opportunities that pertain to recovery and wellness. We hope you'll join us in groups!

The REN review is an opportunity for members to submit articles about all things happening at REN! Please submit story ideas, things you want to add, or some great pictures you've taken to Jen AH at jalonzo@renaz.org! 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!

P.S. CAMP SHADOW PINES IS HERE!

IN THIS ISSUE

REN Outings

Renology

Fun Pages:
Mental Health Puzzle,
Trish Talks, Fun Facts,
Music and Movie
Reviews

Updates, NEWS and
more!



Creative Writing

The Choke's On You

I am silently sitting on a cool, hard plastic seat, riding westbound on a deep-purple, natural gas-powered Phoenix city bus. We are on the number fifty bus-the Camelback Rd. bus. We are passing Seventh Ave., a street lined with luscious green trees, providing much needed shade for warm city sidewalks.

The air conditioning on the bus feels way too cool. Small goosebumps cover my lightly-tanned arms. It is better than the hot, stagnant air that flows in all directions outside of the bus.

I look around and see that most of the people on the filled-to-the-seams bus are intently staring at their cell phones and tablets.

A cool chill rockets through my body. I know what is about to happen. As the bus slowly goes past nineteenth avenue, I see a man frantically grasping his sweaty throat-choking on a meatball at the Olive Garden at thirty-first avenue and Camelback. I have ten minutes to get to the popular restaurant. If I can arrive there quickly, I will be able to stop Ted Wilson from choking in the first place.

It's the next morning and I recall the sunny day before. I was able to get to the restaurant before Ted began choking. I told him what was about to happen-that he was about to choke on a meatball. He looked at me like I was some idiot, maybe trying to scam him out of some money for saving his life. Once I told him that I was Monte Steele, he quickly apologized and thanked me for saving his life.

As I sit here in my hot apartment at my computer, I start to get a strong tingle.

A vision is about to come.



Question of the month

What does recovery mean to you?

Reducing the conscience of whatever you are addicted to - Beto S

Learn from what make you tick and overcome it; dealing with something from the past - Nathanael R

It's a way to show your sobriety - Shelly M

A New Start - Morgan H

A great deal of pride and family - Michael J

Having a support system - Sarah F

Rehabilitating yourself through health and awareness - Chance L

Evolving to another level - Ronetta

Staying clean, staying focused - Paul

Addiction is when you are using, recovery is when you stop using - Troy

FUN IN RECOVERY

WOULD YOU BELIEVE...

August Word Search



- THE ORIGINAL NAME FOR THE SEARCH ENGINE GOOGLE WAS BACKRUB. IT WAS RENAMED GOOGLE AFTER THE GOOGOL, WHICH IS THE NUMBER ONE FOLLOWED BY 100 ZEROS
- THE EARL OF SANDWICH, JOHN MONTAGU, WHO LIVED IN THE 1700S, REPORTEDLY INVENTED THE SANDWICH SO HE WOULDN'T HAVE TO LEAVE HIS GAMBLING TABLE TO EAT.
- THE FOUR CORNERS IS THE ONLY SPOT IN THE US WHERE YOU CAN STAND IN FOUR STATES AT ONCE: UTAH, COLORADO, ARIZONA AND NEW MEXICO.
- THE HEART OF THE BLUE WHALE, THE LARGEST ANIMAL ON EARTH, IS FIVE FEET LONG AND WEIGHS 400 POUNDS. THE WHALE IN TOTAL WEIGHS 40,000 POUNDS.
- MOSQUITOES ARE THE DEADLIEST ANIMAL IN THE WORLD: THEY KILL MORE PEOPLE THAN ANY OTHER CREATURE, DUE TO THE DISEASES THEY CARRY.
- IT'S IMPOSSIBLE TO HUM WHILE HOLDING YOUR NOSE (JUST TRY IT!).
- THE EARTH'S CIRCUMFERENCE IS 24,900 MILES.
- ALL OF AN ADULT HUMAN'S BLOOD VESSELS, IF LAID OUT END TO END, WOULD BE ABOUT 100,000 MILES, SO THEY COULD ENCIRCLE THE EARTH FOUR TIMES

Happyness

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

- | | | |
|---------------|----------|------------|
| Empowerment | Fearless | Adore |
| Positivity | Love | Compassion |
| Excitement | Smiles | Laughter |
| Determination | Passion | Curiosity |
| Family | Friends | Happiness |

Peer Trisha's Almanac

August 2022



August 01, 1980 - Icelandic teacher and politician Vigdís Finnbogadóttir became president of Iceland; she was the first woman in the world to be elected head of state in a national election.

August 01, 1876 - Colorado was admitted to the union, becoming the 38th U.S. state.

August 03, 1492 - Christopher Columbus set sail from Palos, Spain, with three ships, Nina, Pinta and Santa Maria.

August 03, 1984 American gymnast Mary Lou Retton won the all-around event at the Los Angeles Games, becoming the first American woman to win an individual Olympic gold medal in gymnastics.

August 03, 1958 - The U.S. atomic submarine Nautilus passed beneath the thick ice cap of the North Pole, an unprecedented feat.

August 03, 1949 - The National Basketball Association (NBA) was formed by the merger of the National Basketball League and the Basketball Association of America.

August 04, 1790 - U.S. Secretary of the Treasury Alexander Hamilton established the Revenue Marine Service, which became the U.S. Coast Guard.

August 06, 1965 - The Voting Rights Act of 1965 was signed into law by President Lyndon B. Johnson.

The Act suspended literacy, knowledge and character tests designed to keep African Americans from voting in the South.

It also authorized the appointment of Federal voting examiners and barred discriminatory poll taxes. The Act was renewed by Congress in 1975, 1984 and 1991.

AUGUST 07, 1782 - George Washington ordered the creation of the first U.S. military decoration, the Badge of Military Merit (today called the Purple Heart), which was later awarded to three Revolutionary War soldiers for bravery in action.

August 08, 1974 - U.S. President Richard M. Nixon announced his resignation

August 10, 1846 - The Smithsonian Institution was founded in Washington, D.C., by the U.S. Congress with funds bequeathed by English scientist James Smithson.

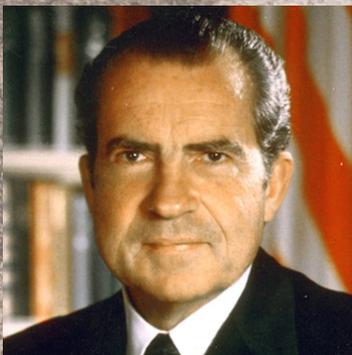
August 13, 1935 -The U.S. Congress enacted the Social Security Act, establishing a permanent national old-age pension system through employer and employee contributions.

August 15, 1914 - After some 10 years of work, the Panama Canal opened to ships.

August 18, 1920 - the Nineteenth Amendment was ratified Giving woman the right to Vote

August 21, 1959 - Hawaii became the 50th U.S. state..

August 28, 1963 - On this day in 1963, some 200,000 people marched on Washington, D.C., an event that became a high point of the civil rights movement, especially remembered for the famous "I Have a Dream" speech of Martin Luther King, Jr.



Trisha Talks

Dear Trisha ,

I have discovered that I struggle with control issues. I feel like I have to maintain power over nearly every aspect of life including relationships, family dynamics, and in my work. I become stressed to the point that it affects my mental health. Despite knowing that I do not have power over everything I struggle with accepting how to learn to step back. I try to remember the The Serenity Prayer but the fear is still too strong; please help
Out of Control

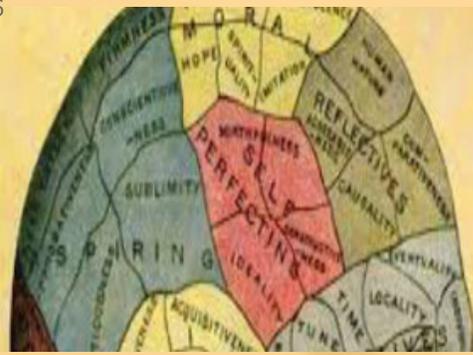
Dear Out of Control ,

In times of uncertainty, people feel safer when they have a sense of control. This often leads to attempts to control outcomes, situations, other's reactions, or the environment. Does having your hand in everything make you feel that the outcome will be what you need? Are you facing fears that somehow the shoe will drop and everything will go south? Try using some go-to coping strategies to deal with anxieties. Focus on what you can control, which is you not others. Don't rush through this transition, extend yourself grace in the moment and be present. Identify your triggers and get in touch with YOU. Hope that helps.

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



RENOLGY

KNOWLEDGE IS POWER

THE NEW 988

In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. SAMHSA sees 988 as a first step towards a transformed crisis care system in America.

Need for 988

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America.

There are urgent realities driving the need for crisis service transformation across our country. Some statistics:

- In 2020 alone, the U.S. had one death by suicide about every 11 minutes
- For people aged 10 – 34 years, suicide is a leading cause of death, and
- From April 2020 to 2021, over 100,000 individuals died from drug overdoses.
-

Yet, there is hope. The 988 Lifeline helps thousands of struggling people overcome suicidal crisis or mental-health related distress every day.

Vision for 988

The 988 dialing code operates through what was formerly known as the National Suicide Prevention Lifeline. It is a network of over 200 locally operated and funded crisis centers around the country.

Congress designated 988 in 2020 and the Lifeline transitioned to the 3-digit number in July 2022. As a part of the federal government's commitment to addressing the mental health crisis in America, unprecedented federal resources have been invested to scale up crisis centers in support of 988.

Transition to 988 is an important step forward and offers an unprecedented opportunity to strengthen and transform crisis care in our country.

Renology

continued

Transformation of this scale is never easy. The sustainable success of 988 depends heavily on the willingness of state, territorial, and local leaders to make additional investments in shoring up their crisis care systems. The federal government cannot do this alone.

We anticipate that 988 will continue to grow and evolve over the years, much the way 911 and emergency medical services have grown over the past five decades. We do expect a more rapid 988 transition to occur to meet the expected demand for 24/7 access to trained counselors who can help people experiencing suicidal, substance use and other mental health crises.

In the longer term, the vision for 988 is to build a robust crisis care response system across the country that links callers to community-based providers who can deliver a full range of crisis care services, if needed (like mobile crisis teams or stabilization centers), in addition to connecting callers to tools and resources that will help prevent future crisis situations. This more robust system will be essential to meeting crisis care needs across the nation. We envision a day when everyone across our country has someone to call, someone to respond, and a safe place to go for crisis care.

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. There is Hope. Just call or text 988 or chat 988lifeline.org #988Lifeline





Movie Review



Thirteen Lives



Thirteen Lives from the director Ron Howard, Based on actual events, is an incredible tale of a global Rescue of 12 Thai boys soccer players and their Coach from a flooded cave system in Thailand. The rescue effort involved more than 10,000 people, including more than 100 divers, scores of rescue workers, representatives from about 100 governmental agencies, 900 police officers, and 2,000 soldiers. Ten police helicopters, seven ambulances, more than 700 diving cylinders, and the pumping of more than one billion liters of water from the caves were required. I saw an interview with Ron Howard on Steven Colbert's show. He stated the actors wanted to do all own their stunts despite safety concerns. Their thought was for the true sense of the incredible effort of the cave divers. The movie does a great job and makes you feel as thou you are with them as this story plays out over several days. I have to say I think the Hero of this movie is the coach who thought that the parents were going to hate him because he believed he got the boys trapped; however, that was not the case. They were very please with him for how he kept the boys calm and alive tell they could be rescued all in all a fantastic movie

Streaming now on amazon prime

Trisha's Terrific Rating System

- = 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 moviel

BLAST FROM THE PAST....



Top Ten Back To School Movies

1. **Fast Times at Ridgemont High(1982)**
2. **Breakfast club (1985)**
3. **Sixteen Candles(1984)**
4. **Grease(1978)**
5. **Dead Poets Society (1989)**
6. **Dangerous Minds (1995)**
7. **Ferris Bueller's Day Off (1986)**
8. **Clueless (1995)**
9. **Dazed and Confused (1993)**
10. **Drumline (2002)**



#1s of the past

- 1972(50yrs)
The God Father- Marlon Brando
- 1982 (40yrs)
E.T. the Extra-Terrestrial-Drew Barrymore
- 1992 (30yrs)
Unforgiven- Clint Eastwood
- 2002 (20yrs)
Signs- Mel Gibson
- 2021 (1yr ago)
Jungle Cruise- Dwayne Johnson



Now Showing



IN THEATERS

Elvis

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla.

Netflix

The Sea Beast

When a young girl stows away on the ship of a legendary sea monster hunter, they launch an epic journey into uncharted waters — and make history to boot.

Hulu

Prey

A skilled Comanche warrior protects her tribe from a highly evolved alien predator that hunts humans for sport, fighting against wilderness, dangerous colonizers and this mysterious creature to keep her people safe.

Disney +

Lightyear

Legendary space ranger Buzz Lightyear embarks on an intergalactic adventure alongside ambitious recruits Izzy, Mo, Darby, and his robot companion, Sox. As this motley crew tackles their toughest mission yet, they must learn to work together as a team to escape the evil Zurg and his dutiful robot army that are never far behind.

Prime

Anything's Possible

Amazon breaks the rom-com mold with this Gen Z romance that focuses on a trans high school girl navigating the troubles of dating while trans. Kelsa (Eva Reign) knows who she is, but she can't control the stigma that her classmates fear they may endure from asking her out. Khal (Abubakr Ali), however, develops feelings for Kelsa that he can't shake. So, despite knowing the drama that might ensue, Khal summons up the courage to ask Kelsa out and see where those feelings lead.



MUSIC



HAPPY BIRTHDAY WHITNEY! Top 10 Whitney Houston Songs

1. The Greatest Love of All
2. How Will I Know
3. Saving All My Love For You
4. I Wanna Dance With Somebody
5. Where Do Broken Hearts Go
6. Didn't We Almost Have It All
7. So Emotional
8. I'm Your Baby Tonight
9. I'm Every Woman
10. I Will Always Love You

#1 Singles

- 1972(50yrs)
American pie-Don McLean
- 1982 (40yrs)
Ebony and Ivory" by Paul McCartney and Stevie Wonder
- 1992 (30 yrs)
End of the Road by Boyz II Men
- 2002 (20yrs)
How You Remind Me by Nickelback's
- 2021
Levitating by Dua Lipa's
- 2022
As It Was by Harry Styles'

#1 Albums

- 1972(50yrs)
Neil Young - Harvest
- 1982 (40yrs)
Duran Duran - Rio
- 1992 (30 yrs)
Michael Jackson - Dangerous
- 2002 (20yrs)
The Rising - Bruce Springsteen
- 2021
Encanto - Germaine Franco & Lin-Manuel Miranda



MUSIC NEWS



Olivia Newton-John **Sept 26, 1948 - August 8, 2022**

Olivia Newton-John passed on August 8 in her ranch home in Southern California. John Easterling, her husband of 14 years, announced her death. He did not give a cause. However, it is well known that she suffered from a long battle with breast cancer.

Born on September 26, 1948, in Cambridge, England she will be remembered as a four-time Grammy Award winner whose music career included five number one hits and another ten Top Ten hits on the Billboard Hot 100,[1] and two Billboard 200 number one albums, *If You Love Me, Let Me Know* (1974) and *Have You Never Been Mellow* (1975). Eleven of her singles (including two Platinum) and 14 of her albums (including two Platinum and four 2× Platinum) have been certified Gold by the Recording Industry Association of America (RIAA). With global sales of more than 100 million records, Newton-John is one of the best-selling music artists from the second half of the 20th century to the present. but most of her fans will remember her for her 1978 role as Sandy in *Grease* with costar John Travolta in her latter life she was an activist for environmental and animal rights causes and advocated for breast cancer research.
she will be missed



Birthstone: Peridot. Zodiac Sign: Leo (July 23 – August 22) Virgo (August 23 – September 22)
 Here are some celebrities you share your special day with

August 1

Jason Momoa -1979
 Francis Scott Key 1779 - 1843

August 2

Joanna Cassidy- 1986
 Wes Craven - 1939- 2015

August 3

Martha Stewart -1941
 Tom Brady- 1977

August 4

Barack Obama- 1961
 Queen Elizabeth I 1900 -2002

August 5

Maureen McCormick -1956
 Neil Armstrong - 1930-2012

August 6

Kevin Hart - 1979
 Sylvester Stallone 1946

August 7

Charlotte Lewis -1967
 Wayne Knight - 1955

August 8

Connie Stevens -1938
 Dustin Hoffman -1937

August 9

Whitney Houston -1963-2012
 Sam Elliott - 1944

August 10

Kylie Jenner- 1997
 Antonio Banderas-1960

August 11

Hulk Hogan- 1953
 Abigail Folger -1943-1969

August 12

Mark Knopfler- 1949
 Maggie Lawson -1980

August 13

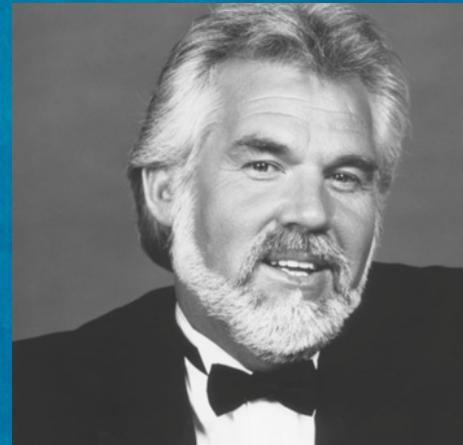
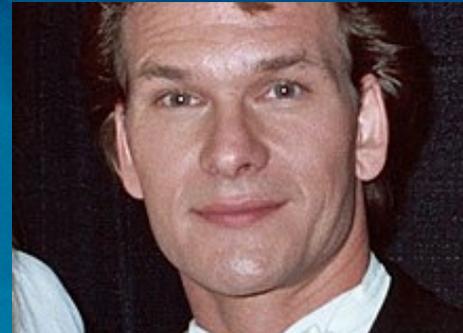
Alfred Hitchcock-1899 -1980
 Annie Oakley -1860 - 1926

August 14

Mila Kunis -1983
 Magic Johnson -1959

August 15

Ben Affleck -1972
 Julia Childs 1912 - 2004



August 16

Madonna -1958
 Steve Carrell -1990-1965

August 17

Robert De Niro -1943
 Sean Penn -1960

August 18

Christian Slater -1969
 Patrick Swayze -1952

August 19

John Stamos -1963
 Bill Clinton-1946

August 20

Al Roker-1954
 Robert Plant -1948

August 21

Kenny Rogers -1938-2020
 Iolanda Devine-1949

August 22

Valerie Harper- 1939- 2019
 Norman Schwarzkopf - 1934 -2012

August 23

Kobe Bryant - 1978 - 2020
 Gene Kelly - 1912 - 1996

August 24

Dave Chappelle -1973
 Vince McMahon -1945

August 25

Billy Ray Cyrus -1961
 Tim Burton- 1958

August 26

Macaulay Culkin - 1980
 Melissa McCarthy - 1970

August 27

Paul Reubens -1952
 Lyndon B Johnson -1908-1973

August 28

Jack Black - 1969
 Leann Rimes - 1982

August 29

Michael Jackson- 1958-2009
 John McCain- 1936-2018

August 30

Cameron Diaz - 1972
 Huey Long - 1893- 1935

August 31

Richard Gere - 1949
 Chris Tucker - 1971