We are swimming through the honey,  
I know my people love me.  
We will be gentle with ourselves,  
And gentle with each other.
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Catherine Villalonga (@catherine_villalonga)

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Thank You
As you begin to dive into this piece we welcome you to center yourself before reading. We often use grounding exercises just at this with Power U staff and members at the begging of our meetings. We use grounding to strengthen our awareness and give attention and focus to our bodies as well as our minds.

TRY THE FOLLOWING TECHNIQUE FOR 5 MINUTES:

- Sit or stand with your feet planted on the ground.
- Close your eyes.
- Begin to focus on your breathing. What do you notice about yourself? Is there tightness in any part of your body? Do you feel heavy or light?
- Try 3-5 deep and audible exhales. Don’t be afraid to let it out.
- Welcome any distractions. Acknowledge them and refocus on your breathing.
- What do your others senses tell you?
- Give yourself gratitude.
MORE THAN EYE CANDY

Mya Postell

What
Does it mean
To be a woman in America?
Notice how the term “woman” has the word “man” in it as if a
woman cannot stand alone
Ironic how the significance of women is near rarely shown
For we give life, yet are still marginalized
America loves to normalize things that shouldn’t be normalized

And toxic masculinity is the root of the reason why
Why
Women are dehumanized
As if we are objects
Something that can be possessed but not cared for
Which causes the very purpose of our existence to be ignored
We are denied from careers before we can even reach
occupational doors

Because men are more confident and assertive
right?
As if reproductive organs determine the abilities of one
And the way that men treat women is just so overdone

How can a concept such as misogyny even exist in this world?
Technically all men aren’t the same, but a generalization is best
fit when the vast majority has a communal impact
I’m sick and tired of seeing women in various regions getting
attacked
Families
Are mourning
The loses
Of their daughters, nieces, cousins, and more
All because a woman had the guts to say a word as simple as no
Don’t teach young girls how to dress or how to act teach
ignorant boys to NOT
throw
Themselves onto women as if we exist for the benefits of them
and them only
And let’s, not dis acknowledge how femininity is rooted in pedophilia unholy
Because men believe that possessing certain qualities makes a woman more feminine
Petite, short, hairless, young
How can childlike characteristics even influence a grown man to be sprung?

What I’m trying to say is that women deserve respect
We are NOT
Housewives or
Caretakers
Or sex toys
Invented
For the benefits
Of boys
And our presence
In a room
Should spark
The most noticeable noise
But male dominance
Is a concept that destroys
The value of women

Yet regardless women empowerment is heartfelt
And our movement is NOT done
We will not stop fighting for rights that should have already been birth ones

We as women are graceful, poise, intelligent, strong, and beyond
And it shouldn’t take men to acknowledge that for it to be phenomenon

ABOUT THE WRITER:
MYA POSTELL, 16
1ST YEAR POWER U MEMBER
THE GRASS IS GREENER WHERE YOU WATER IT

POWER

TRANSFORMATIONS

MIRACLES

I WANT IT

I NEED IT

I’VE GOT TO HAVE IT
## The Ultimate Personal Care Bingo

<table>
<thead>
<tr>
<th>EAT VEG/FRUIT IN THE MORNING</th>
<th>PRACTICE THE BREATHING EXERCISE FOR 5 MINS</th>
<th>RECITE POSITIVE AFFIRMATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>TAKE 5 MINS TO JOURNAL</td>
<td>RELAX WITH A GOOD BOOK</td>
<td>GIVE YOURSELF A NIGHT OFF OF SCREEN TIME</td>
</tr>
<tr>
<td>ATTEND A POWER U EVENT</td>
<td>PUT ON THE POWER U PLAYLIST</td>
<td>CALL A FRIEND OR LOVED ONE</td>
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<tr>
<td>DO YOGA OR STRETCHES FOR 10 MINS</td>
<td>READ THE LATEST NEWS ABOUT YOUR COMMUNITY</td>
<td>CATCH THE SUNRISE &amp; MEDITATE</td>
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</tbody>
</table>
OVER THE PAST FEW MONTHS, POWER U MEMBERS HAVE Begun TO Deep-Dive AND BUILD THEIR Sharpness OF WHAT Matters MOST TO Constituents IN THE Community. IN MARCH Members TOOK TO THE Streets TO CANVASS OVER 500 Residents. The INFORMATION GATHERED FROM THE CANVASS Led TO INTERESTING RESULTS AND BEGAN THE JOURNEY FOR MANY OF OUR Members TO CONNECT WITH THE SurroundING Community. POWER U IS IN THE CURRENT PHASE OF NOW SHIFTING INTO COMMITTEES AND THEIR WORK WILL focus ON Key ISSUES SUCH AS Safe SCHOOLS, Counselors NOT Cops, AND Civic Engagement. IN THE COMING MONTHS, THESE COMMITTEES WILL ONCE AGAIN CANVASS EVEN MORE Residents and Practice Rallying IN Preparation FOR THE MIAMI DADE Public SCHOOLS ANNUAL SUMMER BUDGET HEARINGS.
Power U Center For Social Change (Power U) was co-founded in 1999 by renowned organizers, Denise Perry and Sheila O’Farrell. Being originally based in Miami’s Historic Black Community, Overtown. Much of our early work centered on environmental justice, affordable quality housing, and fighting gentrification. Currently, our central focus is on organizing young people to fight for safe and supportive schools. We are building Power U chapters in different high schools and fighting for schools that prioritize human development over profit, where all youth have the resources, access, and opportunity to reach their full potential and where they are treated with dignity, regardless of race, gender or economic situation.

READ MORE ABOUT POWER U’S HISTORY AT HTTPS://WWW.POWERU.ORG/ABOUT

In the summer of 2017, before becoming a collective, (F)empower originated as a zine and speculative photo story, depicting a post-apocalyptic Miami run by a revolutionary girl gang. Uniting under radical Black femme leadership was our only hope for surviving the future. This imaginative story birthed the artist collective, then liberation book club closely followed. Since 2017, (F)empower has hosted dozens of cultural events and programs. Now it is comprised of several branches: the fairy garden, the community bond fund, masisi, liberation book club and the artist collective. (F)empower is made up of artists, activists, organizers, djs, event producers, gardeners, healers and witches using their unique powers to reign in a new, breathable world.

READ MORE ABOUT FEMPPOWER AT HTTPS://WWW.FEMPPOWERMIA.ORG

SCAN TO LISTEN TO OUR JOINT PLAYLIST
THANK YOU
TO OUR SUPPORTERS & CONTRIBUTORS