

THE CRC ZONE

GOBBLE
GOBBLE
GOBBLE



NEW SCHEDULE

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Monday

Y12SR Yoga

OUUMC Room 226
5:30 – 7:00 pm

Tuesday

Oxford Young People AA Meeting

OUUMC Room 240
5:30 – 6:30 pm

NA Meeting

OUUMC Room 214
7:00 – 8:00 pm

Wednesday

Joint CRC Meeting with MS State

Zoom

Friday

AA Meeting Jaywalker

**St. John's
Catholic Church /
Lower Community
Room**
12:30 – 1:30 pm

Wednesday

Agenda Meeting

Yerby Hall
4:00 – 5:00 pm

All Recovery Meeting

Yerby Basement
5:00 – 6:00 pm

This meeting is closed
to CRC Members only.

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to CRC Members only.

NEW EVENTS
COMING UP

New

NEW EVENTS
COMING UP

Every Student, Every Employee, Every Rebel
changing the landscape of substance use in our community

HIJACKED BRAIN

with guest
Hank Holmes

**PRESENTED BY:
HANK HOLMES WITH
THE OXFORD
TREATMENT CENTER**



**KEEP AN EYE OUT FOR
DECEMBER EVENTS**

HIJACKED BRAIN

NOVEMBER 30TH AT 6:00 PM
BRYANT 111

Come join us as we learn about the disease of addiction covering everything from how substances impact the brain to how to find happiness in recovery in the 3rd part of this 4-part series

ALL RECOVERY

**ALL
RECOVERY
MEETING**





SUNDAY






YERBY BASEMENT
5:00-6:00
* DIRECTLY AFTER THE MAIN CRC MEETING *

THIS MEETING IS OPEN TO ANYONE WHO IS GOING THROUGH RECOVERY OR IS INTERESTED IN JOINING RECOVERY

FOR MORE INFORMATION, CONTACT MASON AT
RECOVERY@OLEMISS.EDU

What are All Recovery Meetings?

An All Recovery meeting is a group-oriented meeting held on Sundays focused on aiding other individuals in their recovery journey. If you desire to enter into recovery this is a simple meeting type where other attendants are already attempting their own recovery and can provide sight and experience to newcomers. An All Recovery meeting is not a 12-step meeting and is not affiliated with NA/AA but does respect the anonymity of all who attend.

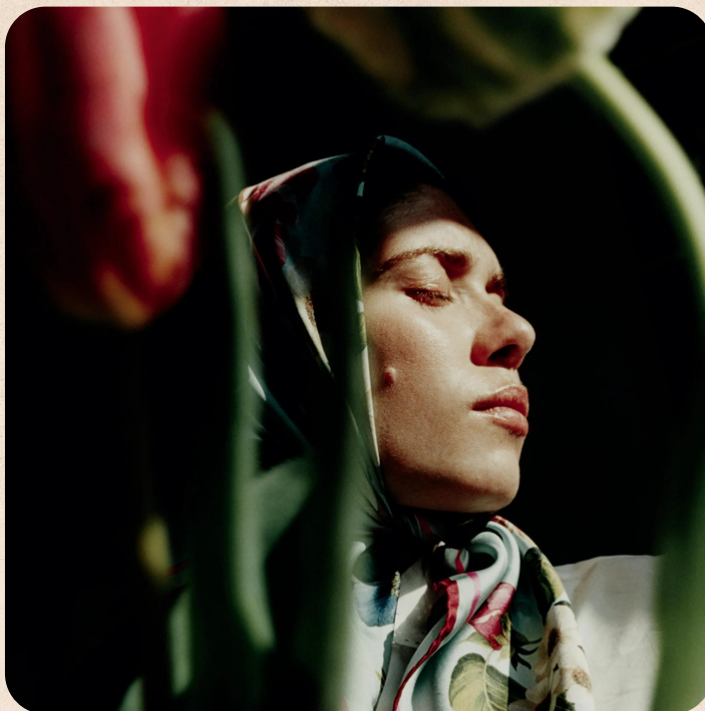
EDUCATION

9 HARD-EARNED LESSONS FROM 365 DAYS OF SOBRIETY

CJ Thurlow

Thurlow shares their experiences of being sober for a year and delves into both the challenges and rewards of this life-changing decision. They discuss the impact of sobriety on their social life, physical well-being, and emotional growth. Through candid reflections, they highlight the transformative power of quitting alcohol and the liberation from old habits.

To read this article click [here](#)



WHY GEN Z IS GROWING UP SOBER CURIOUS



Megan Carnegie

Gen Z is rewriting the nightlife script, swapping out heavy drinking for quality experiences. Fueled by health awareness, risk aversion, and financial pressures, they're redefining what a good night looks like. The pandemic intensified this shift, offering a moment of reflection and a break from ingrained habits. Gen Z's nuanced understanding of health risks and a desire for authenticity have led to decreased alcohol consumption, reshaping social norms. The alcohol industry is adapting, with a surge in non-alcoholic options. It's a cultural revolution where sobriety meets conscious consumption, transforming the way we socialize.

To read more click [here](#)

LIFESTYLE



BARRIE'S BUTTERNUT SQUASH SOUP

Here is a recipe for butternut squash soup! Blender is necessary! All you need is:

- Good sized butternut squash
- Several shallots
- Garlic (measure with your heart)
- Package of fresh rosemary
- Package of fresh thyme
- Entire stick of butter
- Olive Oil
- Maple Syrup (measure with your heart)
- 32 oz of chicken broth
- 1/2 cup of heavy cream
- not really necessary

1. Cut squash lengthwise and take the seeds out. Rub oil on both sides and put salt and pepper on the "orange" side. Put the squash on the "orange" side down on top of rosemary and thyme. Roast for several hours on 230°C until the squash looks very wrinkly.
2. While the squash roasts, sauté shallots and garlic.
3. When the squash is finished, use a spoon to scoop it out of the skin and put it into a blender along with the shallots, garlic, stick of butter, chicken broth, maple syrup, and leaves from the roasted herbs (this may need to be divided in half for everything to fit in the blender).
4. After it is blended, pour into a saucepan and heat it up. If you want it creamier, you can add heavy cream. I also like to add a splash of balsamic vinegar.

THANKSGIVING GAMES

Thanksgiving with the family can be stressful, so here are some games to play with siblings, cousins, or anyone else you may be with during this time

- Family member bingo
Pick one family member and everyone makes their own bingo cards with what they think the person will say or do. The person does not know what is on the card.
- Kahoot quiz about family members
- Thanksgiving Olympics
- "Chopped" competition. See who can make the best dish with random ingredients



P.S. Have you found all the hidden ghosts in this issue?

SONGS WITH FALL MOUNTAIN VIBES

Pirate Song

mehro

Evergreen

Richy Mitch & The Coal Miners

A Summer Song

Chad & Jeremy

River

Leon Bridges

Bloom

The Paper Kites

Smaller Acts

Zach Bryan

Orange Juice

Noah Kahan

Shrike

Hozier

FUN & GAMES

CROSSWORD

ACROSS

- 1 Become more approachable, say
5 "Let me demonstrate ..."
11 Rx watchdog
14 Palindromic pop quartet
15 God often depicted with green skin
16 "Snowy" bird
17 TikTok videos made by athletes?
19 Veer back
20 Quite the card
21 Wine and dine, maybe
22 Vox co-founder Klein
23 Spot for a donut
25 Small flute made from reclaimed farm wood?
27 Broad hat, lotion, shades, etc.
29 Slangy turnarounds
30 Tat spot, perhaps
31 Barbara Gordon's alter ego
35 Beachcombers' off-season hopes?
40 Bribes
41 Palindromic pop trio
43 Secular
45 Got fit
48 Taverns in cloisters and abbeys?

- 52 Like lambs and rams
53 Photoreceptor cell
54 Japanese sash
55 Vicinity
56 Tempe sch.
57 Banquet celebrating Ottoman culture?
61 Herbal beverage
62 Meandered
63 Optimist's words
64 Weekly skit show, familiarly
65 Doesn't turn away
66 Cheese in a Greek omelet

DOWN

- 1 Arabic for "crown"
2 Network with programming streamed on Max
3 Core workout rep
4 Coming to
5 Baffled
6 "... or thereabouts"
7 Native language in Oklahoma
8 Possible cause of an unearned run
9 Hold back for now
10 CIA predecessor
11 Muppet bear in a pork pie hat
12 Overshadows



- 13 Pond growth
18 Join the team?
22 Submit taxes online
23 Cough syrup meas.
24 Feels remorse
25 Donkey cries
26 Shelter on the Asian steppes
28 Without fumbling
32 Deuce
33 Natural talents
34 Deets
36 Motorized ride
37 Liu of "Charlie's Angels"
38 Bright quality
39 Blackball
42 Tailless primate
43 Let out a bit
44 Many a garden flower
46 Sushi wrapper
47 Supposing
48 Hurdles for aspiring drs.
49 Like hardcovers
50 TV carpenter Norm
51 Kipling's "___Tikki-Tavi"
55 Chimes in
57 Airport safety org.
58 Thus far
59 Nosh on
60 Genetic molecule

SUDOKU

	3			1			2	
	9	5		3		8		1
			8		5			
	1		6	4		2	5	7
3	2	6		7	1		8	
			3		4			
4		2		9		6	1	
	6			5			9	

SUDOKU (HARD)

		9	7	4	8		1	
4								
	8							6
					1		6	7
		6				8		
9	1		3					
2							3	
								8
	5		1	3	7	4		



Meet the Staff

Our experienced staff have worked with various universities , and they are excited to get to know you and guide you throughout your college career and your recovery journey. So if you're ready to embark on a journey of self-discovery and growth, we invite you to join our community of learners and leaders. Together, we can help you achieve your goals and become the best version of yourself.

Mason Glaze

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CLICK ON THE PICTURES TO LEARN MORE ABOUT EACH STAFF MEMBER!

RESOURCES

Joining CRC

LEARN MORE >>

APPLY NOW >>

If you or someone you know is interested in joining the CRC, please review the following requirements:

Must be an Ole Miss student
Must be in recovery for 90 days

Click on "Learn More" to learn more about the CRC

To apply, click "Apply Now"

Wellchats are conversations with staff (either student or pro-staff) from the William Magee Center to educate students on all of the resources Ole Miss has to offer as well as to lend a listening ear to students. Our WMC team will usually meet with these students and personally refer them to departments that best fit their needs.

Click on "Learn More" to learn more about Wellchats

To sign up for a Wellchat, click "Sign Up"

Wellchats

LEARN MORE >>

SIGN UP >>

Any questions that you may have, feel free to email recovery@olemiss.edu. Mason is free to meet with you throughout the year to discuss ideas or receive feedback about certain students who may need our services. We are also available through phone at 662-915-5782

Any questions, comments, or concerns relating to the newsletter, please email Barrie Wright at cbwrigh3@go.olemiss.edu

FOR MORE RESOURCES RELATING TO HEALTH, [CLICK HERE TO GO TO OUR MAIN WEBSITE!](#)