

# @nywusa News

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## Mission Statement

“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.”

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## Celebrate Youth!

Do you know an outstanding youth in your community? Do they make a difference in the lives of others? Nominate them for our spotlight section. Go to our website at [nywusa.com](http://nywusa.com), email us at [info@nywusa.com](mailto:info@nywusa.com), or post a photo or video on instagram @nywusa

## Back to School Tips From nywusa!

Back to school comes with a mixed bag of emotions. It can be exciting, nerve-racking, and stressful. But I have some full-proof tips and tricks to ensure a successful school year!

The most important tip that I could give is to get a good night’s sleep. It is scientifically proven that you do better in school when you’ve had the proper amount of sleep. Without getting your daily recommendation of sleep you are more likely to fall behind and have trouble focusing. Many people think that it is productive to stay up all night doing homework but all it does is make you drowsy in class. So ditch the books and get your sleep.

Another great tip is to study for a set amount of time everyday. Although cramming can be efficient for short term knowledge, it won’t be helpful when it come to taking your finals. Many teachers offer help sessions before or after school and that is a great time to get some studying in. All you need is a good 20 minute study session and you’re good to go.

Lastly, make friends that will help you succeed. Having friends you can rely on makes school a lot easier. Maybe you and a friend have a class together and you can help each other with homework. Making sure you keep friends with similar goals and morals can allow you to have a better school experience.

School can be challenging. There’s confusing schedules, hard tests, and strict teachers. But if you follow my tips you are sure to have an easy breezy school experience.



Paris Pettiford

## 5 Tips on Anger!

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Anger is a human emotion, that you can control by utilizing the 5 tips below that will help you have an awesome school year! Are you ready to learn how to deal with your anger in a healthy way?



Tip 1: Learn how to express your anger in a positive and healthy manner. (ex: working out, hobbies, speak to your parents about how you feel, and ask for help)

Tip 2: Understand what the key element is to your anger. (person, place, or thing)

Tip 3: Ask yourself questions about how you are feeling. (Why am I angry, how does my anger make me feel)

Tip 4: Before getting angry... count to 5, take a deep breath, and after you've done these things, ask yourself "Am I still angry"?

Tip 5: The best way to understand your anger is to start a journal. Journals are the greatest way to explain your anger, and to see your growth. As you work toward not getting angry but thinking that angry emotion through with a clear mind and heart.

~ Tonya Monroe

## Note From President:

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Fear is the unpleasant feeling triggered by the perception of danger. That danger could be missing out, not meeting expectations or not being liked. I challenge you to be Fearless in your Leadership in your life. don't allow the perception of other people's thoughts or actions stop your from fulfilling your purpose. Be intentional with your passion and go for it!



## Financial Safety from nywusa!

National Youth Week is working hard to address key issues impacting young people and allowing teens to voice their concerns about growing up in America today. One of the biggest concerns and hard-pressed issue among the American youth is being responsible with their money and making sure a small accident doesn't place them in debt. Many children even see their parents struggle through financial difficulties and assume the same situation is waiting for them, but with a strong mindset this type of future can change for the better. The first major step is understanding the core difference between wants and needs. It sounds like an easy idea to understand, but as we get older our concept of what a necessity is begins to change. You must understand that clothes are a necessity but high price designer jeans are a want.



Secondly, you must understand that every purchase comes with a new trade-off. If you buy something today, you're losing out on buying something else or even saving for something bigger. Lastly, as a part of the younger generation you have the advantage of time for your money to grow. Savings accounts, CD's, mutual funds and other investment accounts have compounding interest that accumulates dramatically more if you begin to invest earlier. If you're able to understand the things that aren't necessities, opportunity costs, and the value of time, then you'll easily not just avoid financial issues but also take control of your financial well being.

- Grayson Mask

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