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Express Yourself!

Sunday at 3 PM Pacific

**January 1st 2013: Express Yourself!™ Teens
Celebrate New Year's Day 2013**

Happy 2013! Another year, another resolution. Hosts Youngjoo Ahn and Rachel Glass celebrate New Year's Day with fellow teen reporters who offer their individual takes on what goals to set for 2013. Although Floridian teen, Nicole Eubanks says she has never fully succeeded in achieving her New Year goals, she does have some very excellent health tips. University of Oregon co-ed Rachel Glass stresses the importance of living in the moment and making the most of each day, while Stanford student encourages, Jacqueline Tao encourages everyone to take more "me" time, reach out to family and friends,

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