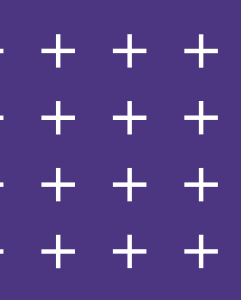
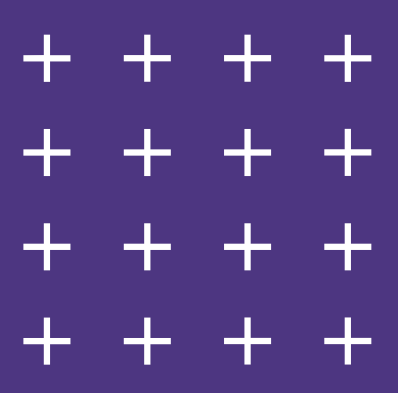


The Wholeness in Community.



Contents

Page 4: Staff Members

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+ + + +
+ + + +
+ + + +

Page 5-6: “A Home Away From Home”
by Katelyn Villon

Page 7: FSU in its First Year by Katelyn Villon

Page 8-10: “More Than a Team” by Sarah Michaels

Page 11: What Brought Us Together by Sarah Michaels

Page 12-13: “The Calling Streak” by Celeste Cortez

Page 14: Weekly Get Together by Celeste Cortez

Page 15-16: Coming Together as One by Rickala
Roberts

Page 17: We Are One by Rickala Roberts

Page 18: Unity in The Haven Community

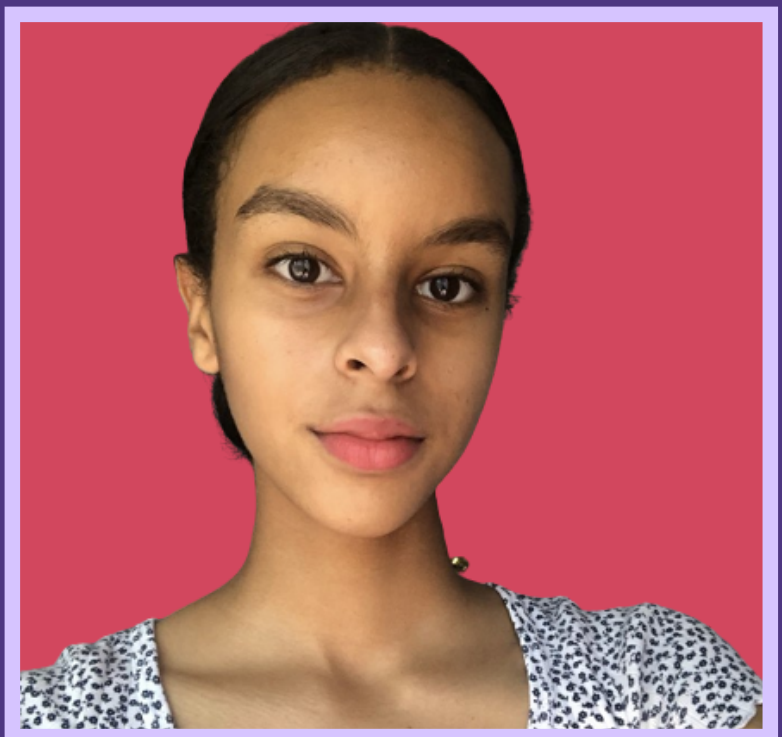
Page 19: Thank you!



Staff Members



Katelyn Villon is the President of The Haven Community. She is an artist passionate about creating pieces with a deeper meaning. She wants to comfort others by conveying her stories through her artworks. She wants to be able to help others by showing them they're not alone in this world, that there's someone who understands what they may be going through. She finds peace in piano pieces and gains inspiration in serene settings.



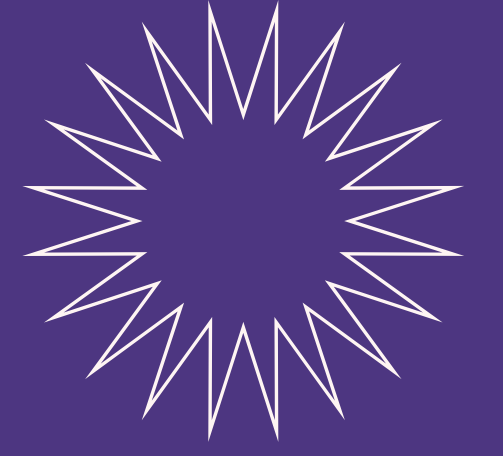
Sarah Michaels, Senior VP of the Media Department, believes that it's critical for teenagers to take care of their mental health and realize that there's someone out there willing to lend a hand during times of struggle. Although she has a great passion for science, she also finds interest in drawing and hopes that joining The Haven community will help her improve as an artist. If Sarah isn't doodling in her notebook, she is either reading manga or listening to music.



Celeste Cortez, Chief Financial Officer at The Haven Community, enjoys writing because she believes that it is a great opportunity to express herself and is what she's truly passionate about. She admires how you can see a person's personality and character by their writing. She hopes readers can get a glimpse of who she is and what she loves. Other than writing, she enjoys learning about science, especially anatomy and biology.



Rickala Roberts is a junior in high school from NYC. She wants to become a photographer when she grows up because of her love for exploring and experiencing new things. Some of her hobbies include reading and writing poems. She loves to express herself through poems. She admires the true natures of photos and also loves being an advocate for mental health.



A Home Away From Home

I struggled to find a sense of community for a while. When I started high school, I enjoyed the company of my friends and the clubs I joined but felt like I was always missing something. It was until more recently I found the community I've longed for.

Going to a diverse school is great. I get to broaden my perspective and learn from the first-hand experience of others. My school had a lot of different student unions, and I actually joined the Korean Student Union when I started to take Korean classes in my freshman year.

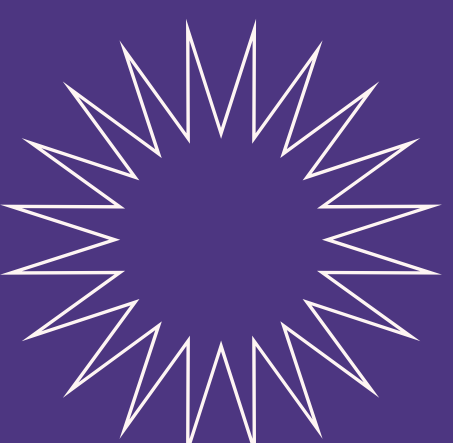
At that time, I started to think of creating a club, a Filipino Student Union. I actually was going to name the club Pinoy People. I was going to start the club sophomore year, but COVID happened, so my plans were delayed. In my junior year, I finally started the Filipino Student Union.

FSU has become one of my biggest motivators and enjoyment in school. I've never felt part of a community like I have in FSU. I know, I know, it's easy for me to say that because I started the club, but really. FSU is one of the most important aspects of my life right now.

With FSU, I've been able to learn so much more about my own heritage and connect with other students that I wouldn't have been able to before without the club. I look forward to every single one of our meetings and sometimes (no, every time, actually) I do get bummed when I have to leave the classroom after they end. It's a lot of fun, though. I've gotten to perform a Filipino traditional dance and speak as a member of the Filipino community at school. I've grown so much closer to my heritage and I'm so happy I decided to start FSU.

I encourage you to join a community. Whether it's related to your heritage or not, being a part of something is great. I have so many people that support me and whom I can depend on when I start to fall. They help pull me out of holes I dig for myself and they keep me balanced. In addition, being a cabinet member gives me club responsibilities that I need to keep up with and makes me hold myself accountable. But even if I wasn't in cabinet, even if I wasn't the founder of FSU, I still love this club with all my heart and wouldn't change it for the world.

By Katelyn Villon



FSU in its First Year



By Katelyn Villon

More Than a Team

During the pandemic, I found a passion for volleyball. Since I had nothing better to do, I always found some time during the day to practice. However, I could only play with my brother, and our space was very limited. Despite that, I still had fun playing with him and at some point, he would ask me to practice with him first. I knew once we returned back to school, I would have to join the team, or else I would stop playing. Since I would be busy with school, I would forget about volleyball but If I try out for the team, I still have a chance of keeping it as a priority. I knew this also meant that managing school work would be harder and since I don't have much experience, I would be in the JV team but I didn't care as long as I could still play.

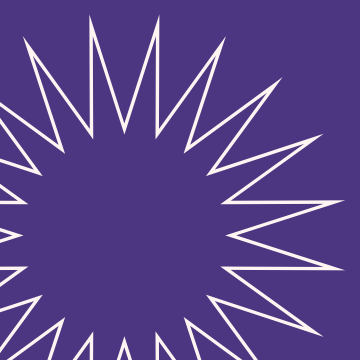
This year, I got on the school's volleyball team and met so many amazing people. At first, I joined the team with the intent of mainly playing my best but completely overlooked the fact that I would get close to new people. Especially because most of my team was younger than me, I had no idea who they were. However, by the end of the season, I felt like I knew these people for much longer than a couple of months. Playing the sport already helped me relieve stress but being around them made me feel even better.

When we tried to play a scrimmage seriously it was almost impossible because we would laugh at each other for everything.

When I look back, I think there were times I should have definitely been more competitive and taken things seriously. At the same time, I knew once I had that mentality I wouldn't be able to enjoy the sport. Every loss and mistake would become a reminder that I'm not good enough. However, I joined the sport to play as much as I can and I wanted to stick by that. I still wanted to become a better player and win every match but I didn't want that to be my main reason to play. It was my teammates that helped me stick by that way of thinking. When I felt disappointed or down, they were there to cheer me up and point out things that I didn't even notice I did well on. When I noticed they felt the same way I would also try to uplift them.

Realistically, there were moments when we lost that sense of community. We felt mad at each other for making mistakes or had been switched out by someone else which created tension. Yet it was hard to hold a grudge because we were close. By the next practice, we put the past behind us and return to our normal chaotic behavior.

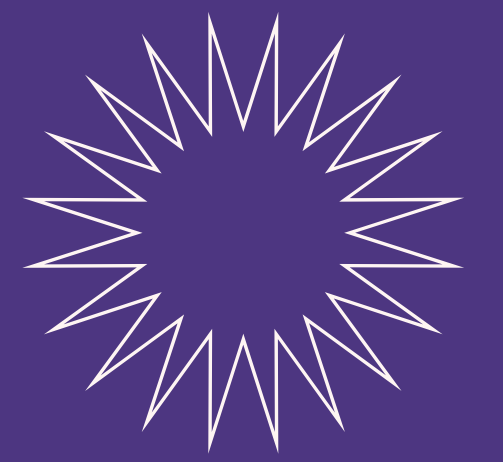
What I liked most about my team was how we literally



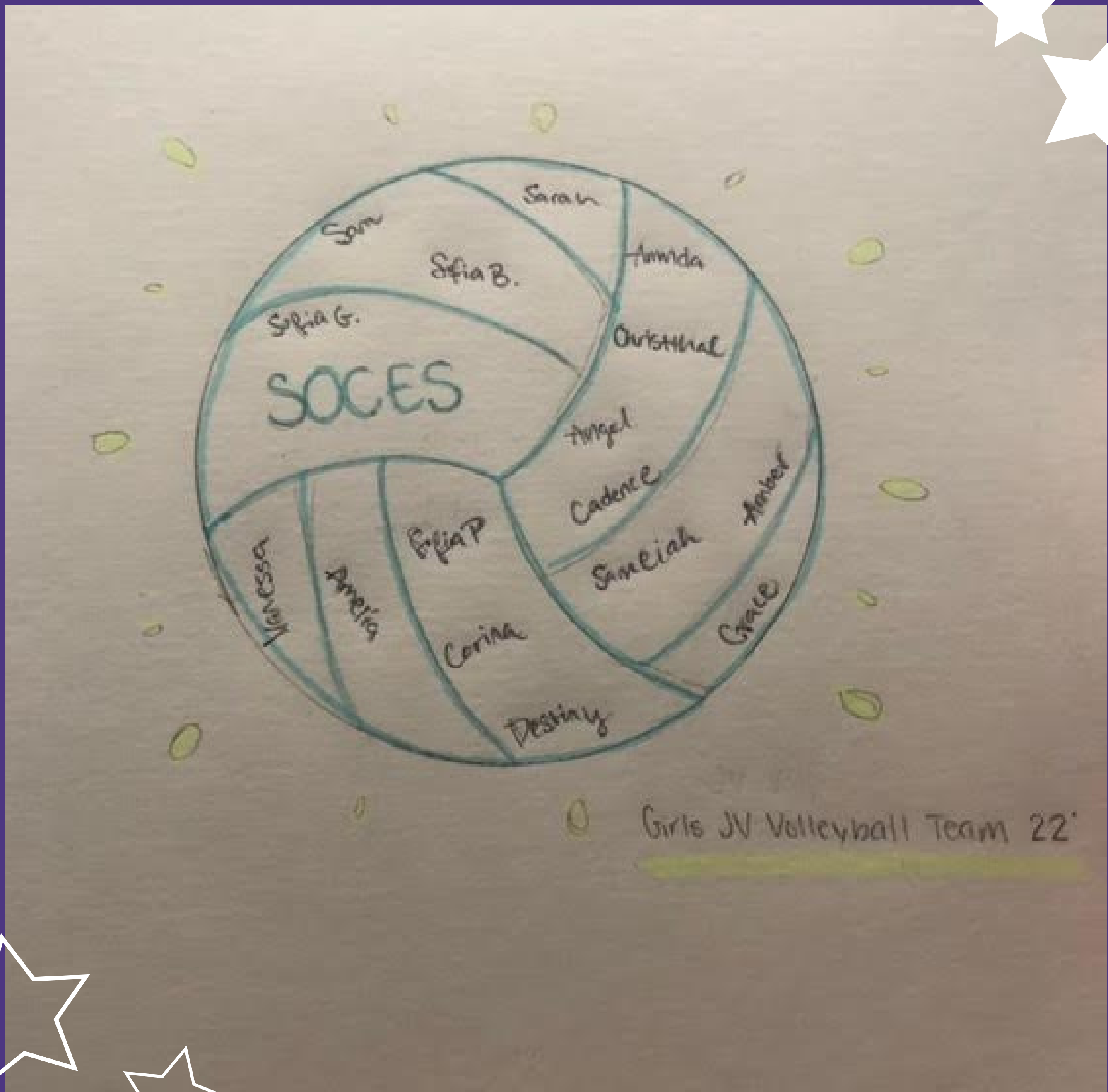
couldn't let go of the ball. We played every chance we got. After games, during time outs, after practice ends, waiting for the bus, even right after losing horribly. I felt like it was more disappointing to us to not play at all than to play and mess up. Despite being so different from each other, we genuinely loved the sport, and that's what united us.

Time really does go by faster when you're having fun. Before the season started I thought three months was too long but by the end, it seemed too short. Still, it was only fun because of my team. I couldn't have asked for a better team to support and I hope we can return with the same energy next season.

By Sarah Michaels



What Brought Us Together



By Sarah Michaels

The Calling Streak



If someone would ask me a couple of years back where I found community, I would not have anything to say. Well, other than my own family. When I think of community, I think of people who consistently make you feel loved, supported, and heard. It took me a while to find a place or better yet, a group of friends who made me feel this way.

I vividly remember my last day of middle school. It was disheartening to leave a site where I made so many cherished memories. I now had to start over again and meet new people. That was when I realized that I had a community at my middle school. The people who I had inside jokes with, who I attended every school dance with, and the people who were there for me during tough times were my community. And unfortunately, I was never going to see them again.

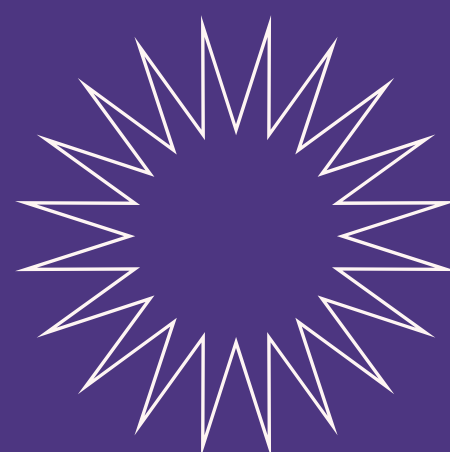
That was when I received an unexpected call. One of my close friends from middle school contacted me to ask if I was able to call him every night for the rest of the summer to play video games. I initially thought he was joking but he assured me that he was being serious. I agreed with no hopes that we would be able to pull this off. However, we

did. We called every night and played a wide variety of games ranging from online UNO to Call of Duty.

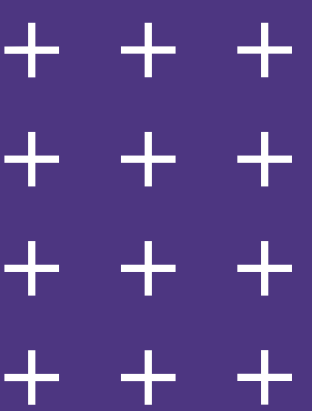
The summer ended and we both had to start high school at different institutions. Nonetheless, we continued our routine of calling each other each night, except now, it was only Fridays and Saturdays. Over time, we invited more and more friends from our middle school who were willing to follow our weekly habit. We soon became a large group.

While this all started with a silly challenge on who is able to call each other the longest amount of days and play games, it became a community. This was a community of friends who have known each other since middle school. We also support each other, give advice, and make us feel united no matter what. This has been going on for almost four years and I am proud to say that our streak of calling every Friday or Saturday night has not ended.

By Celeste Cortez



Weekly Get Together



By Celeste Cortez

Coming Together As One

Unity is necessary to maintain a better image for others. It helps us work towards our goals as one considering we are one; it helps identify problems that we will encounter. But nowadays unity is even stronger when people stand together as one in order to confront certain challenges such as racism, discrimination, homophobia, etc. The effort lies together which helps evolve others around us to see life-changing ways. When there is fear of change being together as one we can face all the obstacles without a stretch. Each extra kick with the help of others goes a long way.

One thing about unity is that it really helps build confidence within myself by being surrounded by people who strive for such astonishing goals with determination and intimacy. It helps build me towards greater work and motivation. It's like a build-up that I would like to seek for the greater good which inherits a certain value that helps me become better and learn new strategies, leading me to build new paths.

However, the greatest thing about unity is that it shapes us into who we are; it builds the people around us into connections and meeting others. I think we all have our own form of unity that helps the community as a whole, which is helpful.

In today's society, there are many forms of unity that strive to be better. Unity is essential in socializing and having interactions including new areas we can follow which helps us in everyday occurrences

By Rickala Roberts

We Are One



By Rickala Roberts

Unity in The Haven Community

How has being a part of The Haven Community made you feel senses of unity?

The Haven Community became the place where I felt heard. With the complexity of my school life as a teenager, I felt no one heard me and that everyone was leaving me hanging to navigate life by myself. I relate to the people at THC; they understand my struggles. THC is there for me, and I'm here for THC.

-Katelyn Villon

The Haven Community is truly a place where I feel like anyone can use their own talents to express how they feel. I don't have the fear of being judged because I know what I say or feel is valid and can probably be relatable to another member. No matter how small the effort, one can make a difference with their work. Because we are so different and bring our own unique ideas to the group, we're able to create amazing projects just like this one.

- Sarah Michaels

At The Haven Community, I feel senses of unity when having whole-hearted conversations with fellow writers, editors, and artists. I always feel heard whether it be when coming up with new plans or recording a podcast. Together, we are all here for the same purpose, to provide encouragement for the teenage community. That is why we all build each other up, to achieve this goal.

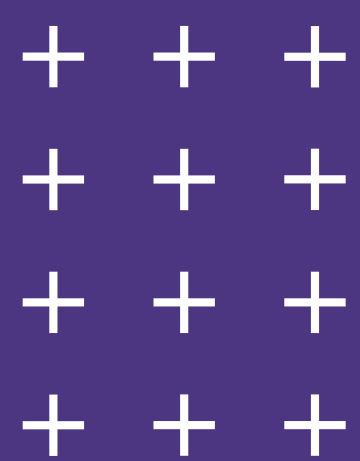
- Celeste Cortez

The Haven community has shown me so many ways of dealing with certain problems I am facing and that building relationships and communicating are very important. It has taught me how to show myself in certain situations. We build and create creative strategies with our teamwork involving as a community even more. There are such good connections between the members.

- Rickala Roberts



Thank you.



The Haven Community

Unified in Building

Each Other Up

thehavencommunity.net

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