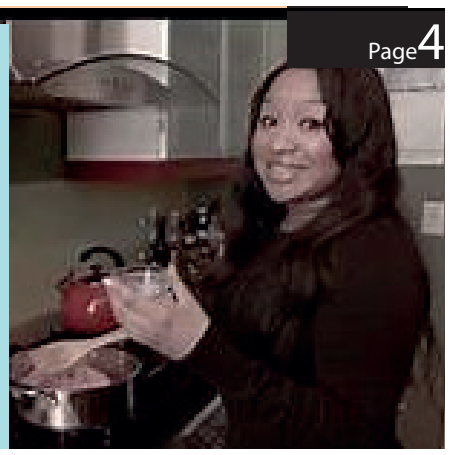
Cooking with Gabby offers youth healthy alternatives



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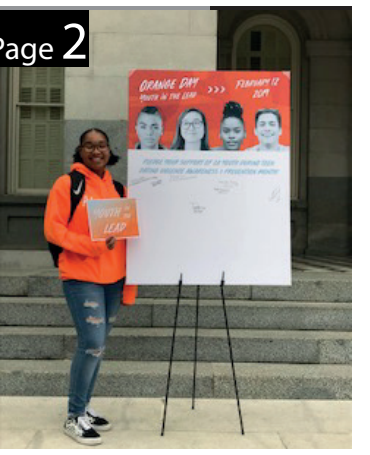
Loud Chick is here to give you advice like only she can !

Page 5

Nadia Charles speaks about how #blackgirlsdomatter



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News

PHENOM GIRLS OFFERS VISIONS FOR THE FUTURE

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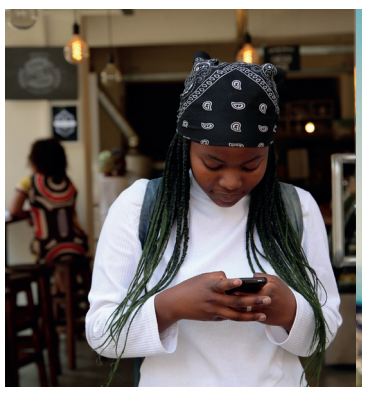
#BLACKHISTORY MATTERS: A MISEDUCATION

Written in 1933, The Miseducation of the Negro was originally written as a dissertation by author Carter Godwin Woodson who wanted to investigate how efficient the current education structure was for African-Americans. Unfortunatley, some of the struggles facing African-Americans still hold true t oday. Woodsons point to six key points that need to be corrected in order for blacks to thrive and be successful.

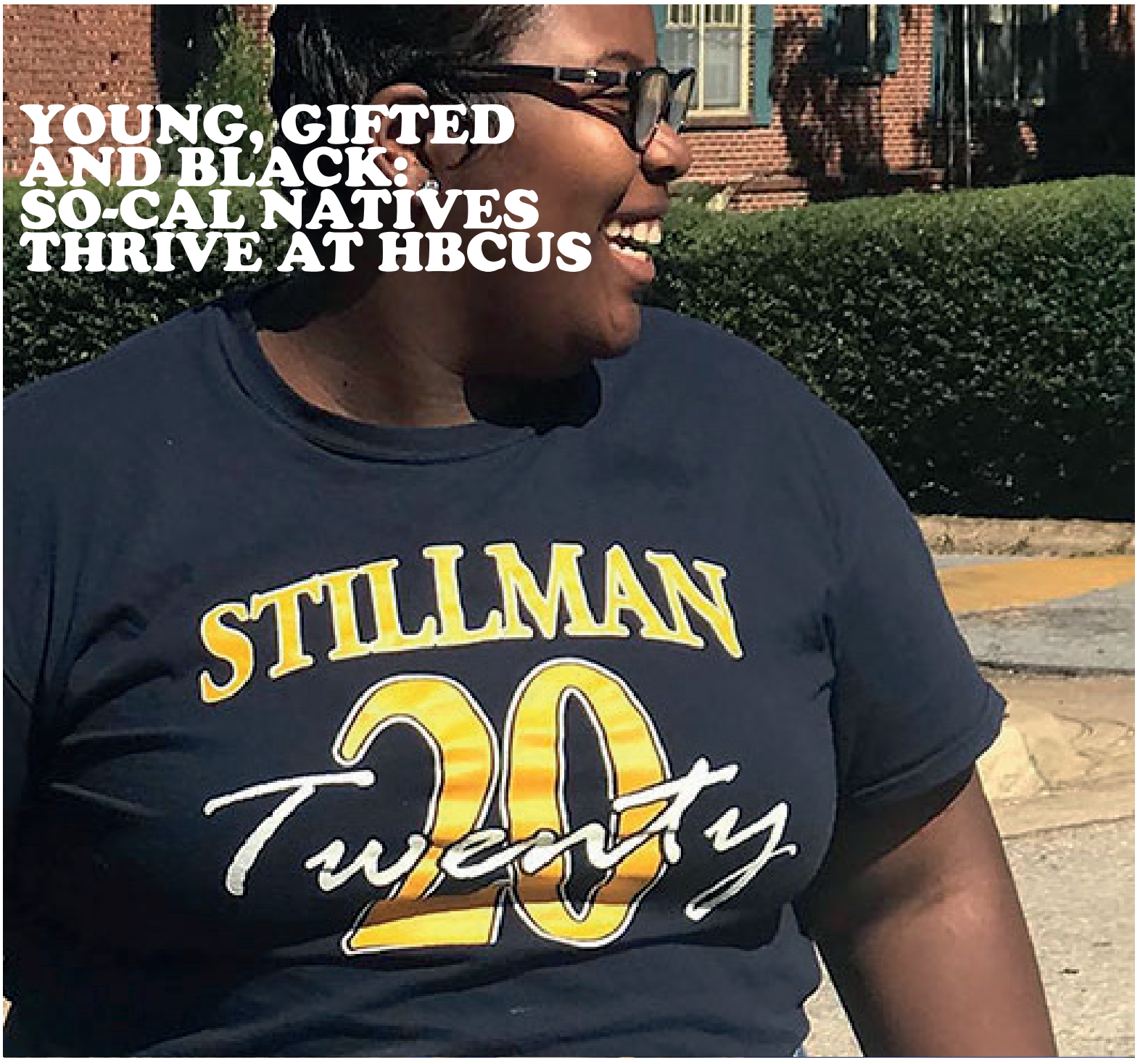
7 WAYS TO DETERMINE IF YOU ARE YOU ADDICTED TO SOCIAL MEDIA



We live on our cell phones and sometimes it is so easy to be so caught up in cyberspace that we don't realize that we have crossed that thin line from being plugged into what is going on with social media to being addicted to checking and posting on our Instagram pages.

Social Media Addiction is a real thing! It's a behavioral disorder in which you become so preoccupied with and obsessed with social media that it distracts you from everyday life and results in negative consequences.

When you are struggling with social media addiction, the level of use is so extreme that it negatively affects your daily responsibilities



by Jordan Adway
Contributing Writer

A lot of people asked me why did I go so far away for school when there are so many great schools here in California and or closer. I thought long and hard about it and then when I looked around at some of my closest friends who all grew up with me in South Los Angeles, I said I wanted others to know about their experiences where they currently attend. Follow me on a Historical College Journey…..

My name is Jordan Adway, I am a Junior at the Illustrious Stillman College located in Tuscaloosa, Alabama., I am majoring in Criminal Justice and my ultimate goal in life is to become a Supreme Court Justice. When first arriving at Stillman I immediately experienced a culture shock, never did I think I would feel out of place, but I did. I have always been a Cali Girl. I travelled on vacation to different states, but never did I stay longer than a week or two. My freshman year at Stillman opened my eyes to a lot of different aspects of the "College Life" as a result I was given the distinguished honor of being in the Honor Society where I later became the campus President. I am a member of Enactus Academic and Business Organization, Virtuous Elite Social Club, Pre Law Association, and the National Society of Leadership and Success. I also serve as a Head Residential Assistant in the Residential Association. I was able to enhance my oratorical presence when I was nominated by the Student Body to speak at a rally to save staff positions. I was so busy being involved that I totally forgot about my feelings of being home sick. I totally recommend attending a HBCU for the following reasons: 1- You are able to focus on your school work and you won't have the dis-

By Nadia Charles
Contributing Writer

I understand that when I go out into the world, people first see me as a Black Girl, which can mean a lot of different things, depending on who is looking.

I'm always hyper aware, that I have to show through my actions and work ethic, that I'm not THAT Black girl…. You know the one that is aggressive, loud, uneducated and other words that are used to describe me that I'm too young for.

I hate these world-view stereotypes that are assigned to me because of the color of my skin and my physical make up.

Unfortunately, I will spend most of my lifetime trying to dispel these stereotypes whether in the classroom, the mall, the basketball court or courtroom.

I want to be a lawyer when I'm older, make a lot of money, help my family and others in need.

So why as a Black girl do I feel this is an important conversation to have tonight?

First, the continued negative stereotypes displayed in the media has allowed people for generations inside and outside of our race to portray and judge us as less than, not attractive, animalistic, too independent, can't keep a guy, etc.

Black is bad…except for Black Friday.

> " I understood that when I go out into the world, people first see me as a Black Girl..."

I can't tell you how many friends of mine complain about boys who look like me who laugh or make fun of us Black girls, if we don't look or act a certain way.

And it's normal because people outside of our race do it too.

Now these Black boys will eventually grow up to be Black men and if they are not taught any differently, the negativity will continue.

Second, most images, television shows and music focus on women and the rush to become one.. And that needs to change. This mindset robs us of how any dictionary defines a girl, which is as "A female child that goes through stages of birth, early childhood, adolescence to adulthood".

Lastly, BLACK girls need adults to dispel the stereotypes, and make positive change.

We need our Mothers and Grandmothers to mold us. Our Sisters and Friends to support us.. Our Brothers and Boys to cheer for us. Our Fathers and Men to stand up for and protect us.. Our Villages needs to nurture us.

And society needs to allow us to have the experience of being a girl.

Why?

Because BLACK GIRLS DO MATTER.

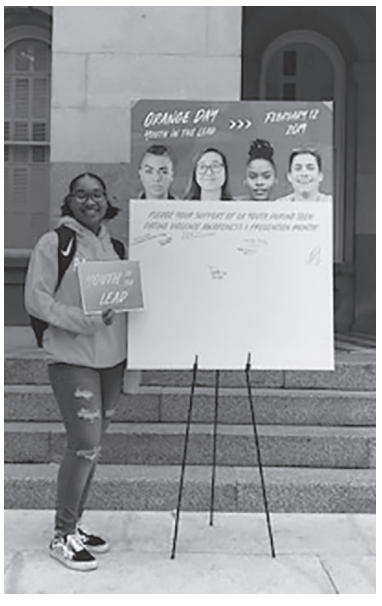
And I Am PROOF!

Thank you for starting the process of change.

I encourage all adults to help us youth by meeting us where we are and providing non judgmental space to discuss the issues that we are facing in our daily lives.

Thank you.

> "Black Girls do Matter and I am proof!"



Nadia Charles is a sophomore at Archer School for Girls and the President of Jenesse Center's Jeneration J.

Lynwood students to study abroad this summer

LYNWOOD — Four Lynwood High School students will experience Japanese tea ceremonies in Tokyo, taste paella in Alicante, Spain, and learn German while traveling through Berlin this summer after earning Global Navigator Scholarships that will allow them to study abroad this summer. Junior Melanie Pacheco will venture to Spain, juniors Crystal Cervantes and Daniel Perez will visit Germany and freshman Alicia Norberto will spend time in

in Japan during four-week trips in June and July that immerse the students in language and culture.

"I have never really traveled outside of the state, so it's a good opportunity to see the world and broaden my horizon," Pacheco said. "I also want to improve my Spanish, and I know that their Spanish differs from what I speak so I'm interested to see the differences."

Each student will be joined on their travels by approximately 40 high school students from around the U.S. The participants will receive 60 hours of language instruction while spending time with a host family to share meals and learn local customs. Students also will receive college credit.

The Global Navigator program is run by the Council on International Exchange, a nonprofit organization promoting international education. The local students applied for the program by writing essays that shared their personal stories and expressed their desire to travel abroad.

Applicants must demonstrate leadership, and in some cases must be at a competent level of foreign language — the trip to Alicante requires students to speak Spanish at all times.

The program offers 18 destinations to choose from.

"In history, I learned about the Berlin Wall and Germany looks like such a beautiful country to visit," Perez said. "I like the language as well. I'm looking forward to meeting people from all over the world and sharing experiences with them."

Cervantes said she has not traveled much beyond Lynwood and has her heart set on tasting the chocolate and cheese in Germany. She and Perez both study in Lynwood High's biomedical pathway program and spend free time volunteering at St. Francis Medical Center.

Norberto is fascinated with Japanese culture, from anime to sushi and kimonos. She has dreams of one day becoming an international architect and is motivated to learn Japanese.

The students were encouraged to pursue the Global Navigator program by counselors and educators who observed their capacity for foreign language and appetite for personal growth.

Phenom Girls offers mothers and daughters visions for their future

LOS ANGELES - Phenom Girls hosted a special mother/daughter vision board session on January 26 at Holy Name of Jesus Catholic School.

As the first program of the 2019 year, the organization hoped that it would act as a springboard to a year's worth of exciting events meant to empower young girls to embrace the phenomenal young woman within.

"Vision boards are not only fun to make, but they really get you to think about your future in a way that you may have never done before," said Dr. Angela Parker, the Executive Director of the organization. "And what is so speacial about mothers and daughters doing tis project together is that they get an opportunity to learn about each others dreams and goals."

Founded in 2015, Phenom Girls works with middle-school aged girls who are at-risk for having their future derailed due to lack of education, violence or early teen pregnancy. The organization focuses on providing girls with the tools, skills and experiences that they need to think outside the box and thrive as they move towards adulthood.

The event was a big hit as the mothers and daughters spent the afternoon bonding over their boards.

"This was such a great expereince for me and my daughter," said Terry Henderson, who had heard about the event from a friend. "It was so sweet see her so excited about doing this and it was also fun for me. She gave me ideas and I gave her ideas. I mean she was really focused during this project and I liked that."

For many of the girls, the vision board gave them an opportunity to express how they felt about themselves and their future through art.

"My board is perfect," said Maya, 11, who was participating in Phenom Girls for the second year in a row.

Maya happily displayed her board, which was filled of images of lavish vacation, expensive clothes, perfumes and lots of bling.

"This board represents me as a queen," she said. "And where I am going in the future. i wamt to be a fashion model and make perfumr and travel. This repreents all thingl want to do and all the places i want to go."

> "The board represents me as a Queen and where I am going in the future."

Experiences like the one Maya and Terry had is why Phenom Girls does this work.

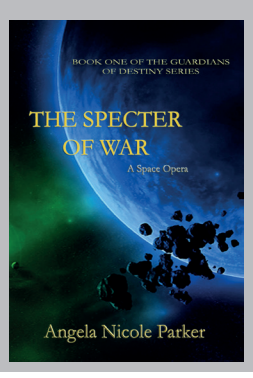
"For so long our girls have needed us to put our arms around them and fosuc on their needs and how we can make their lives better.," said Dr. Parker. "Sometimes I feel that there has been so much focus on our boys that our girls get lost and that is not acceptable to me. Our girls deserve better and we as a community need to step up and make sure that thy get it.

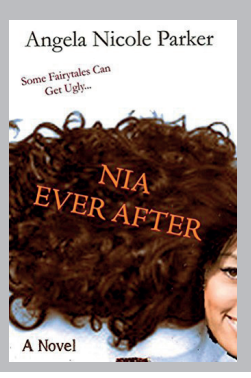
In addition to the vision board, participants were treated to a taco bar and the opportunity to fellowship with each other. The majority of the programs sponsored by Phenom Girls are free of charge and Parker hopes that the more girls in the community learn about the program the more they will want to participate.

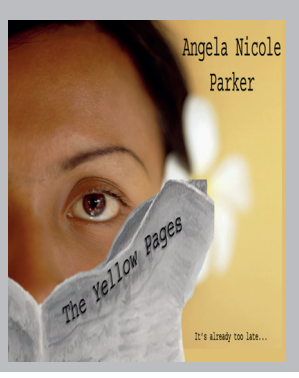
"We do so many good things all year round and I just want to involve as many girls as we possibly can," said Dr. Parker. "There is just something so special about being able to mentor a girl at this age, I hope that we are building relationships that last a lifetime.

For more information about Phenom Girls, and to find out about upcoming activities, visit their webiste at www.phenomgirls.org.

Choose your own adventure!
Lose yourself in a book...





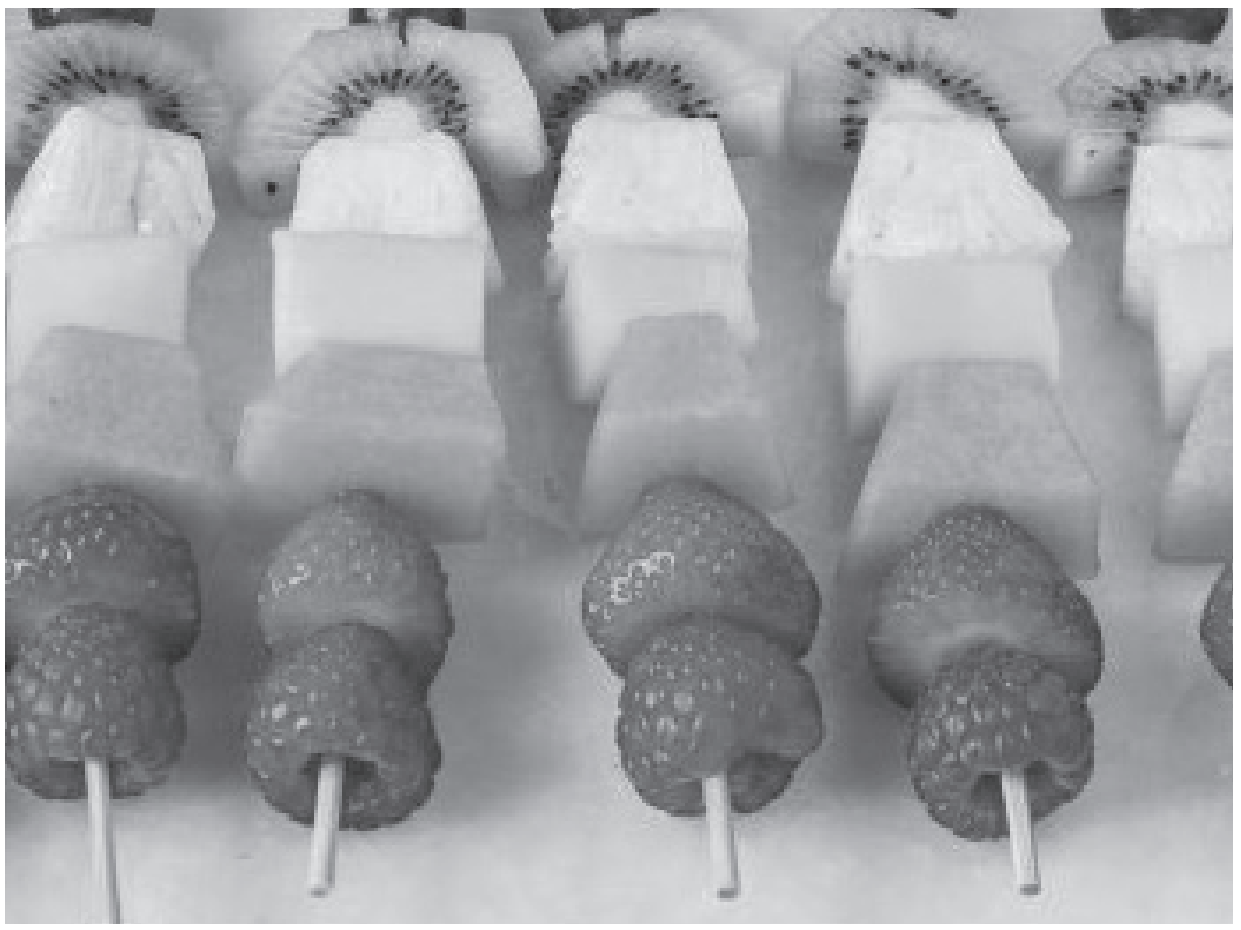


www.angelanicoleparker.com

COLUMN: COOKING WITH GABBY OFFERS HEALTHY ALTERNATIVES FOR YOUTH

Cooking With Gabby

Each month Cooking with Gabby will spotlight a healthy theme, story or recipe for youth.



Gabby's Fruit Kabobs
By Gabby & Chef Steve

Cooking with Gabby is dedicated to ending the childhood obesity crisis in America by offering youth and their families healthy alternatives to some of their favorite dishes.

This month, we"re making my Tasty Fruit Kabobs. This healthy treat is a fun and tasty way enjoy fruit. It is also a big hit at parties!

Use thin, wooden skewers to thread the fruit.

Serves 8

These fruit kabobs are a hit with kids and are fun additions to any party or a fun, easy snack that anybody can make.

Prep Time
15 min
Total Time
15 min

Ingredients
8 raspberries
8 hulled strawberries
8 melon cubes
8 mango cubes
8 peeled pineapple chunks
8 peeled kiwi pieces
8 red grapes
8 blueberries

Instructions
Using 8 thin, wooden skewers thread the following fruit onto each: 1 raspberry, 1 strawberry, 1 melon cube, 1 mango cube, 1 chunk of pineapple, 1 piece of kiwi, 1 red grape, and 1 blueberry.
Arrange in a rainbow shape and ENJOY!

Add a Greek yogurt dip!

Ingredients
1 cup Greek yogurt
2 tbsp honey
1/8 tsp almond extract

Instructions
Mix yogurt with the honey and almond extract, taste and adjust to your liking.

Notes
1.Nutrition information per serving
2.Calories 20 | Carbohydrates 15 grams(g) 3. Fat 14.2 grams(g) | Protein 2.5 grams(g)
4.Sodium 8 milligrams(mg) | Sugar 0 grams (g)

Learn more about Cooking with Gabby at cookingwithgabby.org

Find GeneratioNext at these locations:

Find printed copies of GeneratioNext at the locations below, also let us know if you want us to deliver printed copies to your business or organization.

- Albertson's - 3901 Crenshaw Blvd.
- Walgreens - 3724 Crenshaw Blvd.
- One United Bank - 3683 Crenshaw Blvd.
- Washington Irving Branch - L.A. Public Library - 4117 W. Washington Blvd.
- Baldwin Hills Branch -L.A. Public Library -2906 S. La Brea Ave.
- Angeles Mesa Branch - Los Angeles Public Library - 2700 W. 52nd St.
- Hyde Park Branch -Los Angeles Public Library - 2205 W. Florence Ave.
- Inglewood Public Library - 101 W. Manchester Blvd.
- Central Public Library - 630 W. 5th Street
- Exposition Park - Dr. Mary McLeod Bethune Regional Library -3900 S. Western Ave.
- Jefferson - Vassie D. Wright Memorial Branch Library - 2211 W. Jefferson Boulevard
- Lewis Metropolitian CME Church - 4900 S. Western Ave.
- Inglewood City Hall
- Dulan's On Crenshaw, 4859 Crenshaw Blvd.
- Ackee Bamboo Jamaican Cuisine -4305 Degnan Blvd.
- Simply Wholesome Health Food Store and Restaurant - 4508 W. Slauson Ave.

#February Goals

1 | Love yourself.

2 | Love your friends and family.

3 | Embrace healthier relationships.

4 | Treat yourself.

5 | Forgive yourself for not being perfect.

6 | Know your history.

February is Teen Violence Prevention Month

February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well. It is important that we raise the nation's awareness about teen dating violence and promote safe, healthy relationships.

Dating violence is a type of intimate partner violence that can be manifested as physical abuse, sexual, psychological/emotional, verbal abuse and stalking. It is about two adolescents in a close relationship that went unhealthy. These days, when we talk about emotional and verbal abuse, we need to realize that it can also happen electronically through the Internet and social media venues.

> Safe places help us to reprove ourselves without the help from others.

Unhealthy relationships can start early as name calling and teasing, that may be initially considered "normal" among adolescents and can escalate and develop into more serious forms of violence.

Nationwide, youth age 12 to 19 ex perience the highest rates of rape and sexual assault. Studies show that approximately Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use. Those in abusive relationships often carry these unhealthy patterns of violence into future relationships. Signs of dating abuse include:

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings towards you

For young women --- self love is speaking your truth

by Morgan A. Owens, NNPA Newswire Contributor

He was a guy I was casually dating. He wanted me to engage in activity that I wasn't comfortable with. I pulled away and he grabbed me by the wrist. I wasn't sure if he was joking or not when he mentioned he could, "break my wrist if he wanted to."

I did nothing.

He was my superior. He made sexually suggestive comments to me on the job. I laughed it off because I thought maybe he was just flirting with me. I did not flirt back but felt obliged to let it continue. I didn't want it to. I thought maybe I brought it on for being attractive. If I told anyone they would just say, "He's just being a man."

I accepted it.

I was in middle school, he was my crush. A friend and myself decided to three-way call him and ask if he 'liked' me. He told my friend he thought I was cute, but I would be more attractive if I wasn't "fat." She asked me if I was okay, I said I was. I wasn't okay, I said nothing about it for decades.

In my mind now, I am angered that I did not have the courage, self-respect, or self-love to let my voice be heard. We are in crucial times where even as a young millennial woman, our voices are often stifled or unheard simply because others think we shouldn't have a voice, so why try?

Should just accept the fact that I had these things coming to me?

No.

But this is the common though trending in America today. "Why would someone just now report this or speak out?" Most likely because they didn't want to feel judged, ridiculed and told they had it coming to them.

We are often our own worst barriers. Is it due to societal conceptions or our own thoughts?

We see our counterparts, even our men, speak up and tell their truths only to be applauded and praised. When we as women do it, we are being 'emotional' or 'overreacting' or even lying.

> I decided to tell my story, so that others would have the courage and self-love to tell theirs. You never know who you may save by telling your truth.

I spent over a decade being in relationships that took a toll on my self-esteem. Toxic relationships that suppressed my growth not only as a woman, but in my career and business. I often cancelled my own self-care plans in order to please who ever I was dating, such as working out or spending time with my friends and family. I was willing to compromise my feelings and priorities for another person. When you do that it allows others to walk over you. I use the word, "allow" because ultimately you are giving them permission to. I had to learn it was perfectly okay to say no, and if someone didn't respect that no – then that was their problem and not mine.

I decided to tell my story, so that others would have the courage and self-love to tell theirs. You never know who you may save by telling your truth.

Is it scary? Yes. Is it necessary? Definitely.

I spent most of my life hiding my voice, afraid of being seen. I urge you all, to stand up and be heard. Even if it seems that no one is listening, they are. Never be afraid to speak your truth, no matter how painful or embarrassing. Your truth could be someone else's truth who is too apprehensive to speak out. It could be what they need to speak out too.

Advice: Dear Loud Chick..

Q. Dear Loud Chick,

I am trying to figure out how to get a boy I like to unblock me. I tried asking my friends to try and convince him but it didn't work. What should I do?

A: Ok Stalkerina, step away from the phone. Look Hun, you need to take the hint, not only is he not into you, but you are probably days away from your mom and dad getting a call from his mom and dad about you being a scary chick who won't leave their son alone. I know it hurts but its best to learn this now- not everyone you like will like you. It's nothing you have done. Chemistry is weird like that. Now save your attentions for someone who will appreciate it.

Q: Dear Loud Chick,

My Parents won't let me go on dates with boys, I'm in the 7th grade. They won't even let me go on group dates. All the other girls have boyfriends. I have a boyfriend, my parents don't know. He wants me to go to the dance. He will break up with me if I don't go. How can I convince my parents that I have to go to this dance.

A: Keeping secrets from your parents? Not cool Hun!

I get it, you feel old enough to date, but can you stop smelling yourself long enough to understand that your parents are only looking out for you?

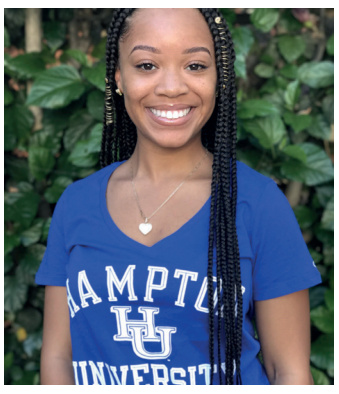
Your parents have these rules for a reason. As for your Casanova, do you really want to risk losing your parent's trust over some dude who threatens to break up with you because of something you cannot control? Girl let go and let God with that one and have a talk with your parents about when you can date and what are the rules. Then follow them!

Have a question for Loudchick? Email her at loudchick@gmail.com.

Jordan Adway

For many South Los Angeles natives attending a HBCU was the best decision they ever made

tractions from your hometown 2- Because most HBCU's are small, the class size is also small, so you are not lost in the crowd and the Professors know you by name and last but not least 3- You become one of the family, since my freshman year the Stillman staff have treated me like their daughter and that gives my parents comfort everytime they send me back. I would not change my decision about coming to Stillman not one bit. This has been an amazing journey, and it's not over yet…. Stillman Tiger….almost finishing Chapter One, anticipating Chapter Two...



Historically Black Col leges and Universities are more than just Afri can American attendees and African American administrations. HB CUs consists of strong, like-minded, intellectu al individuals who want to succeed. Attending an HBCU means you are gaining a long lost, newly found family. My name is Promise Bell and I am a second year Psychology Pre-Med student from Los Ange les, California, attending the illustrious Hamp ton University. I can proudly say I love my HBCU. While attending

and or universities you'll find everlasting friends and family. I have a family away from home here at Hampton who not only push me to succeed but provide various resources and opportunities for me to succeed. It is an experience like no other. That is why I love my HBCU. As a black community, we want more of our minorities to attend not only just college but Historically Black Colleges and Universities. More students should attend HBCUs to continue to make the superstitions of our Black community false. HBCUs breed thousands of Lawyers, Doctors, Scientists, Journalists, Engineers, and more. We as African Americans no longer earn degrees to get a job, we earn degrees to be and run the job.

-

Promise Bell

Hampton University

HBCUs provide a sense of appreciation that no PWI can offer, no matter how inclusive and close the minority community is. Being surrounded by educated professors that look like you, people who look like you that are all motivated to succeed and get an education— are two aspects that cannot be granted anywhere else. HBCUs provide inevitable growth and opportunities specifically for the students. Also, the events and discussions consistently on campus, always surround serious discussions that are easily ignored amongst all communities. Yes, the parties are nice. Yes, fried chicken Wednesday's are something to look forward to— on top of Wednesdays being well dressed Wednesdays. Nevertheless, those are just the small aspects to the wonderful foundation that a HB CU provides. Unlike other non-hbcu's, HBCUs prepare you for life outside of college. Life that doesn't love you. Life that isn't catered to you. Furthermore, a life not designed for you to win. Though, through all of this, it teaches you how to navigate and be on top. To be a beau tiful, successful, and power ful person.

- Aretha Bernard
Miss Breaking The Cycle 18-19
Clark Atlanta University

"This has been an amazing journey, and it's not over yet…."

Attending an HBCU is an ex perience that lasts a lifetime. From the people you meet to the professors, down to city/state your HBCU is in.

Going to a historically black college/university is the best decision anyone could make. I love my HBCU for its diversity & support not just on campus but off campus as well. Going to a HBCU makes you feel comfortable and at home. You can learn so many from your professors that doesn't just pertain to school. They teach you about life and make it their mission to be sure you succeed. I will never regret my decision to attend the Illus trious Clark Atlanta University and can't wait to give back to my university as they gave to me.

-Statia Tyner
Miss Cali Club 16-17,17-18
Clark Atlanta University

My name is Alexander Black, a junior Psychology major with a Business Administration minor at Morehouse College. Morehouse has provided me the opportunity and an environment that has al lowed me to continuously grow and develop. Before arriving at Morehouse, I was unsure if I had made the best decision. How ever, since the first week of New Student Orientation (NSO), I was convinced and welcomed a com munity of brothers with similar as pirations. It is a blessing to be in an environment, full of African Amer ican young men who want to be great and want nothing less than success. Fortunately, Morehouse is not the only school that offers this experience. Each HBCU offers different things, but majority are institutions that have the ability to develop successful African Ameri can students.

Historical Black Colleges & Uni versities serve as an entity that makes history. Collectively, they provide African American in dividuals the opportunity to create their own narrative in their own environment. The comfort and security a students feels at an HBCU is unique and genuine. More students should consider attending an HBCU because it allows you unlimit ed access to continuously and consistently grow and develop. Not only will you learn more

Attending a histori cally black univer sity (Dillard Univer sity) changed my life. Coming from Los Angeles to New Orleans was a big transition for me but a GREAT one. People discredit HBCUS a lot, but in reality these schools offer the most aforementioned top-notch ed ucation you'll find. However, delivered by clev-

My name is Camia Magee and I am a second year Social Work Major at the illustrious Tuske gee University. Attending a Historically Black College has been one of the best decisions I've ever made. Coming from South Central Los Angeles it has been a blessing to say I made it out of my previous environment to this is amaz ing institution, it is the be ginning of my success story. Historically black colleges are known for producing some of the most successful African American doctors, lawyers, dentists, entrepreneurs and

about your culture. Historical Black Colleges & Universities give you the opportunity to get com fortable internally and meet indi viduals from all across the world. A community of genuine individuals that will remain in your corner for the rest of your life are found on these campuses.

- Alexander Black
Morehouse College

I love HBCUs and will forever be greatly for the support given at

an HBCU because it has com pletely changed my entire out look on life. When I first arrived on campus I honestly wasn't sure of what to expect being a first generation college student in my household. I was astound ed by the amount of black ex cellence and the will to win all around me shown by people with the same skin color as me. Seeing those things only moti vated me to push myself to lim its I've never reached before and it's paid off dearly with my over all GPA through my first three semesters being a4.0. The small er class sizes and the teacher student relationships that are built during each semester all helps me strive throughout the hard times that life throws at me. I don't feel like "Just another student" here, I KNOW that ma jority if not all of my professors want to see me succeed once I leave here and the opportu nities and networks that I have been exposed to have made me forever grateful that I chose this school. This is the type of love and support that you can't get at most majority schools, I commonly hear my peers telling me, "I should've just went to an HBCU because they don't care about me hear." I'm not big on forcing people to go to an HBCU if that's not what they want to do, but what I have been doing is putting the idea in a lot of younger students mind because for the longest I didn't even know what an HBCU was. I'm forever grateful that my counse lor introduced me to the com mon black app because even though I started my applica tions late, I still had options to go all across the country. Before I went to college I had never been on a plane, honestly other than a Texas trip when I was eight, Vegas was the furthest outside of Los Angeles that I had been. I've now travled through every state in the south except Florida. Go travel, net work, and enjoy the black excellence awaiting you.

-Chayel Flowers
Grambling State University

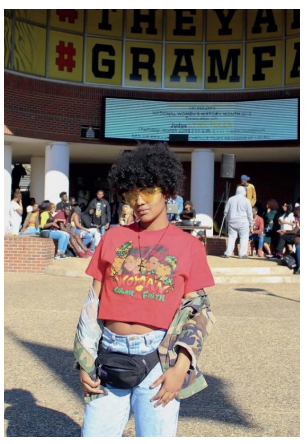
HBCUs are not just coll eges for black students but a higher institution of education that provides young African Americans an opportunity to start their journeys as adults. With over 101 public and private campuses, histor ically black colleges and universities have created successful and prideful stu dents who graduate these institutions eagerly ready to dominate the world. Prior to the Civil War there were no education systems for blacks yet thanks to pioneers such as Richard Humphreys, the first and oldest HBCU was created in 1837, Cheyney University of Pennsylvania. Because of pioneers and founders of the HBCU movement, it has promoted the suc cess, pride, excellence, intelligence and power of the black mind and plays a very important role in African American culture. Why are they so impor tant, some may ask? Well, because these places of higher learning help the youth find their voices in the world and help guide them on the path of per severance, dedication, and strength. It also gives stu dents the chance to express pride in their own people; it displays the idea that Af rican Americans are more than the adversity they face and are worthy of the same opportunities as anyone else.

My name is Iman Muham mad and I am currently a sophomore at the Illustri ous Norfolk State Univer sity in Norfolk, Virginia. I currently serve as the Sophomore Class Queen for the Class of 2021 on Norfolk State's Royal Court. I also am apart of many different organizations as well as being a x4 time member of the Dean's Lists; I am no stranger to success. I am so very grateful for the chance to experience such an oppor tunity of being a student at an HBCU. To walk on campus and see faculty and staff, professors, janitors, cafeteria staff, and students who not only look like me but understand where I come from make the experience that much more exciting. My institution has helped mold me into the woman I am right now and will continue to mold me until the day I graduate and walk across the stage. Norfolk State's motto is "We see the future in you", and though it applies to my

school I believe that applies to all HBCU students. The found ers and pioneers of these schools created a blueprint for us

students to continue the legacy of black excellence.

-Iman Muhammad
Miss Sophomore 18-19



I love my HBCU because it is the place where everybody is somebody. I am a transfer student from Florida South- ern College (a PWI) and the students there made me feel like a science experiment. As soon as I got to Grambling I felt at home. The faculty and students were welcoming and didn't make me feel out of place. Our professors show a personal interest in our suc- cess unlike at FSC. Grambling is a family, a home away from home. Grambling is definitely molding me into the educat- ed woman I aspire to be.

-R'reon Robinson
Grambling University

HBCUs cultivated black minds when other insti tutions did not believe that black people were capable of being educ ated. It is important that we support HBCUs because for many years, they were they were the only schools sup porting us. They created a space that strayed away from stereotypi cal black narratives of ignorance; and instead reflected environments for educated black people to learn with and from one another. From goals and am bitions; to lifestyles and practices, HBCUs are largely responsi ble for the growth of our people. HBCUs taught our ancestors how to successfully adapt and function in high er society. They are a sym bol of black prosperity and advancement. They teach us

our history beyond text- books, slavery, and the civil rights movement. Therefore, it is imperative to show grat- itude to HBCUs because they were built for our progres- sion.

-Trenyce Williams

Tuskegee University

"An HBCU is not just a school to get a degree, it's an experience."

My name is Sydne Wade- Gardner and my HBCU Texas Southern University taught me that. I'm in my second year at TxSU and the experience just keeps getting better. I love my HBCU because with it being predomi nantly black it gives off a vibe like no other.

It's a vibe like no other!

You feel safe and at home. Speak- ing to people you know from across the campus and feeling confident knowing that the people around you are there for you and they know how it feels to be in your shoes.

More students should attend HB- CU's because it teaches you things about life that even a book or pro- fessor couldn't teach you. It's a safe haven for the colored community whom others already don't want to succeed. I recommend attending an HBCU because it is a opportu- nity that opens your mind and life up to things that you would not be able to receive at a PWI.

-Sydne Wade-Gardner
Texas Souther n University

GeneratioNext

GeneratioNext is a newsmagazine designed to highlight positive news relating to youth ages 12-21.

It is a free publication that is dis- tributed monthly in pronted form throughout the Los Angeles and Inglewood areas and online .

It is a non-profit whose main purporse is to ensure that youth of color have a chance to create their own narratives.

Editor/Publisher :
Dr. Angela N. Parker

Website:
www.generationextonline.com

Contact Us:
Have any questions or concers?

Email :
angelaparker @generationexton- line.com

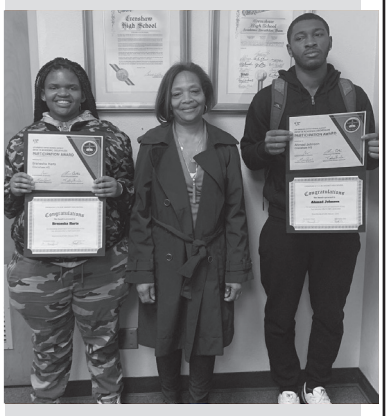
PHENOM GIRLS

Phenom Girls has began its 2019 session.

The free program seeks to provide girls ages 11-13 with the mentorship, activities and tools they need to embrace the phenomenal within.

For more information, emai info@phenomgirls.org.

LINKS COTILLION



The Los Angeles (CA) Chapter of The Links, Incorporated and the Los Angeles Chapter Charitable Trust held our 66th Annual Los Angeles Cotillion on Friday, November 23rd at the iconic Beverly Hills Hilton Hotel with over 700 in attendance.

This year's theme was 'Rise Up' which was also the song by Andra Day, to which 26 beautiful Cotillionettes danced the Cotillion waltz (rearranged waltz version) after individually being presented by their fathers.

MY BROTHER"S KEEPER

The City of Los Angeles' My Brother's Keeper Pathways to Careers Panel Series providing mentorship at the New Open World Academy with ESPN/Disney staff.

Inspired by President Obama's call to action, My Brother's Keeper Alliance brings together business, philanthropy, nonprofit, government, community organizations and other influencers to help young people redefine their future.

The organization focuses on work that is happening at a local level to address issues such as education, employment,

BLACK COLLEGE EXPO COMES TO LOS ANGELES:

LOS ANGELES — Students from Riverside, San Diego and Orange County made their way to the Los Angeles Convention Center Feb. 2 for the 20th annual Black College Expo.

More than 15,000 high school students met with representatives from more than 200 colleges and universities including Ivy League schools and historically black colleges and universities (HBCUs) from across the country.

"The Expo started as a dream and a passion of mine," said Theresa Price, founder of the expo who said that years ago, she was not aware that HCBUs even existed.

"Once I discovered historically black colleges and universities, I wanted to spread the history and legacy of these great schools," she said. "It is great to see the students so happy and excited to attend the expo and I wanted students from all over the world to know about it."

Some schools were able to check high school transcripts of students at the expo and hand out acceptance letters on the spot.

During a seminar titled "How to Get Money for College," Gloria Ponce Rodriguez of the National College Resources Foundation said that there are billions of dollars available for high school students who want to attend colleges and universities, particularly if they come from impoverished backgrounds.

"There are all kinds of resources and money out there, especially for the African-American male," she said while distributing a brochure filled with information about how to receive money for college.

"There's state, federal, institutional and private scholarships available," she added.

"If you're currently enrolled in ROTC at your school, ROTC money is available. If you want to become a teacher, you can get a teaching grant as long as your grade point average is 3.2."

> "Don't ever give up!"

"If your family makes less than $65,000 a year, you can go to Harvard, Princeton or Yale. There are also the Supplemental Education Opportunity Grant and the Pell grant, which offers students $6,095 in free money as well as schools that also offer work-study programs," Rodriguez said.

"If a student really wants to go to college, the opportunities are definitely there," Rodriguez said. "There are at least 80 colleges across the country that will offer you a pathway to acquiring an education, particularly if you come from a disadvantaged background."

Rodriguez shared her own story, revealing that she only had a 1.1 grade average when she dropped out of high school to care for her six siblings.

"But I knew I was a smart cookie," she said. "I finally went back to school and earned my GED."

Rodriguez applied for and was accepted at Norfolk State College in Norfolk, Virginia. "After improving my grade point average, I received a full fellowship and majored in special education. I pursued my degree while I raised my special needs child," said Rodriguez, who eventually became the admissions director at Norfolk.

"Don't ever give up," she told the students.

College Expo.

During the day-long event, a number of speakers who had attended HBCUs said that they formed close bonds with their alma maters that will last forever.

"I visited the University of Southern California and no one was going the extra mile to interact with Jawanza Harris," said one speaker. "But when I went to Clark Atlanta University in Atlanta, Georgia they said, 'You're great. We see something in you.' The difference is your people surround you and affirm you," he said.

"At HBCUs, they teach you about the rich legacy of African Americans that are not in the history books," Harris added.

"My HBCU experience taught me that there are great black people all around us."

> "Most of your lawyers, doctors and judges graduated from HBCUs...HBCUs help you to maximize your potential."

Amer Walton, who attended Bowie State College in Prince Georges County, Maryland, agreed.

"Most of your lawyers, doctors and judges graduated from HBCUs," Walton said. "HBCUs help you to maximize your potential."

Dozens of students flocked to a booth to pick up literature from Black College Tours, which was founded 30 years ago by Gregory and Yasmin Delahoussaye. The tour arranges for high school students to visit different colleges across the country each summer.

"I realized that young people would have a better chance to go to college if they knew that HBCUs existed," said Gregory Delahoussaye, who estimated that nearly 5,000 students have taken the tour.

Seventeen-year-old Da'Shawn Lennan eagerly handed out literature detailing information about Miles College, an HBCU in Fairfield, Alabama.

"When I was still attending Pete Knight High School in Palmdale, I visited Miles College and they had the major I wanted, which was business," said Lennan, who applied to Miles and was accepted at the school.

"I am so glad to see young people attending this expo," said Lennan as he surveyed the crowd. "This is a great opportunity for seniors and juniors from high school to get acquainted with different schools from across the country."

Eighteen-year-old Prosper Egbador, a student at Aquinas High School in San Bernardino who emigrated from Nigeria at 16, proudly walked away with an acceptance letter from Paul Quinn College in Dallas, Texas.

"It feels great to be accepted — this is a dream come true. Not a lot of people get this opportunity, but God helped me, and here I am — I'm going to college," he said, eagerly clutching his acceptance letter.

Brandon Lee said that after checking his high school transcripts, admission personnel at Tuskeegee University in Tuskeegee, Alabama, also offered him an acceptance letter.

"I want to major in mechanical engineering," said Lee, who traveled from San Gorgonio Hugh School in San Bernardino, to attend the expo. "I'm really looking forward to the atmosphere, culture and climate at Tuskeegee."

Towards the end of the Expo, 25 high school students were led to the stage and presented with scholarships ranging from $250 to $2,500. They were greeted with loud applause from the audience.

"In order to win a scholarship, the students had to write an essay about why they wanted to go to college," Price said.

Nicole Tinson, a speaker at the "Boom Careers" workshop, told the students, "Don't be discouraged. You can have a 2.0 [grade point average] but you can recreate your grade point average. There's lots of opportunities, internships, jobs and resources out there. You just have to make a plan and apply yourself."

ENTERTAINMENT:

ZOE KRAVITZ REVEALS THE PART RACE PLAYS IN HER APPROACH TO ACTING

By Rolling Out

Zoe Kravitz looks for roles written for women of a different race. The Fantastic Beasts: The Crimes of Grindelwald actress is proud of her multicultural heritage and wants to "challenge" stereotypes based on ethnicity within her career.

and wants to "challenge" stereotypes based on ethnicity within her career.

She said: "I identify with both my Black and White roots. My parents are a mix of Jewish and African American.

"Obviously, both of these groups have had large struggles in the past, so I feel proud to connect to their cultures.

"I think the only way to deal with racial identity is to remember that no one else can tell you who you are based on the color of your skin, especially in an industry where someone can say, 'Oh no, you can't play this kind of role because of the color of your skin.'

"I continue to challenge that, and look for parts that were maybe written for someone of a different race.

"If I identify with the story, I can identify with the character, and hopefully people will open their minds about how they see a doctor or a lawyer. There's no rule that says a lawyer can't be a Black woman with tattoos."

The 30-year-old actress used to find it "exciting" when she was recognized and fans wanted to take photos, but now she's realized it's important to be able to have her own private time away from work.

She told Britain's Marie Claire magazine: "My biggest boundary issue is being recognized and people constantly wanting to take pictures. At first, it's exciting and a huge compliment, and you just want to know everyone.

"But I also have to remember that when I'm not working, I'm not working.

"Although it's hard to say no, sometimes you feel vulnerable and don't want your photo taken.

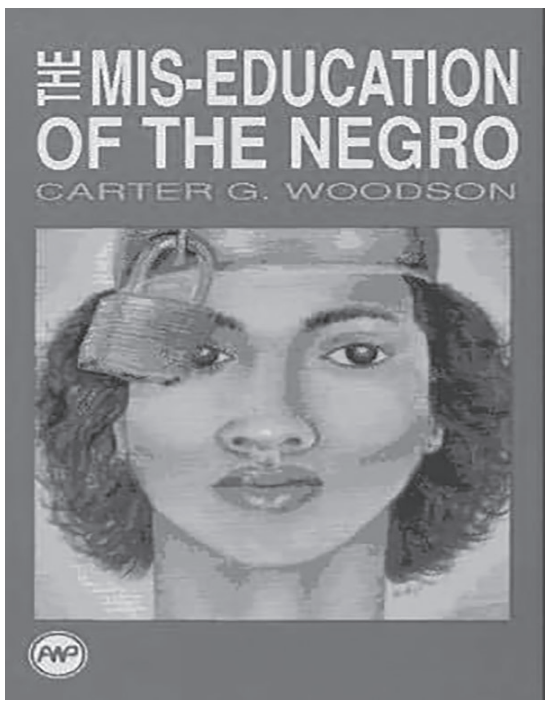
"Also, the time that I have with my friends and family is now so valuable and necessary for my mental health that I want to focus that energy on them.

"I'm trying to find the right balance, but doing normal stuff like going to the grocery store is so important. Just making sure I take the time to be a human being, really."

> "I identify with both my Black and White roots. My parents are a mix of Jewish and African American. "

#BLACKHISTORY MATTERS:

Miseducation Cont. from page 1



1. Education of any people should begin with the people themselves

During 1933 when the book was written, African-Americans were only acknowledged as a supplement to the hard work and sacrifices of white Americans who helped to shape our country. Today African-Americans are still not given the same intellectual examination as White Americas. As Woodson discusses throughout the book, every ethnic group brought their own strengths and characteristics, which helped the United Woodson cites that African-Americans will never be able to build upon their strengths if they aren't made aware of it through education and will be always a step behind as they react to confirm to the styles and strengths of their white counterparts.

> Education of any people should begin with the people themselves

2. We are instilled with a self-hatred through education

There is a lack of Black history in the classroom for African-Americans. Because we are taught early on to admire the likes of the Greeks, Romans, and the British, we have become conditioned to believe the works of blacks are of a lower quality or of a lower intellect. This mindset is a contributing factor as why black businesses aren't able to grow and thrive. Black businesses aren't usually openly received by the community it aims to serve. The book cites a study of black workers who questioned the authority of a black manager compared to their submissive attitudes towards a white manager. For many African-Americans,

#BLACKHISTORY MATTERS: Carter G. Woodson -- The father of Black history

Carter Godwin Woodson was an American historian, author, journalist and the founder of the Association for the Study of African American Life and History. He was one of the first scholars to study African-American history. A founder of The Journal of Negro History in 1916, Woodson has been cited as the "father of black history". In February 1926 he launched the celebration of "Negro History Week", the precursor of Black History Month.

Born in Virginia, the son of former slaves, Woodson had to put-off schooling while he worked in the coal mines of West Virginia. He made it to Berea College, becoming a teacher and school administrator. He gained graduate degrees at the University of Chicago and was the second African American to obtain a PhD degree from Harvard University. Most of his academic career was spent at Howard University in Washington, D.C., where Woodson eventually served as the Dean of the College of Arts and Sciences.

The Father of Black History Month, Dr. Carter G. Woodson, was born in1875 near New Canton, VA. He was the son of former slaves. In 1907, he obtained his BA degree from the University of Chicago.

In 1912, he received his PhD from Harvard University.

In 1915, he and friends established the Association for the Study of Negro Life and History. A year later, the Journal of Negro History, began quarterly publication.

In 1926, Woodson proposed and launched the annual February observance of "Negro History Week," which became "Black History Month" in 1976. It is said that he chose February for the observance because February 12th was Abraham Lincoln's birthday and February 14th was the accepted birthday of Frederick Douglass.

Dr. Woodson was the founder of Associated Publishers, the founder and editor of the Negro History Bulletin, and the author of more than 30 books. His best known publication is The Mis-Education of the Negro, originally published in 1933 and still pertinent today.

He died in 1950, but Dr. Woodson's scholarly legacy goes

> My generation is now into phones and sometimes we need to get off of Tech and calm down. Slime calms us down. It gives us a relaxing scent.

HBCU cont.

accomplished and caring professors/ faculty. I encourage more students to attend a HBCU because many offer classes,clubs, and extracurricular events that other schools usually don't offer. Students will get a chance to explore and learn more about the African American culture/ history.

I love HBCU's because there's an atmosphere of community and collaboration among the students. Everyone is family, even though everyone is from different states and cities. Professors and administrators will be there to help and guide you throughout your college education. I also encourage students to attend historically black colleges and universities because being apart of student body exposes you to a lot of professional people in your field. For example, I major in Criminal Justice. I'm apart of the Criminal Justice club which gives me a opportunity to do mock trials, internships, fundraisers, trips, and more. HBCUs care about you & want everyone to succeed in life. I love my HBCU.

-Jermela Booker
Dillard University

> "I love HBCU's be cause there's an atmosphere of community and collaboration among the students."

many other careers that make the world go around. There is so much history on my campus, my dorm is the same hotel that George Washington Carver stayed in and I live across the street from where Booker T. Washington once lived. I was once hesitant when it came to choosing my future college and attending Tuskegee University, the thought of being so far away from home once scared, I'm glad I overcame my fears. The professors, dean of students and the head of judicial services made it clear that if I ever needed anything they will assist me in anyway possible! One of the best feelings I've encountered here at Tuskegee University.

I believe that everyone should experience a HBCU journey. The love and support here has definitely made my first 2 years of college more successful than I expected. They've provided resources from tutoring sessions to a food pantry on campus for students who may need some assistance. Tuskegee University is my home, although it is very different from Los Angeles, California I am blessed to say I've found comfort here. I could never thank Mother Tuskegee enough for the opportunities I've received and the experience she's given me thus far. I wouldn't have had it any other way, I am a proud product of a Historically Black College! The legacy starts now.

-Camia Magee
Tuskegee University

Social Media Addiction Cont. from page1

Here are 7 signs you are addicted to social media:

1. You Check Their Phone First Thing in the Morning
If the very thing you reach for in the morning is your phone, you may be struggling with social media addiction. Especially if the reason you reach for your phone is to check various social media platforms.
People experiencing social media addiction become consumed with checking how many likes a photo received, if a comment you posted on Twitter was re-tweeted, or to check what other friends have posted. If you seem unable to get out of bed before checking their social media platforms, this may be a sign of addiction.

2. Frequent and Recurrent Page Visits Throughout the Day
While it isn't abnormal for a you to have several accounts on various social media platforms, it is abnormal if you check the platforms obsessively. You can learn a lot about your social media habits by being mindful about how frequently and recurrently you visit your pages.

3. Unable to Enjoy Activities Without "Sharing It"
If you seem unable to enjoy meals and times spent with friends and family without "sharing it" on various social media platforms, you may be struggling with social media addiction. People who seem to post their whereabouts and daily activities obsessively may have an unhealthy relationship with social media. Normal users are able to enjoy everyday life activities without sharing every moment over the Internet. Those with social media addiction often "check-in" to various locations over Instagram and other social media platforms, this is again abnormal behavior. While there is nothing wrong with sharing your life with others on social media, it becomes a problem when you feel like an activity hasn't really happened, or doesn't really matter if you don't "share it."

4. You Use it as the Only Way to Reach Others
One of the ways you can identify that if you are addicted to social media is when you use it as the only way to connect with others. While it is understandable that your cell phone would be your primary source of contact, when you are texting someone who is just in another room, Houston, you may have a problem.

While it isn't abnormal for a you to have several accounts on various social media platforms, it is abnormal if you check the platforms obsessively.

of contact, when you are texting someone who is just in another room, Houston, you may have a problem.

5.Losing yourself onine
People generally have highly structured schedules, especially during the school year. Most teachers don't allow cell phones to be used during well-rounded life you should be participating in extracurricular ac tivities and completing homework assignments in the afternoons and evening. Downtime should be spent with friends, family and engaging in healthy and positive activities. If you choose to spend all your free time on social media, this may be a sign you are struggling with social media addiction. When trying to determine whether or not you are struggling with addiction, the frequency and duration of time spent on social media accounts should be considered.

6. Losing Interest in Regular Activities and Neglecting Responsibilities
As previously stated, most teens have highly structured daily lives. Most teens are active in school, sports and other extracurricular activities. If you have lost interest in regular activities and are neglecting daily responsibilities, but still makes time for social media interactions, you may be addicted to social media addiction. One of the main determining factors regarding whether or not you are suffering from an addiction is if daily responsibilities are being neglected. Addictions are often all consuming. If you are addicted to social media, you may display a loss of interest in previously enjoyed activities, exhibit poor academic performance, and neglect daily responsibilities

7. Strained Interpersonal and Familial Relationships
Similar to all other addictions, social media addiction is significantly correlated with strained interpersonal and familial relationships. The original purpose of social media was to connect people. Social media has become one of the most popular ways for people to keep in touch. While this seems like a positive thing, there is a dark side associated with personal relationships and social media use. Social media addictions have been found to a have a profoundly negative impact on real-life personal relationships. Teens with social media addiction become so obsessed with their online presence that they neglect real-life relationships. It is imperative for you to establish rules, time-limits and boundaries for time spent online is the main way to keep personal relationships intact.

If you feel any of this pertain to you, then step away from the cyberspace and spend just a little bit more time in the real world!

Miseducation Cont. Pg. 10

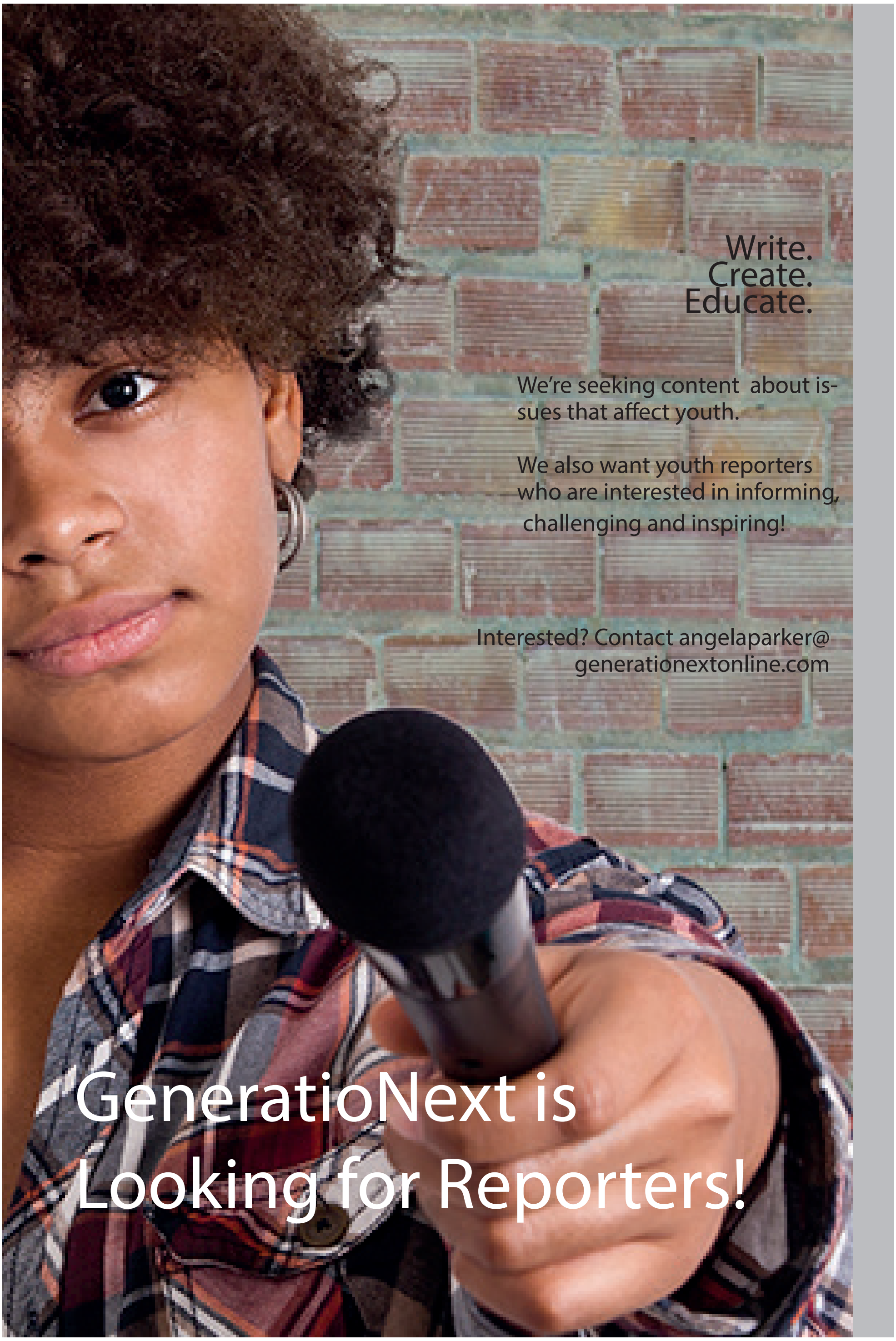
3. We have relegated the majority of our education towards teaching and preaching.
Woodson argues African-Americans fall flat in math and science for two reasons: 1) the immediate family and community fail to put everyday relevance to math and science for many African-American children, 2) there seems to be a discouragement of professional education within African-American communities because of fear with education leading many African-Americans away from the masses. Within many African-American communities today, many children are discouraged from pursuing professional education in fears of 'becoming white' or forgetting where they have come from. While education can sometimes lead to flight of a community, professional education should be encouraged as a means to help reinvest in the African-American community.

4. Too many educated black people leave the masses
The fear of educated black flight is based on many instances of African-Americans leaving their communities in search of education and disassociating from their community. Even when it comes to job opportunities, many African-Americans don't look for immediate opportunities within their own community but would rather take unpaid internships for larger companies in the hopes of gaining "experience."

5. Political Education Neglected
People need to concern themselves with all elements of political matters because they have an impact on the daily lives of everyone. "Educated people don't know politics either as dumb people follow suit", as Woodson describes. Africans need to first build up a knowledge of the current political landscape and what are politicians' stance on key issues.
Woodson also goes a step further by stating African-Americans need to have more peaceful negotiation when it comes to aligning with political parties. As he argued too many African-Americans get caught up in the alliance with a political party simply based on the history of the political party. We should no longer align with a party simply because of their historical merits but we should demand the politicians looking for our vote to hear our issues and be dynamic towards solving those problems.

EXPO Center Teen Programs hosted a LASER TAG Night

The EXPO Center Teen Programs hosted a LASER TAG Night at EXPO Center, on February 1, from 5pm-8pm. In addition to laser tag, participants had the opportunity to enjoy music, time with friends, nachos, snacks and drinks.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