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# EXPRESS YOURSELF!™ TEEN RADIO

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**Express Yourself!**  
**Sunday at 3 PM Pacific**  
**April 24th 2018: The Gift of Escape and Cry of the Seals**

"When ordinary life shackles me, I escape, one way or another. No more walls." Anais Nin Joven Hundal hosts a fascinating program that speaks to the elements of escape. He reads Malika Demings chapter from the new book, Be the Star You Are! Millennials to Boomers Celebrating Positive Voices in a Changing Digital World where she writes about escaping from a turbulent childhood environment and her dreams of the future. J. Finn Wake joins Joven with her first novel, Cry of the Seals, which is all about communicating with our friends under the sea and how that would change our lives. Scientifi

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## Featured Guest



### J. Finn Wake

As a longtime freelance writer, J. Finn Wake has written hundreds of feature articles for regional magazines and newspapers, as well as essays in the Cup of Comfort series, writing under the name Jennifer Finn Wake. She has always been drawn to water.

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