



EMPOWERMENT



# EXPRESS YOURSELF!™

where teens talk and the world listens

## Teen Radio

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### Express Yourself!

Sunday at 3 PM Pacific

**July 4th 2021: 4th of July Trivia and Write a Poem**

It is a myth that America declared their independence from Britain on July 4, 1776. The fact is that the official vote actually took place two days earlier, but the "Declaration" was published on July 4th in newspapers, where it gained recognition from the public. This is just one piece of American historical trivia that Diya Hituvalli brings to the airwaves for this 4th of July special focusing on Independence Day and poetry. She then interviews Meredith Heller, author of Write a Poem, Save Your Life. Meredith shares her teen struggles and how writing literally saved her life. She believes th

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### Featured Guest



#### Meredith Heller

Meredith Heller, author of WRITE A POEM, SAVE YOUR LIFE, is a poet, singer-songwriter, and educator with degrees in writing and education. She studied in the graduate departments of Johns Hopkins University, Naropa University, and Goddard College. She is author of the poetry chapbook Songlines and River Spells . A California Poet in the Schools, she teaches workshops for grades 1 to 12 in public and private schools, in the creative writing department at Marin School of the Arts, in Juvenile Hall, and nationally on Zoom for kids and adults. But she was once a teen facing devastating life circumstances who happened upon poetry and found in it a way through pain, into inner strength, and toward

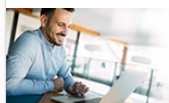
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