

## NATIONAL YOUTH WEEK U.S.A. NEWS

### OUR MISSION

The purpose of OMI is to instill resiliency skills through education and developing life skills to “at-risk” youth in hopes that they will become productive members of society. To provide opportunities that will focus on the entire mind, body, soul and spirit.

### BOARD OF DIRECTORS

#### PRESIDENT/CEO

Lori Hoff

#### SECRETARY

Whitney Milson

#### TREASURER

Kevin L. Jefferson

#### ADVERTISING DIRECTOR

Daphne Adams

#### EDUCATION ADVISOR

Christina Schmitt

#### PARLIAMENTARIAN

Keira Gilmore

### NEWSLETTER TEAM

Cecil Bundick

Melody Mashouf

Gabby Chong

Pamela Kwong

### DONATE!

Have end of year giving on your mind? We would love your support.

<https://nywusa.com/campaigns/nywcampaign/donate/>

### FOLLOW US

[nywusa.com](http://nywusa.com)

[stateyourcase.us](http://stateyourcase.us)



National Youth Week



@nywusa

ICONS DESIGNED BY MYRIAMMIRA / FREEPIK



## That's Enough: A Conversation with Tamilikia

Melody Mashouf

Is the glass half-full or half-empty? There are a great deal of people who firmly insist that the glass is half empty — that there is little hope left in the world. For Tamilikia, the opposite is true. She is a woman that has the potential in the world around her and thus been spurred into action.

“What got you involved in OMI and how long have you been a part of the community?” She took a moment to think, “I met Lori at a play called ‘#Listen’. She came from Texas to see the play, and after a few weeks of talking, she told me about the organization. I told her I would be there to celebrate their 20th Anniversary!” She explained that Lori came from out of town to support the play because it addressed suicide in youth. “So, what motivated you to work in this field with youth?” I continued. She immediately replied, “I’ve always thought that we have to change the world for them. Sometimes the only way to change the world for youth is to set off a spark in them. If we can change one child’s mind or heart, then they can impact others. If we can show them how to correctly improve She elaborating on her efforts, stating that she knew that the violent protests and looting were not accomplishing anything. She decided to set up a protest where change would be implemented more peacefully. I asked her what advice would give her younger self? Her response caused a stir in me, as a member of the younger generation, “It’s okay to make mistakes, and it’s okay to fail. Let no one tear you down to make you feel like you mean nothing — so hold your head high. We have a lot of teenagers who want to take their own lives because they don’t value themselves or don’t have that pride. But they just need to know, if they hang on, there is a light at the end of the tunnel. As the discussion came to a conclusion, I asked her one last question, “What is one fun fact you would like people to know about you?” Her answer was wonderful, however completely expected from a woman of her ability and skill, “I write poetry of any kind and sing opera. In this world, we need more people who see the glass half full” — and Tamilikia is one of those people.

## NOTE FROM PRESIDENT



Reflection is the change in direction of a wave at a boundary between two different media so that the wave moves back into the medium it came from. The most common examples include the reflection of light, sound and water waves. It is that time of year where we reflect on the year that is passing and look towards making the future even better. I like this definition of reflection. We are an organization that has always done outreach in person at the parks, community centers, schools, wherever young people are, we were there. COVID happened, we kept waiting for it to leave, and here we are almost a year later and it is still here. So we are pivoting our outreach to all virtual, we are reflecting going from what was to what will be, and we have some exciting things planned for 2021! We are going to be laser focused on helping young people deal with the affects of COVID and help all our communities learn how to have healthy relationships with themselves and others. We thank you for your love and support this year and wish you a happy new year with your friends and family.



### Welcome Keira!

Keira Gilmore is a passionate person when it comes to advocating for youth. She graduated with the class of 2020 and is starting her career to become a teacher. She works hard to make sure that all of the youths' voices are heard. She is currently enrolled at Northwest Vista College to get her associates in Texas education. When Keira is not doing school work or helping others, you can find her reading a book or finding new ways to stand up for what is right. She loves softball and making sure everything is perfect in her personal life and with NYWUSA!

### The Gift of Self Care

Gabby Chong

Time as a student is an opportunity to learn about yourself, build your character, and experience new things. But, being a student isn't always easy. School can pose many challenges with managing stress, maintaining a healthy balance between academics, social life, and personal well-being, and more. So the best gift that you can give yourself when facing mental and physical health obstacles is self-care. Practicing good self-care is essential for maintaining a healthy

well-being and mindset on life. The act of practicing self-care is defined differently by everybody because it is all about finding what works for you personally. Here are some ways you can try practicing self-care:

#### Exercise

Exercising makes you stronger not only physically but also mentally. When working out, you might feel a sense of doubt and some physical pain, but once you can get into the mentality that burn is only temporary and that the aftermath will feel good, you can feel inspired to push through to finish your workout. Exercising causes your body to release endorphins, hormones that decrease pain and improve your mood, so it's a great way to release tension. You might not be able to go to a gym during this time, so some alternative ways to get physically active are through at-home workouts, jogs, and bike rides.

#### Meditation

Meditation is a worthwhile practice for maintaining emotional well-being and challenging and x meditation is. great way to care for both your mind and body. By shifting your focus to your mind, meditation can relax your muscles and reduce tension in your body. Through meditation, you and develop a stronger understanding of yourself and how you relate to people around you.

