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Remembering Stephen 'tWitch' Boss

Fareeha Mohammad

On December 13, 2022, Stephen Boss was found dead after a frantic search. He was only 40, and he left behind a wife and three children. The note found with him suggests suicide due to past challenges.



As a dancer and DJ on the Ellen DeGeneres show, he was well-known and well-liked. For many people, it is shocking to fathom how someone who smiled so much could have died by suicide. But the truth is, smiling doesn't really indicate how happy someone is. Many people use external joy to hide their internal pain, and it can be difficult to identify those who do.

Everyday we see youth that are athletes, advocates, or straight A students. One day, they are having fun or engaging in positive videos on social media, and the next moment, they are taking their life. Learning that loved ones have died by suicide is often shocking, but there are often warning signs. The most serious sign is talking about wanting to die or saying that there is no reason to live. But other signs include reckless or anxious behavior, irregular sleeping patterns, withdrawal or isolation, and extreme mood swings.

Oftentimes, simply knowing that someone cares about their problems can stop someone from attempting suicide. If you or someone you know is struggling with thoughts of suicide, you can reach the Suicide Prevention Hotline by dialing **988**.

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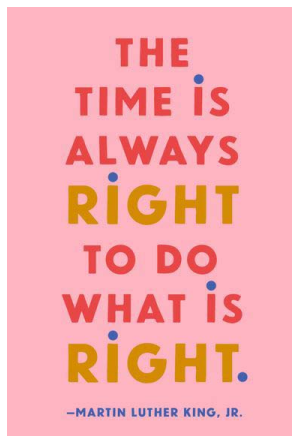
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Martin Luther King Jr. Day: A New Year Towards Equality

Nyreonna Myh'Dhaenah

January is not only the start of a new year, but it's also when we celebrate Martin Luther King Jr. Day. Every January, this day serves as a memorialization of Martin Luther King Jr. and his work in the Civil Rights Movement. King led the Civil Rights Movement and left behind a legacy that played a vital role in the ongoing struggle for racial equality. There are many ways we can remember King's legacy on this day, as well as throughout the entire year. One way to do this is to get involved in activities that celebrate his mission, such as volunteering, supporting businesses owned by people of color, and educating ourselves on the Civil Rights Movement. Martin Luther King Jr. Day is a day to listen, help, and learn. As we start the year of 2023, let us remind ourselves to begin the new year working towards a better world for everyone.



Becoming a Good Mentor

Nicole Clarin

We all have people we idolize or inspire us. Whether it be a close friend, a family member, or a teacher, we all have someone who motivates us to become better people. However, as important as it is to have these mentors, it's equally important to become that mentor for other people in our life. There may be people who already look up to you without your knowledge. Siblings, cousins, and childhood friends could potentially see you as an inspiration already, which is why it is important to know how to mentor others. The best way to mentor anyone is to set a good example. Some people may replicate how you act to learn from you, especially younger siblings. It's important to be conscious of how you represent yourself around others and how you treat people because those actions could create a significant influence.



PRESIDENT'S NOTE

This month is National Mentoring month. A mentor is someone who is a wise and trusted counselor or teacher and can also be know as a guide according to the dictionary. In life is important to build your team of support. Mentors can have a formal relationship and meet one on one , however you can also be mentored for a short time to increase skill or knowledge. We all need Mentors in varying capacities as we go through life. Take a minute to think about what you want to accomplish this year and determine who what type of mentor needs to be on your team of support to make it happen! Remember the only person that can stop your dreams is you.



Activity Page: Leadership Traits Word Search

Fareeha Mohammad

TRAITS OF A LEADER

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

AMBITION

CLARITY

CONFIDENCE

FEARLESSNESS

COURAGE

DIRECTION

EMPATHY

EMPOWERING

ENGAGEMENT

FOCUS

GENUINE

HONESTY

HUMOR

INSPIRATION

INTEGRITY

PASSION

RESPECT

STRONG

SUPPORTIVE

VISION