

THE CRC ZONE

XOXO



CONTENTS

NEW EVENTS

Pg 2

EDUCATION

Pg 3

LIFESTYLE

Pg 4

GAMES

Pg 5

MEET OUR STAFF

Pg 6

RESOURCES

Pg 7

SCHEDULE

Monday

CRC Agenda Meeting

Yerby Hall
4:00 – 6:00 pm

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

Thursday

CRC Meeting

Yerby Hall
4:00 – 5:00 pm

Friday

**AA Meeting
Jaywalker**

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

Saturday

CRC "Unwind" Meeting

Yerby Hall
4:00 – 7:00 pm

Sunday

**CRC General
Meeting**

Yerby Hall
4:00 – 5:00 pm
**All Recovery
Meeting**

Yerby Basement
5:00 – 6:00 pm

* CRC meetings are
members only

NEW EVENTS
COMING UP

New

NEW EVENTS
COMING UP



BOOS NOT BOOZE

FEBRUARY 14TH FROM 6:30 TO 8:00
WHITWELL KITCHEN

Come join us as we sip on some adorable Valentine's Day mocktails, eat some delicious dinner, and dance to music, all in a safe and alcohol-free zone at the Whitewell Kitchen!



KICKOFF NIGHT

FEBRUARY 10TH FROM 5:30 TO 7:00
WHITWELL KITCHEN

Did we just become allies? Grab your friends, partners, and roommates and kick off the semester in style with snacks and a Stepbrothers movie night!

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

ONCE I STOPPED DRINKING, I STARTED TO LOVE DATING

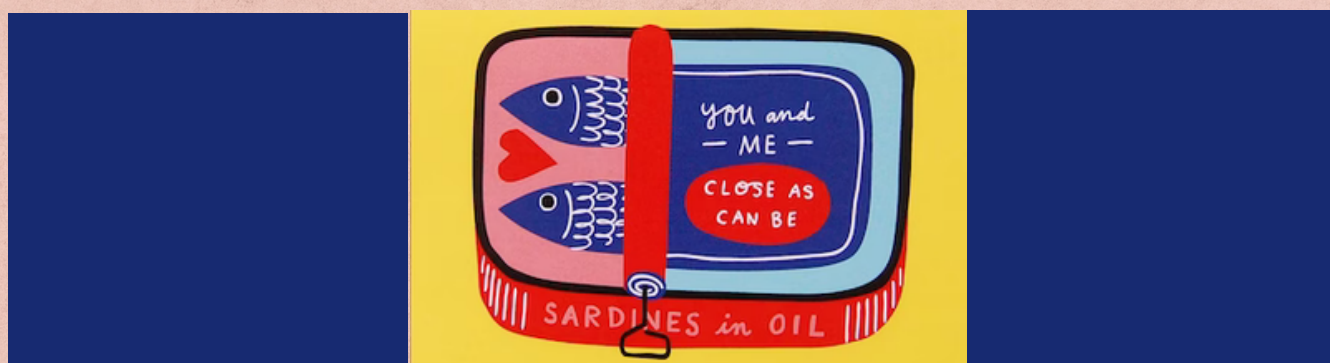
Sarah Wood

Wood takes us on her journey from alcohol-influenced dating to embracing sobriety and the positive impact it had on her dating life. Explore the intriguing insights from Wood into how sobriety can not only enhance dating, but also foster genuine, authentic connections. This article promises a compelling exploration of personal growth and the pursuit of meaningful connections without the crutch of alcohol.

To read this article click [here](#)



NAVIGATING VALENTINE'S WHILE SOBER



Serenity Lane

Valentine's Day can be emotionally challenging, especially for individuals in recovery, as it may bring up painful memories linked to past substance abuse and strained relationships. The commercialization of the holiday with its red hearts and romantic imagery can exacerbate these feelings. However, the article suggests a different approach – using Valentine's Day as an opportunity for self-love and to connect with people who have positively impacted your life, such as friends, family, or sponsors. Whether you're in a romantic relationship or not, the article offers ways for those in recovery to make the most of the holiday.

To read more click [here](#)

LIFESTYLE



VALENTINE'S CHOCOLATE BARK

Here is a recipe for Valentine's Chocolate Bark!

1 cup semi-sweet chocolate chips
 3/4 cup white chocolate chips
 1/2 cup pink candy melts OR a few
 drops of red food coloring
 Sprinkles (if you want)

1. Line a baking sheet with parchment paper
2. Melt the semi-sweet chocolate and spread onto the baking sheet
3. Melt the white chocolate chips (and the pink candy melts if using). If you're not using the candy melts, add a few drops of red food coloring into the melted white chocolate and mix in
4. Pour the white chocolate onto the top of the semi-sweet chocolate, and then use a fork or toothpick to swirl them together
5. Top with sprinkles
6. Place in the fridge to chill for 45 minutes

VALENTINE CARD IDEAS

Send love to and impress some of your favorite people with these DIY cards!



LOVE NOTES

A simple and easy card to create! All you need is tape or glue, paper, and scissors!

Get pattern [here](#)



PAPER POPPIES

Bright and cheery flowers last way past February 14th! All you really need is tissue paper, tape, and wire!

Get pattern and instructions [here](#)



COOKIE CUTTER

Turn paper, paint, and heart-shape cookie cutters into easy valentines! Start with blank cards in various colors, and paint a large rectangle on the front with acrylic paint. Dip a heart-shape cookie cutter in contrasting colors of paint and use it as a stamp to add designs to each card.

FUN & GAMES

CROSSWORD

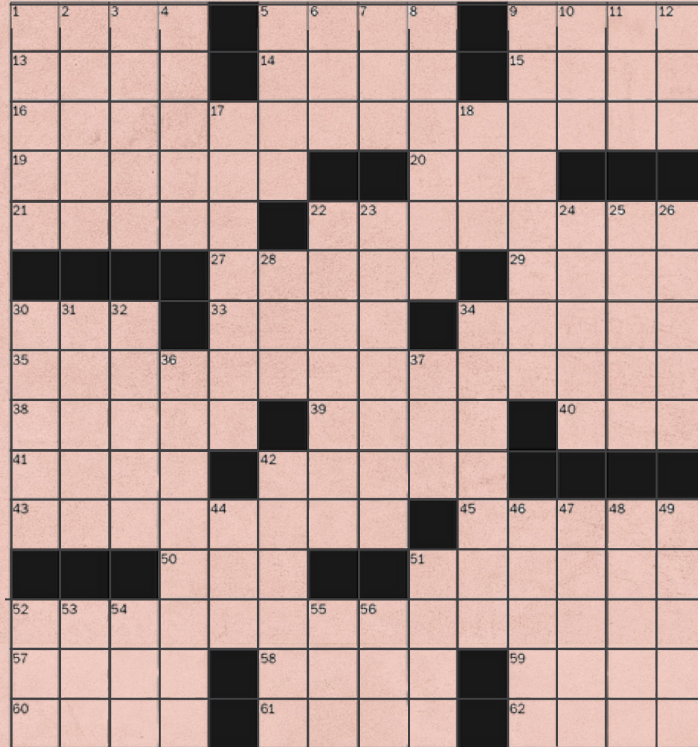
ACROSS

- 1 Reduce to a paste
- 5 Self-confident and then some
- 9 City in "Aeneid" and "Iliad"
- 13 Field of expertise
- 14 ___ Grey tea
- 15 Philosopher Descartes
- 16 Elements of a PG-rated outburst
- 19 Computer capacity
- 20 ___purpose flour
- 21 Yoga pose
- 22 Groups of groupies
- 27 Oodles
- 29 Still contending
- 30 Vehicle for a large family, perhaps
- 33 Jazz legend Fitzgerald
- 34 ___toity
- 35 Dessert served in a goblet
- 38 Former Iranian rulers
- 39 Ferris wheel locale
- 40 NBA tiebreakers, for short
- 41 Speck
- 42 Covers for outdoor wedding receptions
- 43 Common accessory at a construction site

- 45 Larceny
- 50 Charged particle
- 51 Baby's foot warmer
- 52 Allergy warning, and a description of 16-, 22-, 35-, and 43-Across?
- 57 Color associated with the L.A. Dodgers
- 58 "Checkmate!"
- 59 Adjust for space limitations, say
- 60 Long-term goals
- 61 Addendum to a real estate sign
- 62 Strong urges

DOWN

- 1 "___ Mia!": Meryl Streep film with ABBA music
- 2 Zodiac ram
- 3 2014 civil rights drama set in Alabama
- 4 Was dressed in
- 5 Hot
- 6 Weather repor backdrop
- 7 Cybersquatter's target, for short
- 8 Gathers bit by bit
- 9 Enormous number
- 10 Fire up, as an engine
- 11 Dollar bill
- 12 "That's correct"
- 17 Whiteboard wipers



- 18 "90 Day Fiancé" channel
- 22 Vegetarian pita filler
- 23 Insistent
- 24 Reino ___: England's country, in Spanish
- 25 Tried to chomp on
- 26 Eyelid woes
- 28 The NBA's Cavs, on scoreboards
- 30 Sojourn
- 31 "Bless you!" trigger
- 32 "Peachy keen!"
- 34 "Their Eyes Were Watching God" author Zora Neale ___
- 36 Goblets
- 37 Take a load off
- 42 Sport played on a variety of surfaces
- 44 "Get off the stage!"
- 46 Mead need
- 47 Many a Chopin piece
- 48 Feel at home
- 49 Class challenges
- 51 Tie
- 52 Deg. for a CFO or a CEO
- 53 "Rumble in the Jungle" boxer
- 54 "Tastes great!"
- 55 Early afternoon
- 56 Feel poorly

SUDOKU

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

SUDOKU (HARD)

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



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

Graduate Assistant
hmglaze@go.olemiss.edu



Alyssa Whitehead

Graduate Assistant
apwhiteh@go.olemiss.edu



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!](#)