

Holiday season to all of you! The temporary suspension of New Freedom by AHCCCS has been rescinded and the temporary suspension of New Freedom as a release plan is being reversed. If your original plan was to attend New Freedom but your housing was redirected, you may request your original plan be implemented upon release. Your New Freedom family is ready to help navigate any adjustments which may be necessitated by the suspension.

Resurgence
Of Hope:
Second Chances
Matter

A message from Joe and Matt

New Freedom is excited to welcome you home and assist with all your transition processes as you return to your communities. The Christmas season at New Freedom is magical. We will have the entire center decorated and will have many activities for the holiday season to make your first holiday season out be a memorable one for you and your family. We are grateful to each of you for enduring with us in faith as we educate the public on the special needs for the justice involved community that New Freedom is intentionally created to address. On this Christmas Holiday, we celebrate our fourth holiday season serving the men and women in Arizona prisons. It is our honor to welcome you home and our passion to pour all the love of the season into each of you as you transition. For any of you who still have some time to go before your release, we love you and anticipate your arrival with gladness.

New Freedom intends to expand greatly in the coming

year with the launch of more expansive vocational opportunities and training. We will also be launching our engagement solution which will greatly improve the continuity of care from release through treatment and post treatment as you rejoin your respective communities. Our women's facility will be coming online by mid-2024. Your mentors are available to help navigate your transition as we ramp back up, please reach out through your CO3 or PO as indicated.

It has long been the vision of us at New Freedom to be the innovators in the reentry and recovery space. We are indeed the leaders in innovative solutions to intractable societal problems. That market leading position causes us to be easily mistaken for business models that we are not, and it also causes many who do not share our passion for the mission to attempt to claim to be like us without any real knowledge of our intentionality. We achieve unprecedented results in facilitating successful reentry outcomes because everything we do is intentional with your best possible outcome in mind.

All of us at New Freedom are excited for all the great relationships we are forming with you and the communities that you are returning to. We are humbled by your faith in us and our resolve to achieve excellence together as we rebuild communities and reshape public perceptions on returning citizens. Merry Christmas and Happy New Year to all!



### RETURNING HOME

BY
DANNY BROWN

when my probation officer slapped a pair of handcuffs on me to send me back to prison. I knew I was ready for change; I knew I needed change, but I was powerless to do it myself. Many years ago, while on the yard with a group of lifers, I heard about their vision to create a place that would revolutionize the way the public viewed and supported people getting out of prison. To my astonishment, when I landed back in prison, they had succeeded in their mission, and that place was called New Freedom.

As I sat where you are now, reading a newsletter, I wondered if I could find the same success the others had found. I wrote to New Freedom and was blessed to be assigned a mentor. Her letters were a lifeline, inspiring and uplifting my spirit. I cherished that

time, because I truly felt like there was someone out there in the world who cared about what I was going through. Not only did they care, but they had a solution for the exact problems I faced as an incarcerated and soon-to-be-released individual. I was so motivated to come to New Freedom that I thought I needed to move closer to Phoenix to ensure I got in. I started requesting from the COIV's on my unit to let me do my time at Phoenix West. I was denied, but I kept petitioning and was eventually moved there just a few months before my release. I later figured out that there is no required proximity to attend the program. We pick people up from whatever yard they are on.

The day I got out, I called my mentor and let her know that I was out and ready to come to New Freedom. They sent someone right away to pick me up and bring me to what I would later call home. In fact, they started telling me "Welcome Home" the minute I walked in. If anyone out there believes that New Freedom is just a walk in the park and something that just hand out success, they're mistaken. I faced many of the same challenges people face

getting out of prison, but this time, I was surrounded by professionals who had been where I had been, who loved me, and who supported me. It's the extra bit of compassion, understanding, and motivation that made the difference for me. I did the work, I made the choices, so it means more to me.

At New Freedom, I trained physically, mentally, and spiritually to become the person I was meant to be. Part of this training was earning my Peer Support Specialist Certification. I knew I wanted to help people, and I found it to be one of the most rewarding aspects of recovery. I fell in love with the entire process of bearing witness to the success of others.

Upon completing the New Freedom program, my mission became clear: to help those facing struggles similar to mine. I aspired to be the support I lacked during my own challenges of the past. As a house manager, I facilitated IOP groups, connecting with individuals trapped in the mental bondage of addiction and mental health issues. I eventually returned to New Freedom as a staff member. I have returned home. I now have the opportunity as a former member, graduate, and now employee to touch more lives than I could have ever imagined. I get to tell people I was once sitting in the same chair as them, with the same fears, the same needs, but offer: "This is how I did it."

Hope is an incredibly powerful tool. Especially when its not just hope, it is absolute certainty that you can achieve freedom from yourself, to be yourself.

YOU CAN'T CHANGE THE PAST, BUT YOU CAN START FRESH TODAY AND CHANGE YOUR FUTURE.



-DAVE PELZER



#### RESURGENCE OF FAITH

BY JANIE MAXWELL

efore I share my testimony, I want to say thank you to the members at New Freedom for inspiring me every day and I also want to thank all of the employees who make the work we do helping others possible. Also, I would like to acknowledge all of the people in D.O.C. working their tails off to build a better future for themselves and their families. That's why I love coming to work every day, there is so much desire, hope, and faith, it is contagious!

I didn't always have such a positive outlook surrounding the world and the people in it. For a long time, it felt like the only sure thing I could count on was pain and heartbreak. I spent years as a homeless addict sleeping in the streets and alleyways in Phoenix, Arizona. My entire life up until the age of 36 was full of sexual, mental, and physical abuse. It was a perpetual cycle

that I couldn't break free from. Inevitably I had to do something drastic, or I was going to die. I felt like there was nothing left in Arizona for me.

A few years ago, I packed up everything and decided a move across the country may help. From where I was, it couldn't hurt but I also knew in the back of my mind I would be taking me with me no matter where I went. There have been many trials and errors over the years, but by the Grace of God today I am doing just fine. During my time in another state, something positive came out of it. I finally surrendered and gave my life over to God. A long time ago, I got a small taste of the hope and faith only a loving God could provide but it didn't cure me instantly, it wasn't a lightning bolt that scared me into submission. The experience was just enough that when all else failed I knew there may be one last ditch effort and that would be to give it all to Him. That is when sunlight began breaking up the thunderstorm that followed me my entire life.

In January 2021, my sister who still lived in Arizona had a friend who worked at New Freedom. Over the phone, my sister told me all about the amazing work they were doing and who they were doing it for through the eyes of her friend. I felt a certain energy or nudge as I listened to her describe a program I never thought would exist or could exist. I thought about all of the lonely, awful days and nights I spent in jail and even worse the horror of getting out only to go right back to where I was before I went.

I prayed and then I decided that I would sale anything I had that wouldn't fit in my car and drove to Arizona to get a job at New Freedom. It may seem a bold step because, frankly, it was!

When I got here, I quickly found out about the process of getting hired at New Freedom. As I waited, I often came to the New Freedom premises or drove by praying to God for Him a door that would allow me to help the people inside the facility. Finally, I got an interview and I found out that I had to have a GED or high school diploma. That gave me a goal to work towards and this year at age 46 I earned my high school diploma and started my job here at New Freedom! With a solid goal in mind and the strength of a loving God, all things are possible.

It is such a blessing to interact with our members daily, to hear their life stories, and to watch them accomplish their goals! I love it when our graduates come back to church on Saturday and tell us all the exciting things that are going on in their lives. This program gives our members everything that they need to succeed. It is a great honor and blessing to earn a living serving God and our community. It was an act of faith that brought me here just as it is an act of faith that brings everyone here.

### THE POWER OF PRAYER

#### BY ABEL SAMBRANO

hen I arrived at prison, I didn't view it negatively. I understood the reason for my incarceration, stemming from events that transpired a week prior, leading to my third imprisonment. I remember sobbing into a pillow one night, tears soaking my face. The preceding decade since my last release had been unproductive; I hadn't achieved anything close to my potential. While I wasn't actively committing crimes or causing trouble, my alcohol and drug abuse had spiraled out of control. I was leeching off my parents, barely surviving, and using drugs excessively. The way I indulged in them made me a slave to them, both physically and mentally. I grew weary,

exhausted, and surrendered. I cried out to God, pleading for deliverance from my addiction.

I used to work for a guy down the street, doing basic mechanic work like brake repairs to earn extra money for alcohol. On that particular day, he had a huge chest filled with a strong, nasty beer, and I dove right in. By the end of the workday, I had three blocks to drive, but I veered off course and ended up in a minor car accident. The damage was minimal, but the owner of the other vehicle was understandably furious. I fled the scene. The police set up a barricade down the road, following me closely, and my escapade ended. I was headed back to jail, and eventually, prison.

Thank God, I didn't harm or kill anyone else or myself that night. Deep down, I knew it was the prayer I had offered earlier in the week, seeking God's intervention, that allowed me to be plucked from the streets and saved without causing any harm. Going to jail was merely the vehicle He used to rescue me and answer my prayer.

Upon entering prison, I knew this time would be different because I genuinely wanted change. Initially, I wasn't thrilled about being there or filled with joy, but I realized this might be my last chance. I immersed myself in church groups, 12-step recovery programs, and surrounded myself with people who sought positive outcomes for themselves and their families. I began planning my future, considering what I wanted to achieve in life.

When it came to discussing my release with my parents, my mother declared that she was done and didn't want me to return home. I interpreted

this as a sign that it was time for me to honor my parents' wishes, mature, and take responsibility for my life. If I was to succeed, it had to be for myself.

Towards the end of my sentence, I was accepted into a local ministry program. They welcomed me when no one else would and taught me how to rebuild my life from the ground up. They guided me hand-in-hand as I acquired various coping mechanisms. I discovered a world beyond the four square miles I had grown up in and always confined myself to. They became my community, and they remain so to this day.

I firmly believe that all my involvements in church, small groups, celebrations, recovery, and 12-step programs play a crucial role in my sobriety. If I stop engaging in any of these activities, if I lose my connection to God, my community, and my resources, I am just as susceptible to relapse as anyone else.

Ten years have passed since

my release from prison, and during that time, God has restored my life and helped me grow more than I had in the previous four decades. I am happily married. I work as a case manager for New Freedom, which I consider my home. I am currently pursuing my master's degree in Social Work, and I've had the opportunity to work with diverse individuals in the behavioral health field. God is good, and it all began with that small prayer, when God recognized an opening in my heart. That is hope.

I implore you to forgive yourself, and to be patient. As my story demonstrates, God answers prayers. I believe I have struggled in the past with waiting for the prayer to manifest and giving up before the miracle occurs.



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### **Sacred Place**

By Michael Huot

reading the story today I have never been to prison myself. What I have had to do is start my life over completely from scratch. From the complete bottom to where I am today. in 2018 on a hot dreary summer night, I was hanging out with a couple of my friends in a house my mom who had very little money helped me pay for. I began to cry and they asked me "Mikey, what's wrong with you?" I said, "I am just so tired of living like this". It was that night that a seed of hope began to sprout inside of me.

I knew I wanted to quit using drugs and completely turn my life around at the moment but I had no power at all when I started to come down off drugs. I needed more and if I was honest with myself, I knew I had lost the ability to function as an addict whether I had drugs or not. I began making some phone calls to different places that helped Native Americans with rehabilitation. To my surprise they had a waiting list for help. In my sick mind I was perplexed by their response

that I had to wait especially when I was accustomed to getting what I wanted quickly. I showed them... I kept using.

I ended up getting kicked out of the house because I could no longer pay and my family could never afford it in the first place. I tried living in several other situations and it never worked. I even moved to Tucson thinking I could start over there but when that didn't work I found myself walking the streets aimlessly, lost, and lonely.

I met so many different people on the streets and they would all have reasons why they were stuck in a perpetual homeless situation. When I explained my situation its almost like other people encouraged me that I could still get out. They treated it like there was some kind of line I was yet to cross but was coming ever closer to. When I heard other peoples stories it was a clear message from whoever or whatever higher power was looking out for me.

After some time my name finally came up on the list for the treatment center. They called me exactly when I had a full bag of dope and was getting

high. Right in the peak of my addiction! It was a crossroads, cross the imaginary line or accept help. I answered the phone and they said they would be on their way to pick me up. It was right before Christmas and my mom had a doctors appointment when they came to the door. I could see them through the window as I took a couple more hits and hid the rest in my bag. It was time to go. The rehab was located way out on Riggs Rd behind south mountain. I was in the back of the van looking out the window and I remember it in the most vivid way. In the sky was and eagle or a hawk flying and that told me that I was on my way to freedom. As we approached the facility the gravity of life began to set in and I conceded I needed help.

I really wanted to change my life. I wanted to find myself and I believe I did. In my course of treatment, I discovered that helping others was something I felt passionate about. More than all other things, having the future opportunity to be helpful to others sparked my recovery. It made all the pain and work I had gone through to get sober worth it; like there was a purpose.

I wanted to work in behavioral health as a career. I didn't start there. I started by living in a halfway house, waking up early to do chores, working a crappy job cleaning floors, and taking a bus to get anywhere. I later realized there was a purpose for that too. I eventually found my way to New Freedom after working with the homeless population for another company. I felt like New Freedom was my home. If we were talking in person today, I would encourage you to give yourself a chance at a better life. We know the streets are always there waiting but what if it were your time to find healing. In my culture we consider places for healing to be sacred. That is New Freedom. When I walk in everyday no matter what is happening in my life, I know this place is sacred and it's purpose is to heal. Give yourself the opportunity to heal.





# Resurgence of Hope

By Vanesha Pulce

) econd chances inspire hope-hope to reunite with loved ones, make up for lost time, forge a new path, find your calling, and become the best version of yourself. After serving a total of six years in the Arizona Department of Corrections, New Freedom has given me that hope to successfully reintegrate back into society. Before arriving at New Freedom March 2021, my life was on a downward spiral to destruction. In my past life I have done and seen it all from the gangs, drugs, living the fast life and hurting others for my own selfish desires. During my last few months of incarceration, I was already set to be

released to a halfway house through Salvation Army. When I went to my COIII for post-release paperwork, he had informed me about New Freedom. I was not interested in the program due to wanting to work right away without participating in any programs. Then he kept on me about this facility and eventually I gave in and decided to give it a try.

Once arriving in New Freedom, I still had the mentality of wanting to work and I didn't take my programming as seriously as I should have. After my second month in the program, it was like a light bulb switched on and I started to pay more attention to the curriculum that was being taught in groups. I have learned, retained, and applied the necessary skills that were taught in groups to my daily life. Before graduating the program, I became a member of the Recovery Church that I still to this day attend, received my Peer Support Certification, became a Freedom Guide (giving tours to new members), and became employed with a housecleaning company All Things New Cleaning Services that provided adequate housing. I successfully graduated from New Freedom's program on July 13, 2021.

Since leaving the program, I was employed with All Things New Cleaning Services for two years and became a Lead House Cleaner. During my employment, I was able to become self-sufficient and was able to have my own apartment and a vehicle. I also have reunited with my children, and my family here in Arizona and California. Even though I have lost four members in my family, I am so thankful that I had the coping skills that were taught in groups and the Recovery Church at New Freedom to assist myself in coping with the loss in my family. As of July 31, 2023, I became employed with New Freedom as a Peer Support Specialist and now have my own team who I support daily along with other members who are in need of my services. It is very rewarding to be able to give back to my community by helping those who are currently in the situation where I was a couple of years ago. I have found my calling and purpose in life and am forever grateful for My Lord and Savior Jesus Christ and New Freedom's opportunity and support in guiding myself on the right path to success.

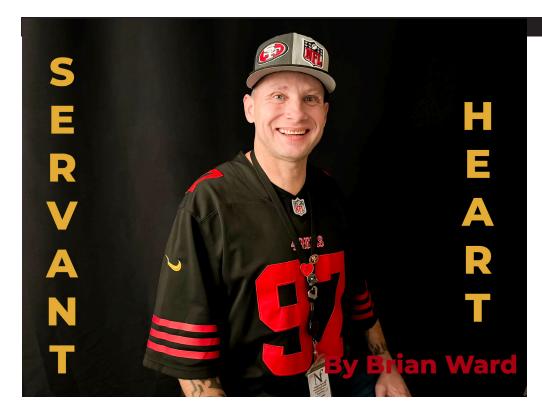
Everyone, regardless of their past mistakes, deserves a second chance. As human beings, we are all prone to making errors and encountering difficult situations that can have a negative impact on our lives and those around us. However, it is important to recognize that through our actions and behaviors, we can change and become better versions of ourselves. Therefore, it is crucial that we extend grace and forgiveness to those who have made mistakes and give them the opportunity to make amends and rebuild their lives.

Overall, everyone deserves a second chance. Through second chances, New Freedom provides individuals with the tools necessary to learn from their past mistakes and become better members of society. When given the opportunity, individuals can grow and change, becoming more resilient, self-aware, and capable. Therefore, it is crucial that we extend grace and support to all individuals who are seeking to make a positive change in their lives. By offering second chances, we are building a better society where all individuals are valued and have the chance to succeed.

"If you ever get a second chance in life for something, you've got to go all the way."

-Lance Armstrong





### Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

#### Thessalonians 5:18

nome of you have read or heard my story either in a previous article or via letters if I've mentored you or maybe even did time with at one point. I came here to new freedom at the end of 2021 as a member and I wasn't secure in my future or identity. Having only just begun my walk in faith I relied upon the people around me to show me what that life could look like. The way this community embraced me from the moment I touched down and to this day continues to inspire me to be better. I learn more about the depth of that unconditional love each day as I challenge myself to give away what was freely given to me.

We have now endured two of these shutdowns in the past year and it's been heart breaking each time because the people getting out are the ones who suffer. There are more opportunities today and tomorrow for people getting out to not only succeed but thrive. Although NF programming has become more and more robust and the opportunities are greater than any other time, there is an underlying value that has more impact on successful reentry than anything else. We endure because of the Servant Hearts of both the staff and members of this community.

When I got here, I had some nerves of course, who wouldn't? I was starting all over, from the ground up, fresh out of prison. Then I looked at the people helping me and realized the staff and I really were the same. They did time and struggled with addiction, homelessness, and all that too. Now they were free and they wanted to pass it on to me. I watched how they carried themselves and followed suit. I didn't do the bare minimum because I didn't receive bare minimum service. Servant Hearts go beyond expectations because they know that in itself is a privilege. Other people weren't half stepping helping me out, so I helped them right back. Mimicking others who had a servant heart caused me to take all the extra classes. It led to me setting up and tearing down all the events and refilling water coolers when they were empty. If a member in my group didn't write well, I picked up a pen and helped them get stuff done, if someone didn't have enough clothes, I gave them some of mine.

I found out that this level of service and dedication is the only way to express my thanks for a life that has been redeemed. I began to do things I never thought I would, such as praying every morning and every evening. I started to listen more and talk less. It was a transformative experience to say the least. I am here to tell you that this business of servant heartedness, giving, gratitude, whatever you want to call it, will bring more lasting happiness than anything I have found. Another thing I want to touch on is this; when I graduated and had to go out into the real world, I didn't let that stop me from participating in these practices. It just meant I had an even greater role to play in more people's lives. Eventually I got engaged to a beautiful woman I adore. It turns out the real me is a total geek who likes to play games at Dave and Busters in order to win tickets and give away the prizes. In the past, I had no idea who I was or what I was capable of until I made it my mission to serve others. It's worth it!

We are you and that's why we want you to succeed, brothers and sisters. We know you have real value and we believe in you. When my mentor told me through letter that I was not alone and that I had a community of folks who were in my corner, I now see how true that is. I am now one of those people in your corner. I look forward to helping you know peace, a new happiness and a new freedom! You are worth it.



## Three Steps for a New Beginning

### Yard Submission

"Separate and Elevate" - Mr. D.

38 24

s I lie in my bed in prison, I tossed and turned. Maybe it's the coffee I drank earlier, maybe it's the overthinking we all seem to do. I began to pray. I ask God to give me wisdom on my restlessness. I wait. I wait and still no answer. Then... BAM! The words of God, or to some a higher power, came to mind, "The words of a man may defile him" again, "The words of a man may defile him." I did not yet understand what those words mean except I had seen it in the Bible. The next day my dear friend J. comes to me and says, "Hey Ghost..."

K.

I replied, "What's up bro?"

He looked to me suggesting, "You should go by your first name instead of Ghost." "Why is that?" I replied.

"Because that's the old you and to change who you are, you have to leave that in the past."

I sat and pondered that idea for a moment. "I agree Jay., I'll go by K. from now on"

I later realized this was my first step to my new beginning. This step consisted of not only accepting and letting go of my past but accepting who God made me to be and who He wants me to be.

As I continued my regular routine which mainly consisted of going to Chow, then Bible Study, then reading, I still keep hearing the words "The words of a man can defile him ", echoing in my head. "What does that mean", I think to myself. It seemed that I was unable to answer the question with my own knowledge. I looked to God for the answer. "For you shall seek, and you will find, for I am" I began running around asking every inmate that knew the Word what it meant. The consensus was that it simply means, watch the words you think and put out because it can take you under. Sometimes, I have to start not only from the beginning but realize that my thoughts became my reality. The negativity and the past stories I shared led me to a point where I no longer wanted it to continue. The repetition of these thoughts and of the past were not only in defilement but it made me stuck in time forever. The second step was to, "no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the wineskins will be ruined."

The people you hang around are an influence in your behavior. Have you ever heard the saying, "If you hang around nine rich people, then you are bound to become the tenth"? I've found this to be true as well as vice versa. An older man by the name of Mr. D. told me something that changed not only my life but it is the third step into starting my new beginning. Mr. D. and I were outside having a smoke and a conversation.

"What's up, Mr. D." I said.

"Just enjoying the day" he replied.

"May I ask you a question" I inquired.

"Yes, what is it?"

I asked him why it is that I end up in the same crowd with the same kinds of people even after I have followed the first two steps.

He responded, "Son, you have to not only change the way you think but also make the choice to commit fully. What you are missing is the key step..."

I asked him to elaborate and he continued, "You have to separate and elevate!" That is the third and final step that changed me for the better. Separate yourself by not only taking a step forward but elevate yourself spiritually, physically and mentally.



ver two decades and six incarcerations, consequences never deterred me from my addictive lifestyle. Self-sabotage and regret seemed to await me upon each release. Rarely lasting more than two weeks, I'd find myself back where I started. On January 30th, 2023, a parole violation landed me back in D.O.C.

The following month, my mother and sister's call from the chaplain's office informed me of my father's passing from a heart attack the night before. My dad meant the world to me, a man I looked up to, respected, and loved within the family. He embodied the man I always aspired to be, yet I struggled to earn that level of trust. A void was now left in the family, and I desperately wanted to fill it. However, here I was, locked up again.

Despite my circumstances, my mom, sister, and niece remained my initial motivating factors. I needed to align my actions with the love I felt for them. I got busy. I made a choice to join New Freedom.

That August, I walked through New Freedom's doors with the mindset, "Going back is not an option!" Humbled by the opportunity, I was determined to extract everything I could from this program.

My love for cooking led me to enroll in Culinary Arts, taught by Chef Collin Craig, a well-decorated chef with a passion for helping and teaching others. He envisioned instructing in culinary arts and life skills within a restaurant environment.

One evening, Chef Collin approached us with ideas for an upscale restaurant that could serve as a training environment for advanced culinary students. Encompassing everything from safety and rules to teamwork, prepping, menu organization, management techniques, and sous chef skills, all hands-on in a real work environment. New Freedom's kitchen already provided that, but the live experience of real orders and situations was lacking.

# The Spread

By Ronnie Manes



We discussed the potential and started brainstorming names. I suggested, "The Spread," explaining its significance in jail or prison. When friends gather to pitch in and share a meal, it's called the spread, a time to share, eat, and enjoy each other's company. Chef Collin noted the name.

Another member proposed a start-up dinner for CEOs, directors, and founders to showcase our capabilities. With the name chosen, we began planning the event. We created menus, ordered food, set up tables, and scripted the entire evening.

On October 15, 2023, "The Spread" was presented at the dinner, a resounding success. We served not just a regular meal but a six-course dining experience. We explained the name's significance and our objective throughout the night. That experience remains unforgettable. I participated in a team creative process, and we accomplished our goals in many ways.

While at New Freedom, I also earned my Peer Support Specialist Certification. My first outward accomplishment was becoming a freedom guide, identified by red lanyards instead of blue. Freedom guides pledge to volunteer, encourage, lead, and help others in service of others. I prioritized meeting and getting to know everyone at New Freedom while absorbing and learning everything they had to offer.

I was baptized, gave my testimony at a concert in front of a large audience, graduated from culinary, advanced culinary, and PSS, completed my programming hours, and obtained my SERV Safe management certificate. These accomplishments were possible because New Freedom offered me another chance at life, and I chose to take it.

I've discovered my true potential and am proud to be a New Freedom graduate. Thank you to my new family and New Freedom for believing in me. Without you, I'd still be a lost soul.



















#### A New Freedom

#### By A.R.

I thank the Lord that I have been saved, Finally free from all the mistakes I have made. All the bad behavior when I thought I had it made. From all the horrible things I once craved, Free from the pain and all that made me feel insane. Free from the failures and my distain, From the guilt and the shame. No longer looking to place the blame, I'm so thankful for Him who reigns. God you get all the glory and fame, Now His blessings pour on me like rain, And with Him now I have my head in the game, Now I know my life could never be the

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