

Inside This Issue

“Let’s go in our kitchen unit and put on a culinary show, so we appreciate your anticipation and anticipating members want to know.” by SM

August 2023

The Threshold Times

Threshold Clubhouse- Durham, NC

“All the News We See Fit To Print”

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Excerpt From Speech Class Assignment At Durham Tech By JM

Why Should People With Mental Illness Be Treated Like Other People?

People with mental illness should be treated with the same respect as other people because we are people that have a lot to give back to the community. People with mental illness are already put below everybody else because our brains are wired differently. Many people assume and create stereotypes about people with mental illness because all they see when they think of mental illness is the negative and false experiences that they see on the news and in movies and TV shows.

Why Do People Feel That Way?

Let me paint you a picture: you are watching the news and you see a story about someone’s mental illness it is usually about someone being violent or harming someone. This makes mental illness look pretty bad when in reality that may have been someone’s worst day. This plants seed of anxiety in a lot of people’s brains that mental illness means danger. And that it why people think that way.

At the end of the day people are people and they all deserve the same level of respect.

My 23rd Birthday! By TW

It’s going to be my birthday on the 17th of August!
I hope to have a great and fun day smiling!
I will be 23 this month and I’m getting to be a year older.
I adore having my friends and family all around!
I hope to live to see many more birthdays ahead of me!



The Bahamas by JL

My sister and I took my mother on cruise for Mother’s day to the Bahamas. We also had fun and listened to people sing Karaoke, and took pictures, and we hung out on the deck. We went off the ship at the Bimini port because we wanted to go the beach. When we realized that you had to buy “tickets” for everything and that it would be expensive, we went back to the ship. One night went to fancy dinner, where we danced for while, then we were to ate steak, veggies and potatoes. On the ship was a casino, where we played the claw game to try to win 500 dollars.

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Dear Journal,

What is my favorite summertime memory is going to summer camp. Why? Because I'm going to a summer camp when I was a little girl back in the day. When I never go swimming, but I do arts and crafts, playing games, and do some other things. But that's why my favorite summertime memory that I'm looking for.



Yours Truly, MP

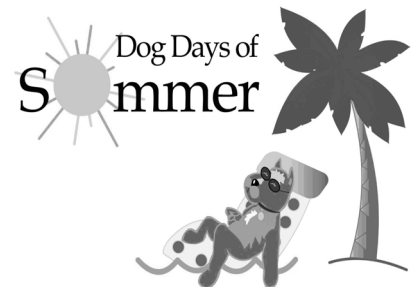
The Good Music By TWY



I have been to Ozzfest 5 times! They have a lot of bands and I enjoyed the music. Black Sabbath had a reunion, Korn was there, Jada Pinkett Smith was there. It is heavy metal and rock. Dio is a good band, they are also metal. I had fun riding my GT80 motorcycle. It was yellow. We had a ramp in the woods and would take turn jumping the ramp and riding up and down the streets. I wish I could do it again because it was so fun!

The Dog Days of Summer by BU

The period from about July 3rd until about the middle of the second week of August is known as the "Dog Days of Summer". That is when Sirius, popularly known as the "Dog Star" rises and sets with the Sun. It is the time of the year when the heat is most oppressive. It was popularly believed in the past that the "Dog Star" added its own heat to the heat of the Sun, and that was what made this time of year so oppressive. But meteorologists know now that is due to seasonal lag. The Sun is the highest in the sky at the summer solstice not in mid and late July, but the cumulative effect of the Sun's rays creates the seasonal lag. Since the oceans warm up more slowly than the land, the seasonal lag is even more pronounced over the oceans. That is why the peak of the hurricane season is in August and September rather than in June or July.



There Are People That We Meet by DS

There are people that we meet that we try to understand their struggles from a different perspective. In the process of understanding we come to a point that we can build trust and hope to be able to share values and create accurate wise and steady feelings which enable us the ability to understand each other! In the process we hope to create shared values establish similar feelings and develop love and hope for one another.

Summertime By EA

Summertime is when you can't get out of the sun. I remember I had cataract surgery, and me and my sister went to Charlotte NC, we stayed there for two days. My sister paid for my supper, breakfast, and lunch. That's the best trip I've ever taken. I also like to go to the beach in the Summer. I like to walk on the beach and get my feet wet in the ocean, and look for seashells and starfish. I like eating seafood as well. I ate oysters and fish. I went to the Mountains and visited Tweetsie Railroad, and rode some rides like the old steam locomotive. My favorite thing about summer is potted plants like blue flowers and pink flowers. I like honeydew melon and cantaloupe, I also drink lemonade.



August 2023

SRE Calendar all activities are in person from 3-5

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i>	<i>2</i>	<i>3</i> <i>Family</i> <i>feud or</i> <i>Jeop-</i>	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i> <i>Bingo</i>	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i> <i>Games</i>	<i>18</i>	<i>19</i>
<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i> <i>Karoke/</i> <i>Name</i> <i>that</i>	<i>25</i>	<i>26</i>
<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i> <i>MOVIE</i>		

Dog Days of August by SM

Oh Dog, Oh Dog, it's so hot, it's like kindling fires on astro logs. Now it's time for Summer Fun, and we have just made a pack to buy us a slumber party sack. And one thing: a lemonade a cart with a party tart, now how about a cookout near a water spout, let's shout. A pool party in the sun, our lives have only just begun, its party time in our neighbor's state. To a day of hot heat, I'm chilling in my house with my box fan and AC. And now I'm drinking sweet tea. To a world we all strive to fly high as soaring eagles wings. Well I guess I better get back to work and endeavor the weather and just enjoy things.

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August 2023 Newsletter

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