

## Dearest Charlie

It has been an impossibly long year: 365 sunrises and sunsets, and the still time in between, punctuated with many firsts – first Mother's Day, first your birthday, first Halloween, first New Year's Eve – only this time without the vibrant and laughing you.

It has been an unthinkable short year – the hill turned to green then back to gray, sunflowers bloomed and then withered, all gone unnoticed. Beneath your brave and trusting feet, all revelations come off the beaten path. We travel around the world, to the past and the future looking for you, for our nostalgias, only find out you actually never parted. You are home.

"Everything dies, everything is reborn, the cycle of existence goes on eternally," said Nietzsche about eternity. Today is the vernal equinox again; spring starts, green returns, and hopes arise. **You fly and soar, Spidey!**

## Battling Teen Depression and Suicide



YOU CONTRIBUTION MAKES A DIFFERENCE

**Your Effort and Impacts** With profound gratitude to all of our compassionate and generous Zhangogh Foundation partners, today, we donated \$8,000 to the Department of Psychiatry at Columbia University Medical Center/New York Presbyterian – Morgan Stanley Children's Hospital. The fund will be dedicated to the research and clinical service in adolescent depression and suicide prevention. **On behalf of suffering children and their families who will benefit from your generosity, we thank you all!**

**Stand Strong Together** Please spending 10 minutes and listen to Kevin Breel's battle – to understand teen depression and suicide from a suffering teenager, be aware, and help. **You may save a kid.** [Watch video >>](#)

## Stay Weird, Stay Different

*"When I was 16 years old, I tried to kill myself because I felt weird, and I felt different, and I felt like I didn't belong. And now I'm standing here, and I would like for this moment to be for that kid out there who feels like she's weird, or she's different, or she doesn't fit in anywhere. Yes, you do. I promise you do. Stay weird, stay different. And then when it's your turn, and you are standing on this stage, please pass the same message to the next person who comes along."* – Graham Moore's acceptance speech at 2015 Academy Awards.

*"You Fly and Soar, Spidey!"*



FLY AND SOAR, SPIDEY!

## Donation Update

Well Wishers: 241

Total Amount: \$49,273

Support  
Foundation



FUND DISTRIBUTIONS IN 2014

## Upcoming Events

- 4/2/2015** Art of Chinese Dance at South Mountain School
- TBD** Workshop with an Artist at Millburn High School
- 9/18/2015** 3rd round of fund distribution to hospitals and schools

## Youth Depression & Suicide Fact

- Suicide is the 3rd leading cause of death in 15-24 age group
- 8-25 attempted suicides to one completed
- Based on CDC survey on 9-12 graders in US in 12 months:
  - 16% reported seriously considering suicide
  - 13% created a plan
  - 8% tried to take their own life
- 81% of the deaths were males and 19% were females in 10 - 24 age group

[Learn more >>](#)

In Honor of Charles Zhang