

THE REN REVIEW

212 E. OSBORN, PHOENIX AZ 85012



WELCOME AUGUST

The month of August is here and it is time to celebrate Book Lover's Day on the 9th and Relaxation Day on the 15th. These can both be great tools for maintaining mental health and wellness. Separations from the blue screen and some quiet time can help to quiet racing thoughts and to sleep better. Reading can take you to a place of your wildest dreams without leaving home and be educational. Yay August!!

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; don't know how to type... let's learn and thanks to technology we can spell check and help proofread. Here's to a new day, hope and another exciting edition of REN news!

IN THIS ISSUE

Last Months Outings
and Upcoming Fun

Members Spotlight,
Question of the Month

Fun Pages:
Inspirational Quotes,
Mental Health Comics,
Trish Talks, and REN
recipes

Updates, NEWS and
more!



FUN IN THE SUN
RECOVERY IN THE COMMUNITY



To provide recovery and healing opportunities in our community by sharing our journey

REN'S MISSION

Socialization is major part of our recovery journey. Often times members have experiences that can keep them isolated from others and working through feelings of depression, trauma or grief. At REN we do our best to help members to navigate these times with connection, community integration and joyful events. In July we attended Camp Open Sky, A Lock In/Flagstaff Munds Park and many fun outings including swimming at the Encanto Aquatic Center. A trip to the Grand Canyon, an Ice Cream Social, The Science Center, Picnic and Pie Outing to Rock Springs and fun in HERO.



REN Outings

RECOVERY IN THE CANYON

MATT WORL

Since reopening after the pandemic REN has been taking our members on camping trips to various campgrounds. Most recently we went to Williams, AZ where we stopped inside town briefly to eat lunch at a park. They had a small playground with a rock wall (which i climbed with ease), a softball field, and a small pond which I walked down to and explored. The flowers around it were beautiful. As an earth sign it is a necessity that I connect with nature in order to thrive. Regardless of your personal belief I feel that all will benefit from communing with nature, especially in a recovery setting.

When we first arrived at the campsite it was raining. Despite this a few of us were able to set up our tents and what not. Once this was done a friend of mine and I walked down to a small lake called Dogtown Lake which is located within the campsite. Over the course of the next two days I would walk down to this lake several times. Each time I took this short walk it was at different times of the day and it felt like I was seeing a new landscape for the first time.

On Saturday we went to Grand Canyon National Park as a group. I had been to this park before as a child but we stopped at the North Rim. This trip I got to experience the park from the South Rim. While there we took too many pictures to count and in addition to seeing the landscapes we also got to view elk and deer grazing right by the road almost close enough to touch. One of the viewpoints was Hermit's Hideout which is one of the more historic locations within the park.

In my opinion this camping trip was the best one so far. I felt that this trip was the one which I bonded the most with everybody that went on it and i got to know several people in ways that I may not have been able to otherwise. That was my third camping trip with REN and all of them have been outstanding. I look forward to attending more. This September we will be going on our annual trip to Camp Shadow Pines which we weren't able to go to last year because of the pandemic. Regardless of if you have attended one of our camping trips before or not I would recommend that you apply in the future even if it would be your first time camping.

Nurturing hope, community and growth while reducing isolation and mental health stigma

RENS VISION STATEMENT





REN Outings

LOCK IN AND FLAGSTAFF MUNDS PARK

DAWN GILLIS

REN went to Munds Park for an outing to the Farmers Market. We talked with different vendors. One of the vendors is the first Native American Arizona Representative.

The journey up North was enjoyable. There was wonderful weather with a few cumulus clouds forming.

There were remnants of fires from the hills between Phoenix and Flagstaff. Haze from the smoke made the mountains in the near distance disappear.

Geeze, did we enjoy Flagstaff! We walked through the Historical District. Stopped in a Gem and mineral shop just to view the beauty that the earth provides us to look at. Experience by looking at them. A tree of Amethyst was in the center of the entryway.

The weather was fantastic 88* Fahrenheit and billowy storm clouds.

We even experienced some precious precipitation. We were given \$10.00 each as REN members and could buy whatever we wanted.

Funny, at the Farmer's market in Flagstaff, the only produce they had was apples and melons and vegetables from Phoenix. From the Valley. At \$3.00 per pound for sweet potatoes. \$3.00 per pound for white or purple onions. Sad really that they don't have local produce to sell.

There were plenty of jars with fruit or pickles and canned veggies.

One member bought Cactus jelly. Another staff member bought some special Tomato sauce. The sales sign said it would boost SENSUALITY.. The tomatoes are imported from Italy. The salesman said they are the best in the world.

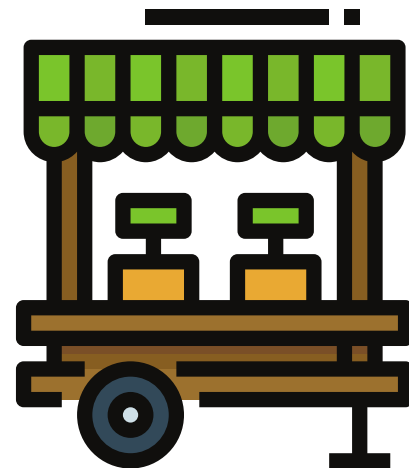
There was a booth of very special jewelry made of precious Arizona stones and gems and shells. The people are so kind and have good sales info.

A man demonstrated a wood chipper. It was quite something special to see, with such ease, how he swung a mallet and by placing half a log of wood, chopped it again and again into kindling for a fireplace at a campsite. It was an informative exhibit.

There was a couple who played an acoustic guitar. The man accompanying the woman watched her play and sing. They said they were from Sedona.

It was a nice day for a drive and had a nice day all in all. Arizona is so BEAUTIFUL.

Such History Arizona has seen and is still making to this day.





Question of the Month

In this edition of the The REN Review, we featured a few members and their answers to this month's question.

In the future, remember to fill out your check in sheets in groups. Your answer can be featured! You can always submit them to renaznews@gmail.com as well!

Question: *In celebrating Book Lover's Day in August, what book is meaningful to you, life changing or ah inspiring? What genre do you enjoy the most?*

Monte M - I like foreign language books, learning French, Spanish, German, Italian and a little English on the side. The New Testament is the most meaningful book.

Kathleen W - I love to read most anything but mysteries and books about cats. My favorite book is The Secret Garden.

Barbara P - I love reading, it let's me escape reality and crawl inside someone's imagination. A fast read for me is Lisa Garner (murder mysteries), John Grishm and Michael Palmer.

Deion M - I enjoy reading scary things like Goosebumps also other horror and mystery novels.

Sherry K - I love spiritual books and read Daily Bread every morning and other devotionals. I really enjoyed the Four Agreements, "Be impeccable with your word."

Angie - I always loved Little House on the Prairie.

Kim S - I like to read James Rollins, he is a cloak and dagger mixed with science author.

Paul H - I am into sci-fi and fantasy audio books.

Daniel P - I love the book Feel The Fear and Do It Anyways!

Trish G - I love Robin Cook - Fever; Dean Koontz, Stephen King, and Tom Clancy suspense, thriller books!

Jen AH - I remember reading Beverly Cleary's Tale of a Fifth Grade Nothing. I loved it because Ramona was much like me, often in trouble for being curious and making messes!

Nicolas K - I like reading about religions, mythology, folklore, drama and fantasy.

Janelle - I like reading about teenage romance.

Art Corner

HIGHLIGHTING REN ARTISTS

Every month we will be highlighting various art submitted by members. Our local artist today is Stephen Davis. Staff asked him why he does art? Stephen shared, "I feel that I am running a race with my eyesight, I have glaucoma and may very well be losing my ability to see well. Between trying to keep up on my study of the word and draw it can be challenging but my faith brings me through!"

What do you love about art Stephen? "Well it is harmonious; it has a thread, if you pull on it - it will unravel and the picture of your life will be unclear. Like a tapestry, drawing and art for me is way for me to share my life and gain clarity."

What or who inspires your drawings and art? "The beauty around that I see in the world that belongs to GOD and that he made. I do the artwork driven by the holy spirit, I love to draw things with meaning and to share my perspective.

What are your favorite things to draw? "I love to draw things like reality, flowers and animals and especially love people and draw them as well. Its my way of fighting against the dark in life and finding hope and recovery and happy moments. I'm in a pursuit of peace , I don't live for temporary things. I like to give out my treasures to bless others and extend hope. "



Art is not always about pretty things. Its about who we are, what happened to us, and how our lives are affected.

ELIZABETH BROWN ARTWELL ART THERAPY

Creative Writing Corner

Bring me back to life

Bring me back to life so I can fight for my right to live in the light
If I had known what I know now that I'm already gone from this materialistic world
I would change everything I did just so I can regain what was lost to me
Bring me back to life so I can apologize to my sister for having to be my caretaker
And never being able to live her life of possibilities that never became a reality because of me
Bring me back to life so I can thank my brother for all the crap he put me through, the tough love, just so I can tell him that I should of seen the truth of his words while there was still a chance to realize what my brother foreseen was nothing but a cruel reality of life
Bring me back to life so I can finally realize the true meaning of the pursuit of happiness to strive for the things that mattered to me that I should of tried harder to keep
But bring me back to life so I can finally realize what I should of before, that this is REAL life not a joke or some kind of a fantasy dimension that I never took serious but should have
Bring me back to life so I can right the wrongs I caused to my friends, but most importantly, my family, the ones I never should of let go.

Shelby Simmons

A GIFT IN DISGUISE:

when you look around you will not see, not notice the young girl who is sitting there, right there in the shadows all alone on the bench by that tree,
the tree that weeps like she sensing her pain a mile wide, pouring tears of pain and distress unto the grass spread below her as she clutches her stomach in fear, fearing of what's yet to come, fearing that she will never be strong enough, brave enough, for this was forced on her all because of him that man in the alley the one she couldn't see the one who stole everything from her including her innocence, her cries are silent but deadly not to her but what's growing within, the dread is insufferable, like she is being sucked in from the very center of her womb, like a black never ending hole from space, never stopping till it destroys her very being, her heart wrenching as she herself starts gasping for breath as though she is being suffocated, she has so much fear and uncertainty, looking down she reads the abortion papers one last time and she decides right then and there with determination she goes.....
five years later she watches as her baby girl runs towards her as fast as her little legs can carry her, smiling with a smile brighter than a hundred of heavens angels, thru the field with wildflowers in hand she stops in front of her, and she could think was thank you God for this gift you have given me!!!

Shelby Simmons

Creative Writing Corner

The following story is my guess of everything that would have happened if I made a braver choice in my previous life as Samuel. Yes, I really did have a previous life when my name was Samuel. In reality when I was stuck between two choices, I made the cowardly choice instead. So I like to think about how everything would have been different if I made the brave choice instead. I can't go into detail about my previous life and the choices because I have to keep the article appropriate for the REN news team.

My Desires

By: Nicolas Khoury

In my previous life as Samuel, I did something so selfless and brave that my action had a drastic effect on the world and even the universe. Every sentient beings' souls on Earth and other planets suddenly became brave. What this means is everyone's soul now has the ability to stand up to inner demons and obstacles. Also meaning, everyone became good. The same thing happened to my soul after committing the brave act. After passing from the Earth from my previous life into Heaven, I met God. God told me because I did the courageous deed, I could have his seat and become the new and even more powerful God and even be the most powerful Archangel at the same time. Because I stood up for myself just in time before I would have been forced to hurt other people, I'm honored to choose the color white for my Archangel wings, meaning worthy of being a saint. However, I rejected God's offer because I wanted to live as a human. God was alright with it and decided to hold all that power for me just in case I do want it. Also when or if I decide to receive all that power, I would be extra strong because of all the human experiences I had. I would receive extra strength, experience points, powers, skills, etc. I enjoyed Heaven for a while, then reincarnated into my current life as Nicolas Khoury. However, everything I would have experienced growing up would have been different than what I actually went through. Many modern day evil events that would have happened after Samuel's brave passing from the Earth didn't happen. Example: 9/11 didn't happen, crime rates stopped (literally 0 crime rates), etc. I'm living life to the fullest. I'm living eternally happy lives. I'm living this life, then passing from this life, going to Heaven, reincarnating into another life, and the cycle goes on and on and on and on. Technology advanced faster by 2021. By 2021, there is Sword Art Online technology and many other inventions. Watch the anime Sword Art Online to know what I'm talking about. The veil between the physical realm and the spiritual realms have been lifted so that humans coexist with supernatural beings.

Looking up

By looking up what do you see? The heavens rejoice with music and wings made of diamonds. Every cloud is a blessing and every bird is a miracle that will never fade away! Every night I would dream of being with the stars, just shining beside them one day. When I look up I see angels coming down from heaven and that is when I feel on top of the world!

Please don't wake me up, this is the only place and time where I feel wanted; this is where I am supposed to be. I am always lost in the dark and pushed to the ground This is the only place where I fit in. Don't turn off the light, you're breaking me! This place is so beautiful, I can't leave now.

I'm looking at the magic in front of me and I don't want anything to take it away from me. So while I am here remember to stay quiet and turn the lights off!

Deion Miller

Creative Writing Corner

Dock, Stop , Clock
It was stuffed with a sock
Don't be bashful
You have a Cash-ful
I write to be very Non-Stop
Azeal

Soaring
Soaring across the sky, bold and free
On Eagle's wings he glides over the sea.
Above the trees he sweeps across the sky
Right and left he banks on a wind, warm and dry.
In majesty and grace he swoops to the sea to catch
a fish
Never let this moment end; this is my only wish.
Gently the Eagle lands upon his nest; finally taking a
moment to rest.

By Monte Mendoza

Mothers and Others - Shirley Lambert

Women hold up half of the sky (Mao Zedong)

History - Herstory is vital to the world!

We work in the home. We have jobs, careers.

We attend colleges and universities.

We love our family and friends.

We take care of: babies, children, significant others, and parents

We laugh, we play, we sing, we dance.

We act on the stage of the world!

Now more than ever we voicing

the way we

have been objectified and sexually molester.

We are naming names.

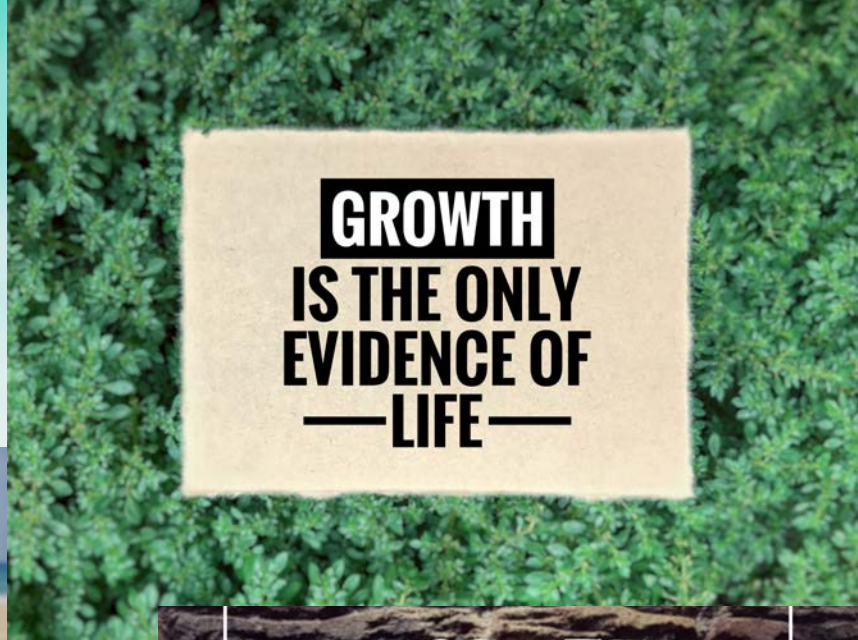
We are talking about it!.

We are women - mothers and others

In China there is a half the sky foundation turning oppression of women into worldwide opportunities.



GIVE
YOURSELF
PERMISSION
TO BE
HAPPY
EVERYDAY



GROWTH
IS THE ONLY
EVIDENCE OF
— LIFE —



DECIDE
COMMIT
FOCUS
SUCCEED



FORGET
The Mistake,
REMEMBER
The Lesson.

At REN we believe in lifting one another up and navigating our journey with a heart of gratitude and compassion in our recovery. Here are words to inspire!



IF NOT NOW,
WHEN?



LIFE IS SHORT,
AND IT IS UP TO YOU
TO MAKE IT SWEET.



START EACH DAY
WITH A
GRATEFUL HEART



COLLECT MOMENTS
NOT THINGS.

FUN IN RECOVERY

AUGUST WORD SEARCH

Be Positive

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

Would you Believe...

Cats are not able to taste anything that is sweet.

The Nobel Peace Prize is named for Alfred Nobel, the inventor of dynamite.

One of the ingredients needed to make dynamite is peanuts.

The smallest country in the world takes up .2 square miles: Vatican City.

Applesauce was the first food eaten in space by astronauts.

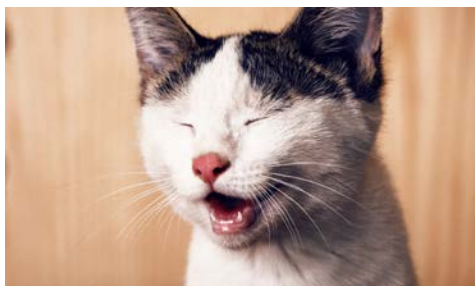
Your fingernails grow faster when you are cold

The average person spends two weeks of their life waiting at traffic lights.

A typical cough is 60 mph while a sneeze is often faster than 100 mph.

Goats have rectangular pupils in their eyes.

Cows can walk up stairs but not down them.



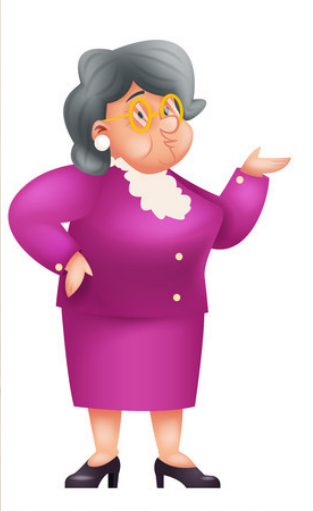
COPING SKILLS
 EXERCISE
 FOCUS
 HEALTHY
 HOBBIES
 HUMOR
 JOY

LAUGH
 LEISURE ACTIVITY
 PEACE
 READ
 RELAXATION
 SMILE
 SOCIALIZE

STRESS MANAGEMENT
 SUPPORT
 THANKFUL
 WALK
 WELLNESS

Peer Trisha's Almanac

AUGUST 2021



August 14, 1935 - President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65. The Social Security system also aids states in providing financial aid to dependent children, the blind and others, as well as administering a system of unemployment insurance.

August 2, 1776 - In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

August 3, 1492 - Christopher Columbus set sail from Palos, Spain,.

August 5, 1583 - The first British colony in North America was founded by Sir Humphrey Gilbert, a British navigator and explorer.

August 5, 1861 - President Abraham Lincoln signed into law the first Federal income tax, a 3 percent tax on incomes over \$800, as an emergency wartime measure during the Civil War

August 14, 1945 - V-J Day, commemorating President Truman's announcement that Japan had surrendered to the Allies.

August 15, 1969 - Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert drew a crowd of more than 300,000 people.

August 16, 1896 - Gold was discovered in Rabbit Creek, a tributary of the Klondike River in Alaska, resulting in the Great Klondike Gold Rush

August 17, 1978 - The first transatlantic balloon trip was completed by three Americans; Max Anderson, Ben Abruzzo, and Larry Newman, all from Albuquerque, New Mexico. Starting from Maine on August 11th, they traveled in Double Eagle II over 3,000 miles in 137 hours, landing about 60 miles west of Paris.

August 18, 1920 - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

August 21, 1959 - President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.

August 28, 1963 - The March on Washington occurred as over 250,000 persons attended a Civil Rights rally in Washington, D.C., at which Rev. Dr. Martin Luther King, Jr. made his now-famous I Have a Dream speech,



1971(50yrs)

The Andromeda Strain – Arthur Hill

1981(40yrs)

Raiders of the Lost Ark - Harrison Ford

1991 (30yrs)

Hot Shots! - Charlie Sheen

2001(20yrs)

American Pie 2 - Alyson Hannigan

2020 (1yr ago)

UNHINGED – Russell Crowe

July 2021 (1 month)

black widow- Scarlett Johansson

NOW PLAYING

IN THEATERS

Jungle Cruise Dwayne Johnson and Emily Blunt

An adventure of a lifetime on Disney's Jungle Cruise, a rollicking thrill-ride down the Amazon with wisecracking skipper Frank Wolff and intrepid researcher Dr. Lily Houghton. Lily travels from London, England to the Amazon jungle and enlists Frank's questionable services to guide her downriver

Audible-Netflix

Football player Amaree McKenstry-Hall and his Maryland School for the Deaf teammates attempt to defend their winning streak while coming to terms with the tragic loss of a close friend.

McCartney 1,2,3- Hulu

Paul McCartney and Rick Rubin sit down together and explore the legend's music with the Beatles and his solo career

VAL - Amazon Prime (Aug 6)

Who is Val Kilmer, really? Is he a Hollywood terror who enraged directors and co-stars? Or is he a fading star, ravaged by cancer looking back on a career that could have been so much more? This documentary hit aims to find out.

Cruella - Disney Plus

Disney's CRUELLA follows the early days of one of cinema's most notorious and notoriously fashionable –villains. During the 1970s London punk rock revolution, a young grifter (Emma Stone), transforms herself into the raucous, revenge-bent Cruella de Vil.



MUSIC

BillBoard top 100

- 1971(50yrs) **How Can You Mend a Broken Heart?**- Bee Gee's
- 1981 (40yrs) **Elvira** -Oak Ridge Boys
- 1991 (30 yrs) **(Everything I Do) I Do It for You** - Bryan Adams
- 2001 (20yrs) **Let Me Blow Ya Mind** - Eve featuring Gwen Stefani
- July 2021 **Butter**--BTS



Albums

- 1971(50yrs) **Tapestry**- Carole King
- 1981 (40yrs) **Long Distance Voyager** – The MoodyBlues
- 1991 (30 yrs) **Unforgettable...with Love**- Natalie Cole
- 2001 (20yrs) **Songs In A Minor** – Alicia Keys
- July Faith - Pop Smoke



Aug 1,1981 MTV was launched playing its first video; Video Killed the Radio Star. It change the music entertainment industry forever. Also the reality TV was perfect on MTV: The Osbournes', Jersey Shore and The Real World! Yo MTV Raps brought rap to the mainstream. 40 years after its creation, MTV continues to reinvent itself. It is now known as MTV Entertainment — part of the Viacom CBS Family. The brand is in 180 countries with a reach of nearly two billion people.



Trisha Talks

Dear Trisha,

I'm struggling with staying positive. I have been working really hard for several years. I am trying to be more outwardly positive. I refuse to send out negative vibes. However, inside my head, I can't help but to focus on all the bad stuff I have done; embarrassing moments, bad decisions, and bad traits. I meditate and I do hobbies, but they do not help. I think sometimes I may be oppressed by a bad spirit. I'm about to buy some sage ...

Desperately seeking peace of mind

Dear Peace of Mind,

Let it hurt, let it heal, let it go! You cannot control the thoughts that come into your head. Forgiving yourself is the key. You are not the person you were when the event happened. You learned and moved on. Stop punishing yourself. When you have the thought, recognize that it happened, but also that you have learned from it; give it or the feeling permission to leave. Sometimes it is as simple as saying the word stop

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





Happy Birthday

to all the people born In August.
Did you know you share the month
with these famous persons.

August 1, 1779, Francis Scott Key poet Wrote Star-Spangled Banner

August 4, 1901, Louis Armstrong Jazz musician

August 4, 1961 Barack Obama 44th president

August 6, 1881, Alexander Fleming Penicillin discoverer

August 7, 1876 Mata Hari International spy

August 10, 1874 Herbert Hoover 31st President

August 11, 1921 Alex Haley Roots Author

August 12, 1881 Cecil B DeMille Movie Producer
The ten commandments and Cleopatra

August 13, 1818 Lucy Stone Woman's right activist

August 13, 1860, Annie Oakley Wild West Performer

August 13, 1899 Alfred Hitchcock Film Director

August 13, 1927 Fidel Castro Cuban President

August 15, 1769 Napoleon Bonaparte French emperor

August 17, 1786 Davey Crockett American Frontiersman

August 18, 1774, Meriwether Lewis explorer half of
Lewis and Clark

August 19, 1871 Orville Wright Aviation Pioneer

August 19, 1946 Bill Clinton 42nd president

August 20, 1833 Benjamin Harrison 23rd president

August 25, 1918 Leonard Bernstein Conductor West
side story

August 26, 1873 Lee De Forest Inventor

August 27, 1908 Lyndon B Johnson 36th President

August 27, 1910 Mother Teresa

August 30, 1797 Mary Shelley Author Frankenstein

Ren Film project



Ren would like to thank, Jeff who facilitates The Recovery Reels group and the many volunteers who worked on the new REN promotional video.

It will be used to show as marketing and show new members what it is that makes REN *so awesome!* Not only was it fun, but very educational. Jeff took the opportunity to teach us about working with lights, camera, sound, and other aspects of working on a video production set. Yours truly even did some acting! We can all be proud of the work we did:) - Trisha

RECOVERY Empowerment NETWORK

HOURS OF OPERATION

MONDAY - FRIDAY
7:30AM - 3:00PM

SATURDAY SERVICES
7:30AM - 3:00PM

MAKE SURE YOU CHECK THE CALENDAR TO SIGN UP FOR ANY EVENTS ON THIS DAY

SUNDAY
CLOSED

WWW.RENAZ.ORG

602-248-0368

IF YOU WOULD LIKE TO BE PART OF THE REN NEWS TEAM - PLEASE MEET WITH JEN A. WE MEET IN THE COMPUTER LAB ON TUESDAYS FROM 9:00AM-11:30AM.

THANK YOU TO EVERYONE WHO PARTICIPATED IN THE PUBLISHING OF THE REN NEWSPAPER! AS WE NAVIGATE CHANGES AND TRY OUR BEST TO PROVIDE A GREAT PAPER, YOUR FEEDBACK IS WELCOME!