

THE WARBLER

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Dear Student, Artist, Thinker,

If you could step into any story, where would you go? Would you step through the wardrobe into Narnia or sail the high seas? The beauty of reading is that it can take you anywhere. You can step into anyone's shoes. You can feel a thousand different emotions. Books make us ageless, timeless, placeless.

When we read a book, it can express our deepest feelings. A children's story can call us back to our own childhoods, but now we see it through the eyes of our adulthood. Reading and writing can connect us to our most authentic selves, the ones we keep hidden from the rest of the world. **Bibliotherapy** helps explain these experiences. Reading, writing, and using our imaginations can help us become aware of our emotional worlds and experiences. The healing power of books has been known for thousands of years. The inscription on one of the worlds' oldest libraries in Egypt read, "the house of healing for the soul." Bibliotherapy can help us deal with the challenges of life and relationships, our emotional struggles, and help us understand ourselves and others.

If this all seems new to you, think about any spontaneous reading or writing you may have done in your life, such as writing a letter to a friend, reading books, poems, and even magazines, or being introduced to a new topic — just like you are doing now!! Our hope is that with this information, you may begin reading and writing in a new way!

*Lydia and Adi | Auburn University
and the APAEP Team*



“Reading is an exercise in empathy; an exercise in walking in someone else’s shoes for a while.”

MALORIE BLACKMAN // British author, Children’s Laureate

WORDS INSIDE

FOUND INSIDE “BIBLIOTHERAPY ...”
ameliorate | make something that is bad or unsatisfactory better

catharsis | the process of releasing, and thereby providing relief from, strong or repressed emotions

FOUND INSIDE “BENEFITS OF READING BOOKS ...”
conclusively | in a decisive way that has the effect of proving a case

FOUND INSIDE “WRITING CAN IMPROVE MENTAL HEALTH ...”
indicator | a thing, especially a trend or fact, that indicates the state or level of something



POSITIVITY

Benefits of Reading Books

*How It Can Positively Affect Your Life*BY REBECCA JOY STANBOROUGH | *Healthline* | October 15, 2019

In the 11th century, a Japanese woman known as Murasaki Shikibu wrote “The Tale of Genji,” a 54-chapter story of courtly seduction believed to be the world’s first novel. Nearly 2,000 years later, people the world over are still engrossed by novels — even in an era where stories appear on handheld screens and disappear 24 hours later. What exactly do human beings get from reading books? Is it just a matter of pleasure, or are there benefits beyond enjoyment? The scientific answer is a resounding “yes.” Reading books benefits both your physical and mental health, and those benefits can last a lifetime. They begin in early childhood and continue through the senior years. Here’s a brief explanation of how reading books can change your brain — and your body — for the better.



Reading strengthens your brain | A growing body of research indicates that reading literally changes your mind. Using MRI scans, researchers have confirmed that reading involves a complex network of circuits and signals in the brain. As your reading ability matures, those networks also get stronger and more sophisticated. In one study conducted in 2013, researchers used functional MRI scans to measure the effect of reading a novel on the brain. Study participants read the novel “Pompeii” over a period of 9 days. As tension built in the story, more and more areas of the brain lit up with activity. Brain scans showed that throughout the reading period and for days afterward, brain connectivity increased, especially in the somatosensory cortex, the part of the brain that responds to physical sensations like movement and pain.

Increases your ability to empathize | And speaking of sensing pain, research has shown that people who read literary fiction — stories that explore the inner lives of characters — show a heightened ability to understand the feelings and beliefs of others. Researchers call this ability the “theory of mind,” a set of skills essential for building, navigating, and maintaining social relationships. While a single session of reading literary fiction isn’t likely to spark this feeling, research shows that long-term fiction readers do tend to have a better-developed theory of mind.

Builds your vocabulary | Researchers have found that students who read books regularly, beginning at a young

age, gradually develop large vocabularies. And vocabulary size can influence many areas of your life, from scores on standardized tests to college admissions and job opportunities. A 2019 poll conducted by Cengage showed that 69 percent of employers are looking to hire people with “soft” skills, like the ability to communicate effectively. Reading books is the best way to increase your exposure to new words, learned in context.

Helps prevent age-related cognitive decline |

The National Institute on Aging recommends reading books and magazines as a way of keeping your mind engaged as you grow older. Although research hasn’t proven conclusively that reading books prevents diseases like Alzheimer’s, studies show that seniors who read and solve math problems every day maintain and improve their cognitive functioning. And the earlier you start, the better. A 2013 study conducted by Rush University Medical Center found that people who’ve engaged in mentally stimulating activities all their lives were less likely to develop the plaques, lesions, and tau-protein tangles found in the brains of people with dementia.

Reduces stress | In 2009, a group of researchers measured the effects of yoga, humor, and reading on the stress levels of students in demanding health science programs in the United States. The study found that 30 minutes of reading lowered blood pressure, heart rate, and feelings of psychological distress just as effectively as yoga and humor did. The authors concluded, “Since time constraints are one of the most frequently cited reasons for high stress levels reported by health science students, 30 minutes of one of these techniques can be easily incorporated into their schedule without diverting a large amount of time from their studies.”

What should you be reading? | So, what should you be reading? The short answer is: Whatever you can get your hands on.

The takeaway | Reading is very, very good for you. It’s especially important for children to read as much as possible because the effects of reading are cumulative. However, it’s never too late to begin taking advantage of the many physical and psychological benefits waiting for you in the pages of a good book. ●

“A reader lives a thousand lives before he dies ... The man who never reads lives only one.”

GEORGE R.R. MARTIN // author

POETRY

What is Poetry Therapy?

BY YASHIKA | *Mantra Care*

Poetry is a healthy and therapeutic way to express oneself, and it can be used for all sorts of reasons. Poetry Therapy is an innovative firm that offers a safe place for people to connect with themselves through writing poetry. It's been shown to help people going through tough times in their lives. By creating a sense of control, healing wounds, and making connections with others.

Many family members report increased closeness after working through traumatic events with the help of poetry. Despite the lack of well-designed studies, many people find that poetry therapy is helpful in resolving personal issues. Patients typically attend sessions on a weekly or monthly basis, where they share poems that they have written. The therapist helps the patient explore the thoughts and feelings that express in the poems. And provides guidance on how to apply it in the therapeutic setting to other areas of their life.

Why Poetry Therapy Works?

There are a few reasons why poetry therapy works well.

First, poetry is a form of expression that allows people to communicate their thoughts and feelings. It allows people to express themselves in a way that isn't always possible with words. This can be helpful for people who find it difficult to talk about their feelings. Or who are struggling to find the right words?

Second, poetry is a form of self-expression that can help people connect with their innermost thoughts and feelings. It can be a way for people to explore things they might not otherwise be able to express.

Third, poetry can be used as a way to reflect on past experiences. This can help people understand themselves better and see how they've changed over time.

Fourth, poetry can be used as a tool for healing. It can help people work through tough emotions and heal emotional wounds.

Finally, poetry can be used as a way to connect with others. Reading/writing poems can allow people to share their thoughts in a way that they may not otherwise can.

Poetry Therapy can be used for all sorts of reasons. Such as helping people going through tough times, healing wounds, and making connections with others. There are a few reasons why poetry therapy works well. It can be a way for people to explore things they might not otherwise be able to express. And poetry can be a tool for healing. Also, it can be a way for people to connect with others.

How Poetry Therapy Works?

Poetry therapy can be done in a number of ways. One

way is to write your own poems, which can help you explore your feelings and thoughts. Another way is to read poems aloud, which can help you connect with others and share your feelings.

Poetry therapy can also be used as a way to reflect on your life. You can look back at old poems. And see how they relate to the things that have happened to you since then. This can help you understand yourself better and see how you've changed over time.

Anyone who wants to explore their emotions and connect with themselves and others can benefit from Poetry Therapy. It's been shown to be helpful for people who are going through tough times. Especially the ones who have suffered trauma, or want to connect with others.

Benefits of Poetry Therapy

The following are some potential benefits of poetry therapy:

- Provides a way to express thoughts and feelings that may be difficult to put into words
- Can help promote personal insight and discovery
- Can reduce anxious feelings associated with traumatic memories
- May increase closeness among family members who have worked through traumatic events together

How Poetry Therapy Can Help You

Processing Emotions | Poetry therapy is a good way of processing tough emotions. Since it's an expressive form of therapy. It allows people to get in touch with their thoughts and feelings more deeply. And they can process their emotions well. This can make it easier to understand and deal with these emotions.

Healing Emotional Wounds | Poetry therapy can also be used as a way to heal emotional wounds. It allows people to express their feelings in a safe and healthy way. This can help people work through tough emotions and heal emotional wounds.

Making Connections With Others | Poetry can be a way for people to connect with others. When people write or read with others, they can connect with similar people. This can help build connections with other people and create a sense of community. ●



Amanda Gorman, a 22-year-old poet, recited her poem "The Hill We Climb" during the inauguration of President Biden on January 20, 2021.

🔗 Edited for space

MATHEMATICS

Sudoku

#217 PUZZLE NO. 4758892

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

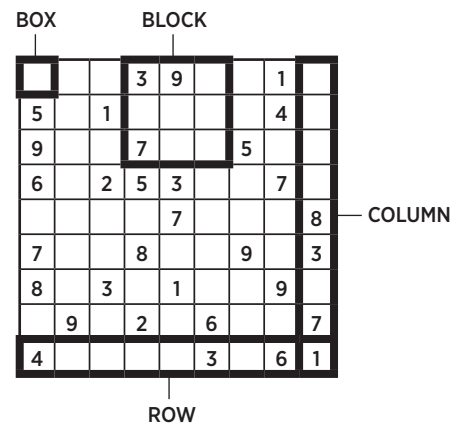
#218 PUZZLE NO. 6705643

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

©Sudoku.cool

SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1-9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.



What the example will look like solved

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



“The pleasure of reading a story and wondering what will come next for the hero is a pleasure that has lasted for centuries and, I think, will always be with us.”

STAN LEE // American comic book writer

DID YOU KNOW?

The three books that have been **read the most** are: The Bible, Quotations from Chairman Mao Tes-Tung, and Harry Potter.

When we read, we come across different characters, whose life experiences differ from our own. Reading helps to **develop a child's ideas** and personalities, as kids will compare their beliefs and thought processes to those of the characters they read.

Studies have shown that when we are exposed to a greater range of diverse perspectives and motivations, it increases our **emotional intelligence**.

The Biblioteca Joanina (library) in Portugal has an unusual method of keeping their books clean. A swarm of **bats live in the library** and feed on book eating insects at night, helping to preserve the 300-year old building and the many books it harbours.

The longest ever book title consists of over **3,700 words** and 26,000 characters.

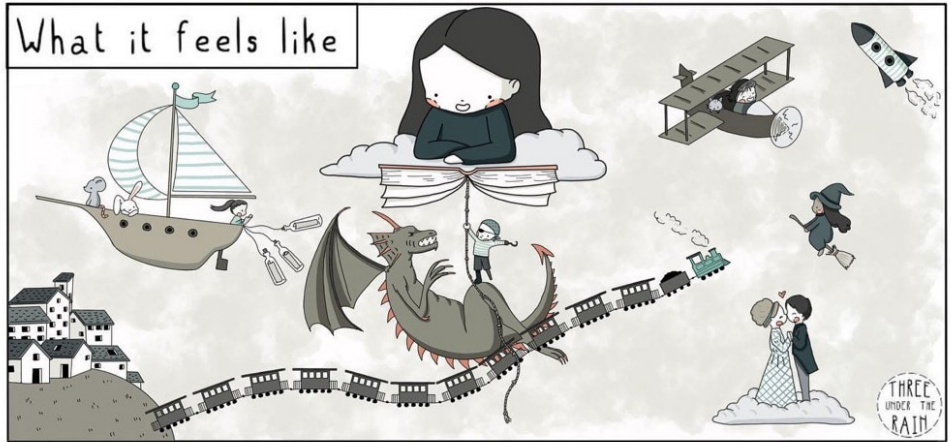
Source: <https://kidadl.com/articles/incredible-facts-about-reading-and-books-you-wont-believe-your-eyes>

READING

What it looks like



What it feels like



“Reading makes immigrants of us all. It takes us away from home, but more important, it finds homes for us everywhere.” JEAN RHYS // novelist

Idiom

“Take a leaf out of someone’s book”

Meaning To behave or do something in a way that someone else would.

Origin To imitate someone; to follow someone’s example. The figurative use of the term, which dates from about 1800, B. H. Malkin used it in his translation of Gil Blas (1809), “I took a leaf out of their book,” meaning simply, “I imitated them,” or “I followed their example.”

The word *page* has also been used, for example, “to take a page from someone’s book.”

Source: <https://idioms.thefreedictionary.com>



ALICE IN WONDERLAND IS BASED ON A REAL 10-YEAR-OLD GIRL WITH WHOM LEWIS CARROLL WAS FRIENDS. SHE WAS CALLED ALICE LIDDELL, AND, WHILST OUT ON A BOATING TRIP, ASKED CAROLL TO TELL HER A STORY.



BIBLIOSMA IS THE WORD FOR LOVING THE WAY BOOKS SMELL.

ART + CULTURE

Notes on the Art of Poetry

BY DYLAN THOMAS

I could never have dreamt that there were such goings-on
 in the world between the covers of books,
 such sandstorms and ice blasts of words,
 such staggering peace, such enormous laughter,
 such and so many blinding bright lights,
 splashing all over the pages
 in a million bits and pieces
 all of which were words, words, words,
 and each of which were alive forever
 in its own delight and glory and oddity and light.

WRITING PROMPT

In this poem, Dylan describes the feelings and emotions they are feeling, found within the book they are reading or listening to. Describe your favorite book to someone who has never read it in the form of a poem, short story, illustration, or creative non-fiction essay.



Word Search

T	I	M	A	O	E	R	R	M	E	P	N	S	O
Y	O	D	E	S	M	F	I	N	I	O	R	E	R
H	R	R	E	E	O	S	O	S	M	G	O	Y	L
L	V	T	I	R	R	R	M	S	D	I	O	I	S
O	N	S	E	M	M	I	E	U	T	R	D	S	A
O	M	V	M	O	I	Y	T	I	D	D	O	O	N
R	E	O	U	R	P	O	U	T	R	G	S	W	D
R	A	S	I	O	D	R	E	A	M	T	D	M	S
D	R	M	R	O	R	P	T	T	R	E	E	O	T
L	S	U	N	O	I	L	L	I	M	W	L	S	O
D	E	O	I	O	N	O	O	R	E	A	I	M	R
D	T	Y	T	S	O	V	E	N	M	A	G	H	M
N	O	O	O	N	I	R	Y	P	E	D	H	D	S
N	N	M	R	T	R	D	Y	D	D	D	T	R	D

POETRY
 DELIGHT
 ODDITY
 FOREVER
 SANDSTORMS
 ENORMOUS
 NOTES
 DREAMT
 WORDS
 MILLION

Dylan Thomas (1914-1953) was a Welsh poet and writer. He earned his living as a screen-writer and radio broadcaster, though his poetry and writing were popular during his lifetime. He wrote many of his famous poems while he was a teenager.

SELF-CARE

Writing Can Improve Mental Health – Here's How

BY CHRISTINA THATCHER | *The Conversation* | June 17, 2021

Ernest Hemingway famously said that writers should “write hard and clear about what hurts.” Although Hemingway may not have known it at the time, research has now shown that writing about “what hurts” can help improve our mental health. There are more than 200 studies that show the positive effect of writing on mental health. But while the psychological benefits are consistent for many people, researchers don't completely agree on why or how writing helps.

One theory suggests that bottling up emotions can lead to psychological distress. It stands to reason, then, that writing might increase mental health because it offers a safe, confidential and free way to disclose emotions that were previously bottled up. However, recent studies have begun to show how an increase in self-awareness, rather than simply disclosing emotions, could be the key to these improvements in mental health. In essence, self-awareness is being able to turn your attention inward towards the self. By turning our attention inward, we can become more aware of our traits, behaviour, feelings, beliefs, values and motivations.

Research suggests that becoming more self-aware can be beneficial in a variety of ways. It can increase our confidence and encourage us to be more accepting of others. It can lead to higher job satisfaction and push us to become more effective leaders. It can also help us to exercise more self-control and make better decisions aligned with our long-term goals. Self-awareness is a spectrum and, with practice, we can all improve. Writing might be particularly helpful in increasing self-awareness because it can be practiced daily. Rereading our writing can also give us a deeper insight into our thoughts, feelings, behaviour and beliefs.

Here are three types of writing which can improve your self-awareness and, in turn, your mental health:

Expressive writing | Expressive writing is often used in therapeutic settings where people are asked to write about their thoughts and feelings related to a stressful life event. This type of writing aims to help emotionally process something difficult. Research shows that expressive writing can enhance self-awareness, ultimately decreasing depressive symptoms, anxious thoughts and perceived stress.

Reflective writing | Reflective writing is regularly used in professional settings, often as a way to help nurses,

doctors, teachers, psychologists and social workers become more effective at their jobs. Reflective writing aims to give people a way to assess their beliefs and actions explicitly for learning and development. Reflective writing asks the person to be open and curious. Writing reflectively requires a person to ask themselves questions and continuously be open, curious and analytical. It can increase self-awareness by helping people learn from their experiences and interactions. This can improve professional and personal relationships as well as work performance, which are key indicators of good mental health.



Creative writing | Poems, short stories, novellas and novels are all considered forms of creative writing. Usually, creative writing employs the imagination as well as, or instead of, memory, and uses literary devices like imagery and metaphor to convey meaning. Writing creatively offers a unique way to explore thoughts, feelings, ideas and beliefs. For instance, you could write a science fiction novel that represents your concerns about climate change or a children's story that speaks to your beliefs about friendship. You could even write a poem from the perspective of an owl as a way to represent your insomnia.

Writing creatively about challenging experiences, like grief, can also offer a way to communicate to others something which you feel is too complicated or difficult to say directly.

Creative writing encourages people to choose their words, metaphors and images in a way that really captures what they're trying to convey. This creative decision-making can lead to increased self-awareness and self-esteem as well as improved mental health.

Writing for self-awareness | Self-awareness is a key component for good mental health and writing is a great place to start. Why not take some time to write down your feelings about a particularly stressful event? Or reflect on a difficult time in the last year and consider what you have learned from it? If you prefer to do something more creative, then try responding to prompts by writing a poem or story.

Writing prompts will give you a chance to reflect on your past, ask yourself important questions, and make creative choices. Spending just 15 minutes doing this may give you an opportunity to become more self-aware – which could lead to improvements in your mental health.●

“A word after a word after a word is power.”

MARGARET ATWOOD // author

HEALING

Bibliotherapy | Using Books to Help and Heal

BY PAULA J. SCHWANENFLUGEL, PH.D. AND NANCY FLANAGAN KNAPP, PH.D. | *Psychology Today* | October 1, 2019

New research supports an ancient practice.

As the word suggests, *bibliotherapy* combines two of our favorite topics — reading and psychology. The term itself was coined only about a century ago by Samuel Crothers, a Unitarian minister who wrote an article in the *Atlantic Monthly* describing how relevant books could be used as an effective adjunct to medical or psychological treatment. However, the idea of bibliotherapy has existed from ancient times. The library at Thebes in ancient Greece had written over its door, “Healing place of the soul,” and people have always instinctively recognized the power of stories to not only entertain and inform but also to comfort and guide.

What Is Bibliotherapy?

Bibliotherapy is most easily defined as facilitating psychological growth and healing through reading. Most people in the field recognize two distinct branches of bibliotherapy, though the exact dividing line between them is not easily drawn.

Developmental bibliotherapy is used mainly in community or educational settings to help children or adults address common life issues. *Clinical or therapeutic bibliotherapy* is the use of books in a professional therapy context to treat a diagnosed emotional disorder or ameliorate the negative life impact of a diagnosed emotional, mental or physical disorder. Therapeutic bibliotherapy is most often used as an adjunct to more traditional medical or psychological therapies.

But it can be used as a stand-alone therapy as well, as it was in a 2004 study that compared the effectiveness of self-administered bibliotherapy with traditional short-term (12-20 sessions) psychotherapy for 60 older adults diagnosed with depression, and found

both were equally effective in reducing clinician’s ratings of depression, both immediately post-treatment and at a three-month follow-up.

How Is It Done?

Bibliotherapy is more of a general concept than a single, rigorously defined therapeutic method. As in the final example cited above, bibliotherapy can sometimes be as simple as “prescribing books” — that



Image by N.F. Knapp

is, telling a student, client, or patient to read a particular book that you believe will help them. More often, bibliotherapy is facilitated through interaction with a helper or guide, either one-on-one, as in a counseling situation, or in a group of people who are dealing with similar issues and reading and responding to a text together.

One can even practice bibliotherapy on oneself, as we suspect many avid readers do, returning to favorite books that they know will lift their spirits when life looks generally grey, or, more urgently, seeking written advice or inspiration to help them face significant life challenges, such as a cancer diagnosis or the loss of a loved one. Indeed, therapeutic texts can be

change	<p>SHAKING</p> <p>SHAKING SHAKING</p> <p>SHAKING SHAKING</p> <p>SHAKING SHAKING</p>	First
	FIRST	

WORD PLAY A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters “LOOK ULEAP,” you could guess that the phrase is “Look before you leap.” *Answers are on the last page!*

of many different types: Narrative fiction is the original and traditional genre used in bibliotherapy, with poetry a close second, but self-help books are now just as popular, while biographies and memoirs can also be very helpful if written by or about someone who struggled with or triumphed over circumstances similar to those readers face.

Of course, therapeutic texts need not be complete books; short stories have been found effective in bibliotherapy, especially with participants whose attention span may be limited by age or cognitive impairment, while several practitioners have written about using comic books, and both teachers and therapists often use picture books to help young children develop and cope with difficult circumstances.

How Does It Work?

There is much discussion in the theoretical literature on bibliotherapy about whether its beneficial effects derive from the actual reading of the text itself or from the interaction, discussion, and sharing around the text that typically accompanies that reading. It seems likely the answer is both.

But most people in the field agree that the process works through the familiar therapeutic stages of *identification*, *catharsis*, and *insight*. In the first stage, the reader forms an affiliation with a character or characters in the text, identifying with their problems and goals. Catharsis comes about as the reader follows the characters through the text, experiencing from a safer, once-removed position their emotions, struggles, and hopes as they work toward the eventual resolution. Insight is the conscious recognition of similarities between the characters or situations in the text and the reader's own characteristics and circumstances, and the subsequent decision to apply ideas or lessons from the text to the reader's own thoughts and actions.

Many scholars add a fourth stage, *universalization*, in which the text helps readers realize that they are not alone, but that many others share similar problems and concerns and have found ways to deal with them. In this respect, bibliotherapy, even if undertaken alone or one-on-one, offers an important benefit more often associated with group therapy. •

“Books serve to show a man that those original thoughts of his aren’t very new at all.” ABRAHAM LINCOLN // U.S President

RANDOM-NEST

Bibliotherapy

BY AMANDA BRINEY | INFORMATION TAKEN FROM THOUGHTCO | 2020

1. Read aloud

Reading aloud integrates auditory learning of listening to the words and tactile-kinesthetic learning of the act of saying the words aloud which intrinsically builds reading comprehension. It is easier to remember what you have read when you have not only visually read the words but to hear them again out loud.

2. Find the main idea

Making a conscious effort to identify the main idea of a passage can help improve your reading comprehension. What or who is this passage about? Why does it matter?

3. Find supporting details

Identifying a couple of supporting details or information about the main idea helps you get a more complete back story of who or what the passage is about. Again this is the act of consciously thinking about a few points that you can remember about what you have just read.

4. Recognize story structure and key points

Can you quickly identify the structure of the reading selection? For example, does it have a beginning, middle, and end or is it all about one topic? If it is a story, what is the theme, the mood, who are the main characters, what are they doing? What is the setting, is there a conflict, who is the protagonist, and who is the antagonist? Breaking down the elements of a reading passage can help you get a more complete picture of what it is you have read and organize the various parts in an easy to understand way.

Before you read, try to do a quick pre-read of the selection. Is it a book? Read the back cover and the intro. Thumb through the pages of the book scanning titles and read a few sentences throughout. Doing a quick pre-read can help you familiarize and get an idea of what it is that you are going to read before you read it.

5. Generate questions

Generating questions is a great way to stretch yourself as a reader. What can you ask that you could answer from reading the selection?

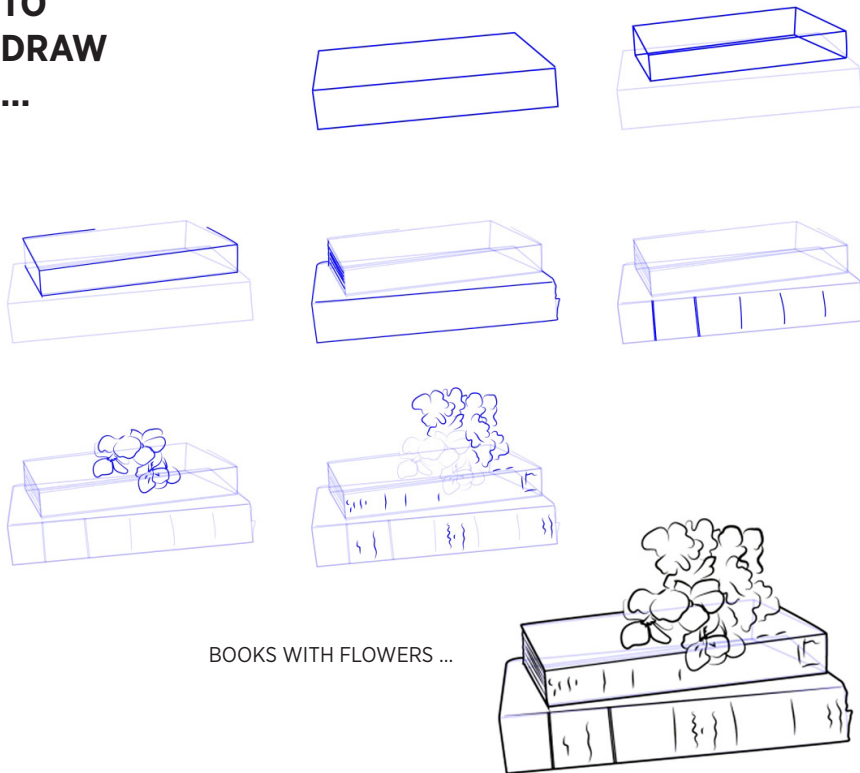
6. Summarize what you have read

Put the reading selection into your own words and summarize what you have read. When you use your own words to describe what you have read, it makes it more relatable and more memorable to you.



HOW TO DRAW

...



BOOKS WITH FLOWERS ...

drawingtutorials101.com

Answers

SUDOKU #217

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

SUDOKU #218

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



Rebus Puzzle Page 8

1. Small change
2. Shaking all over
3. First in, first out

Words of Encouragement

We hope you've enjoyed learning about the power and positive impacts of reading and writing. Books can be anything you need them to be: a port in a storm, an escape from reality, a way to connect with other people. Writing can be the same. Humans are natural storytellers, and we've been telling them since before recorded history. Perhaps this is why reading and writing are so powerful and why they can bring such healing.

After finishing this newsletter, take some time for reflection.
 How have stories impacted your life?
 What stories have stayed with you?
 What stories are you dying to tell?

We encourage you to return to some of your favorite stories, find new stories to love, and share these stories with others, so that you might spread the joy and healing of literature with the world. And if you can't find the stories you're looking for, perhaps this is your call to write them.

Lydia and Adi



Send ideas and comments to:

APAEP
 1061 Beard-Eaves
 Memorial Coliseum
 Auburn University, AL 36849