



WOMEN'S HISTORY MONTH

A MAGAZINE BY THE HAVEN
COMMUNITY

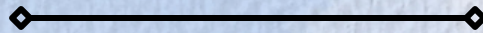




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ENJOY!





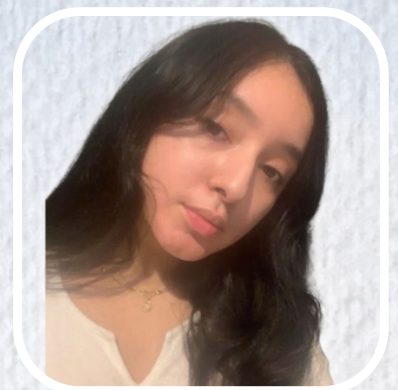
Katelyn Villon is the President of The Haven Community and is an artist passionate about creating pieces with a deeper meaning. She wants to comfort others by conveying her stories through her artworks. She wants to be able to help others by showing them they're not alone in this world, that there's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

Sienna You is the Senior Vice President of Writing and Composition at The Haven Community and the lead of this project. In her free time, Sienna enjoys hanging out with friends and family, and listening to her favorite k-pop group, BTS. As a part of The Haven Community, she hopes to express her feelings and provide support for other teenagers.



Sarah Michaels is the Senior Vice President of Design and Media at The Haven Community. 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. She believes that it is critical for teenagers to take care of their mental health and realize that there's always someone out there willing to lend a hand or hug for you during times of struggle.

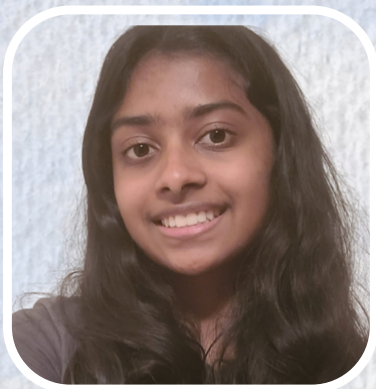
Celeste Cortez is the Chief Financial Officer and a writer and editor at The Haven Community. She enjoys writing because she believes that it is a great opportunity to express herself and what she is truly passionate about. Other than writing, she enjoys learning about science, especially anatomy and biology.





Shourya Kulkarni is an artist at The Haven Community. She enjoys comic-style art, martial arts, and Indian classical dancing. She also has an interest in the STEM field.

Sophia May is a writer and editor at The Haven Community. She believes that successful living cannot be achieved without growth, and emotional growth cannot be achieved without self confrontation. Sophia recognizes this and would like to help people live fulfilling lives, not for others, but for themselves.



Irene Thomas is an editor at The Haven Community. She loves reading fiction, with a particular interest in spelling and etymology. Aside from academics like her fondness for math and science, she enjoys spending time with her friends and loved ones. In the future, She hopes to pursue a career in the medical field.

Brandon Chang is an editor at The Haven Community. In his free time, he likes looking up cooking recipes and eating good food. He also swims and reads manga.



My Superwoman

by Katelyn Villon

Her Tenacity

My mother's tenacity is incredible. Of course, it's easy for me to say this; since I'm her daughter, I've seen her under multiple lights. Regardless, it's still amazing to see her wide range of skill sets on a day-to-day basis.

My mom would always tell me growing up that, "You can do it if you put your mind to it". As cliché as I thought it was, my mom would actually do anything when she actually put her mind to it.

I could go on and on about my mom's talents, but one thing I want to focus on is her tenacity. My mother is an immigrant from the Philippines. She graduated high school early, raised a family, moved up the corporate ladder (the CEO literally knows her), and eventually started her own business specializing in customization. She's done so much and she keeps on doing so much more.

She can do it All.

My mom never fails to inspire me. She can do everything, really, everything. It's sometimes even terrifying to see just how much she can do; she can do it all. She's my superwoman.

She can do everything from small detailing and hemming clothes to lasering enormous personalized stove covers. She can not only cook delicious Filipino dinners for a family of four, but she can also mass bake pastries for my cousin's debut, a Filipina's 18th birthday. She can even raise my brother and me while simultaneously pursuing a higher education for herself. In fact as I write this, she's learning how to make a Filipino bolero and has a sewing pattern in her hand.

A Book is not Enough.

My mother's skills and talents, along with her mental, emotional, and physical strength cannot be put into words. I could write a book about her and her many incredible stories, but I think the best way to see how amazing of a woman she is is to just see her put her mind to it. Also, if I continue to write, my mom would get concerned I was revealing too much about her (mom, if you're reading this, you should be less humble).

Just trust me when I say, my mom can really do it all. All the lessons I've ever needed to learn have been by watching my superwoman.



Elyse Fox's Advocacy for Mental Health

by Celeste Cortez

This month is Women's History Month - a month dedicated to commemorating the important roles women play in everyday society. There are various important roles such as mothers, medical workers, politicians, scientists, educators, students, just to name a few. This month is an opportunity to shed light on the incredible contributions women have made in history and are continuing to make. This week's spotlight will be on Elyse Fox, a mental health advocate.

Elyse Fox started off her career as a filmmaker, which had been her dream job for as long as she could remember. However, she soon realized that she was not truly happy with her current position in life. This is a common experience for many people who achieve their dreams, only to have the dream end up being different from what they expected. Fox then realized she was experiencing depression and was terrified to reveal what she was going through with her friends. This led to her putting up a facade in order to pretend to look happy and satisfied with her life even though in reality, she was suffering inside.

Fox decided to release a short film titled Conversations With Friends in which she depicted the distressing feelings she was experiencing. Her movie received positive feedback from many people who resonated with it, motivating Fox to create the non-profit organization Sad Girls Club. Sad Girls Club's mission is to "bring girls together who are battling mental illnesses." Sad Girls Club provides resources and mentoring to help young women get through any mental health struggles.

Mental health struggles are experienced by many people, but the majority of people have a false preconception and believe it is something they can deal with by themselves. Nonetheless, advocates such as Elyse Fox are continually striving to get rid of this idea by supporting people going through depression, anxiety disorders, PTSD, bipolar disorder, eating disorders, etc. By encouraging conversations about mental health, people will begin to understand they are not alone in enduring mental health struggles and that they can receive therapy and treatment. This Women's History Month, it is important to recognize women such as Elyse Fox who continue to make important contributions to help make the world a better place.



by Shourya Kulkarni

Thank You Mom

by Sarah Michaels

The woman I look up to the most is my mom. For starters, my mom had to work hard to get to where she is now. She didn't have the privilege of being safe in her own country, and had to go through the struggles of immigrating to America. She had to leave behind family, friends, memories, and most importantly, home. However, things didn't just become easy once she landed in Los Angeles; she had to improve her English, get an education and job, adapt to a completely different culture, be a wife, and soon, a mother.

Even today, my mom still works just as hard as she did when she first came here. She chooses to work night shifts as a nurse assistant, just so she could pick me and my siblings up from school. When she's home, she's the only thing keeping the house running. She spends hours on my hair every week, because she knows I'll forget to take care of it. When I'm busy with homework and she's offshift, she'll lovingly prepare my school lunch, while at the same time being burdened with the many household responsibilities. Despite all of this, she rarely complains about how exhausting it gets, even though I can tell that her many responsibilities definitely are. She does so much for others but never expects to get anything in return; she simply does it out of affection and the kindness of her heart.

My mom is the type of person to put others before herself. Because of that, I followed in her footsteps and learned to do the same. However, she is also one to stand up for herself if she needs to, and never lets someone walk over her. Albeit I can't say I'm that strong of a person yet, my mom inspires me to one day become a person like that. I look up to her in the sense that she is genuinely proud of her identity and won't change herself for others.

When I spend more time with my mom, the days go by easier. As I grew older, I started to notice how much she does for my family, that the younger me would completely overlook. The little things, like cooking my favorite meals, mean everything to me, and no amount of "thank you's" could properly express my love and gratitude towards my mom.

A Woman I Look Up To: Princess Diana

by Shourya Kulkarni

I look up to Princess Diana, so much so that I wish I was born a long time ago to experience life at the same time she was alive. Princess Diana has been a symbol of courage and kindness in my life, because I just admire the way she treated people with respect, even though she was a Princess with immense amounts of power, compared to an average person. Of course, the Princess went through some personal issues, but she persevered and still remained an amazing person despite all of that. As such, she is one of my favorite British people.

Breaking the stigma.

At a time where the stigma for AIDS/HIV was more widespread than it is today, Diana went to a certain hospital and shook hands with every person that had the disease, to show the world that these people were worthy of being treated like normal humans, and not like some biohazard. She spent her time hugging these patients, showing people that the disease could not be spread through touch. Diana had used her power as a Princess to bring awareness about such conditions, and brought hope and light into people's lives. Just imagine how those patients felt when someone restored their hopes of being loved again that they had lost for months, or even years since their diagnosis.

International love

Although Diana did not necessarily have that much political power, she brought a sense of peace between the U.K and other countries.



She had visited New Zealand, Australia, Japan, Pakistan, India and countless other countries to display her respect for their unique cultures. To be very honest with you, nowadays the only time I see this behavior with politicians is when they want to pass laws for oil and other resources. Diana undoubtedly did this for publicity, but that doesn't make her a bad person. Unlike the Monarchs and British Rulers before her, Diana was not racist and did not consider herself superior to others because of her race. This was one of the first times in a long time that anyone from the British Royal Family had shown respect to anyone that wasn't European. And because of that, everyone, of all backgrounds, loves Diana.

Me and Diana

I look up to Diana because I aspire to be an amazing person like her. In this world, it's so hard to be a good person. I'm not necessarily a bad person, but I could improve. Think about it: if the whole world resents the British to this day except Diana, then imagine how good of a person Diana must have been. People tend to admire a person that displays genuine love and respect to everyone else, just like her. That's why I love and look up to our Queen of Hearts, Diana.

Celebrities Face Obstacles Too

by Sophia May

What is a Woman in Mental Health?

Women in mental health are often thought of as either medical or licensed professionals. However, a woman in mental health can actually be neither of those things, but rather someone who advocates for mental health. The famous actress, Zendaya, is one of these women.

“A Beautiful Thing”

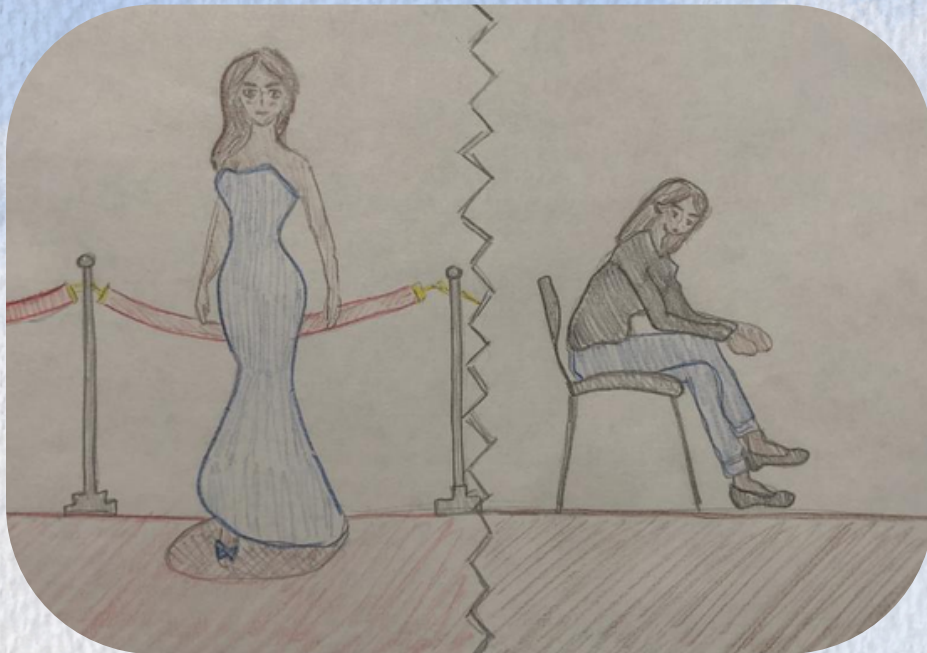
Zendaya is known for her advocacy of therapy; going as far as to call it “a beautiful thing.” Normally, people don’t usually consider the hardships celebrities have to face in their own lives, so it’s refreshing to see an actress so open about her own experience with therapy. It is also nice to see her be so encouraging about therapy, with her suggesting that everyone should go to therapy if they can. If you have the means to go, you should, even if you don’t think you need it.

Recovering From Intense Anxiety

Zendaya has opened up about how therapy has helped her in her profession. During the filming of the hit HBO Max series Euphoria, Zendaya experienced immense anxiety every week, so much it would be considered severe anxiety. She chose to go to therapy to better herself and the future roles she would take on as an actress. So far it looks like therapy has done wonders for her, however her anxiety hasn’t entirely gone away yet.

Prioritizing Mental Health

After hearing all that Zendaya does to recommend therapy, it's pretty clear that she also highly encourages taking care of mental health. Follow Zendaya's advice and if you are able to, make sure to regularly attend therapy, but if you are unable, find ways to manage your mental and emotional health. In doing so you'll find that your life will be more fulfilling and improved.



by Sarah Michaels

The Women Who Stepped Up

by Sophia May

Three.

Ever since I was a kid, there were three women whom I've always looked up to. They all stepped up in one way or another when I needed them the most.

Not only that, but they also showed me what it's like to care for someone and be there for them at their most important moments.

Now, originally I was going to write this article about just one woman I've looked up to, but that didn't feel right. Especially not when I actually took the time to think about the people whom I've looked up to.

Lady With Ambition

I can't recall the exact moment when I actually met my great-aunt (it was probably straight out of the womb knowing her) but some of my fondest memories involve her. I feel like everyone in my life knows I love New York City, but no one really knows why. It's because my aunt lived in New York for the majority of my childhood and I grew up visiting her; it was during those visits that I grew to love the city.

My aunt knows more than anyone about my love for the city so she's always taught me to reach for my goals since I talked about wanting to move there. She pushed me to succeed in both school and extracurriculars because she knew I could do it. She has firsthand experience of what it's like to have high ambitions so she taught me how to reach my own goals. Honestly, I can't thank her enough.

Vehemence and Spirit

My grandma has been by my side for as long as I can remember. Really, she's always been there. Every recital or performance I've ever had, she made sure to be there. She's second in line for people I can count on to show up.

My grandma has done much more than just show up for me though. She's taught me valuable lessons on caring for myself and my siblings. She's told me stories about her life in Mexico, making me miss a place I've never even had the chance to visit. But she's also taught me to be persistent and not deal with anyone who isn't worth my time. Perhaps she taught that to me a little too well, but I'd rather be vehement than weak.

The Woman

The most important woman in my life, and the one I will always look up to the most, no matter what, is my mom.

She's been there everyday of my life, and taught me all the values I hold today. She taught me not to settle for less than what I'm worth, in anything. I'd say that that's probably the most important thing she ever taught me. There's so much more I could say about her, but I think I'll leave it at that for now.

I know my mom isn't perfect, neither is my great aunt or my grandma, but for all the wrongs they've done, they showed me how to do right in my life. And I know they will always be there in the future, to prevent, or help fix, any mistakes I make in life.

Platform for Good

by Sienna You

Speaking Out

Selena Gomez is a well-known singer, actress, producer, and businesswoman who has opened up about her anxiety, depression, and even bipolar disorder.

Despite being an A-list celebrity, Selena has used her platform to share her story, shining light on how struggling with mental health is perfectly normal. She said in a statement, “Mental health is personal for me. Figuring out how to manage my mental health hasn’t always been easy, but it’s something I am constantly working on, and I hope I can help others work on it, too.” She’s taken it upon herself to make it known that even public figures struggle themselves, and none of us are alone in our mental issues and struggles.

Advocating for Better

Along with speaking out about her own story, Selena constantly advocates for the betterment of others. In November 2021, Selena announced the launch of a mental fitness site, Official Wondermind. With this site, she hopes to target everyone that feels emotions, not just people with mental health disorders. In addition, she started the Rare Impact Fund, in which 1% of all sales of her cosmetics line go straight to the expansion of mental health services and education for young people. So far, the fund has distributed \$1.7 million to nearly a dozen and a half mental health organizations.

Setting the Standard

From 2012 to 2020, Selena took the role of executive producer on the Netflix series, 13 Reasons Why, which showcased and started conversations about the struggles of everyday teens, confronting topics such as suicide and drug abuse.

From Selena herself, “Mental health impacts all of us, and we each have a role to play in ensuring that everyone – regardless of their background – has access to mental health services. I hope by sharing my own story and using my platform, we can empower each other and more young people to address mental health.” Selena Gomez is a light to all the people out there who face mental health problems on their own, those who just need a role model to look up to and see themselves in.



by Katelyn Villon

Women Make The World A Better Place

by Celeste Cortez

Women have a significant influence on the world. My godmother, mother, cousins, and friends are just a few examples of the women I aspire to be.

They all do so much not only for me, but everyone around them. Their advice, love, wisdom, and hard work have great value. When I was asked the question “What woman do you look up to the most?”, it was impossible for me to name one singular woman. However, there was one memory that immediately popped into my head, and that I will share here.

From when I was eight to eleven years old, I had a pediatrician whom I admired. While I do not remember her name, she still had a lasting impact on my life. As a young girl, I always knew I wanted to be involved in the medical field in the future, and every time I saw this pediatrician, I was even more motivated to achieve this goal. She was so kind and I was thoroughly impressed with all her medical knowledge. She even helped me feel comfortable with growing up, which has been a longtime fear of mine.

That’s something that I’ll never forget about her.

The last time I saw her, she explained how she was going to move to Africa in order to help children who need medical assistance. The last piece of advice that she gave me was to never give up on my dream to become a doctor and after she expressed her faith in me to reach my goal. While I was sad that I was not going to be able to see her again, I thought that what she was doing was absolutely amazing. I knew she was a great pediatrician, and was happy that children in need will be able to receive help from her.

I look up to this pediatrician. Although she did not know me on a personal level, she helped me through overcoming my fear of growing up. She encouraged me to persist and inspired me to want to be a doctor. Because of her influence, I would really like to travel to various foreign countries in the future to provide medical assistance, in a similar way to her. Everyday that I work towards accomplishing this goal, I will think of her and her words that, in my mind, will always be cherished.



The Big Sister I Never Had

by Sienna You

Growing up with only brothers in my family, I've always longed for an older sister figure in my life. Someone who could not only give me advice but more importantly someone I could look up to. In 9th grade, I joined The Haven Community and was surrounded by people older than me whom I had the utmost respect for. One person, in particular, is my now BFF, Katelyn.

Katelyn and I have been involved in shared projects and clubs throughout high school, but we've gotten especially close during my junior year. I've always admired Katelyn for her dedication, creativity, and hard work, but getting to truly know her inside and outside the workplace has made her someone I've grown to love. She's always been there to guide me and I'm so happy to have someone like her to be with me as I grow up. As much as I'm sad she'll be leaving for college soon, I look forward to her adventures as she becomes an adult. I hope she goes and lives out her dreams, as I wish only the best for her and her future.

She'll forever be the older sister I never had.
I love you Katelyn <3



A Playlist Curated by Us!



scan the code above on spotify
for songs that embody women
empowerment and self-love <3

THANK YOU!

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Our Mission:

Promote emotional
strength.

Build teenage society.

Repeat.