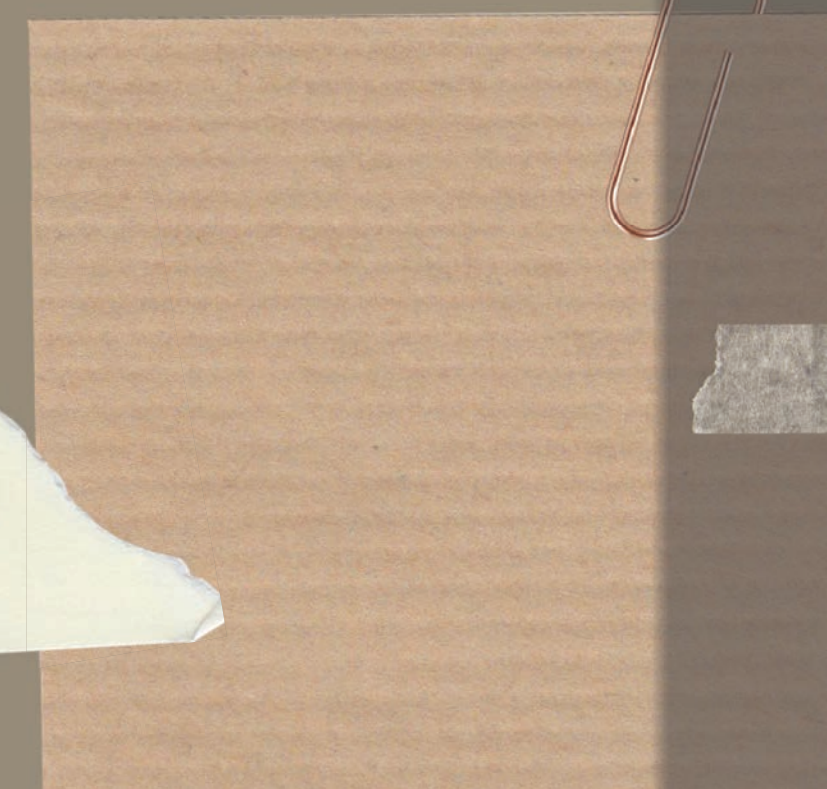
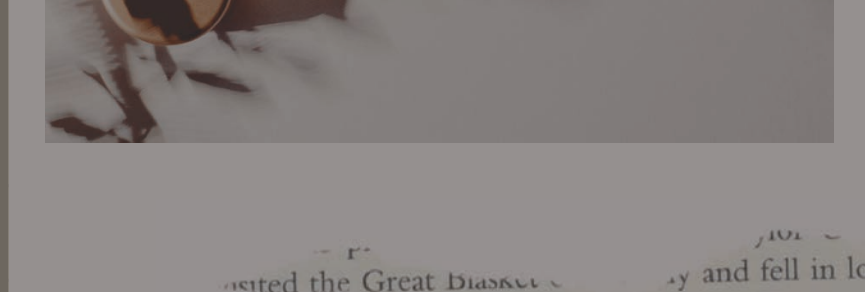


The Story of Nyahoach Lam



After shaving my head in 2016, it was around this time that I began to fully accept myself for who I am. It changed the way that I viewed myself as I began to neglect societies traditional "beauty" standards.





Mom & Dad



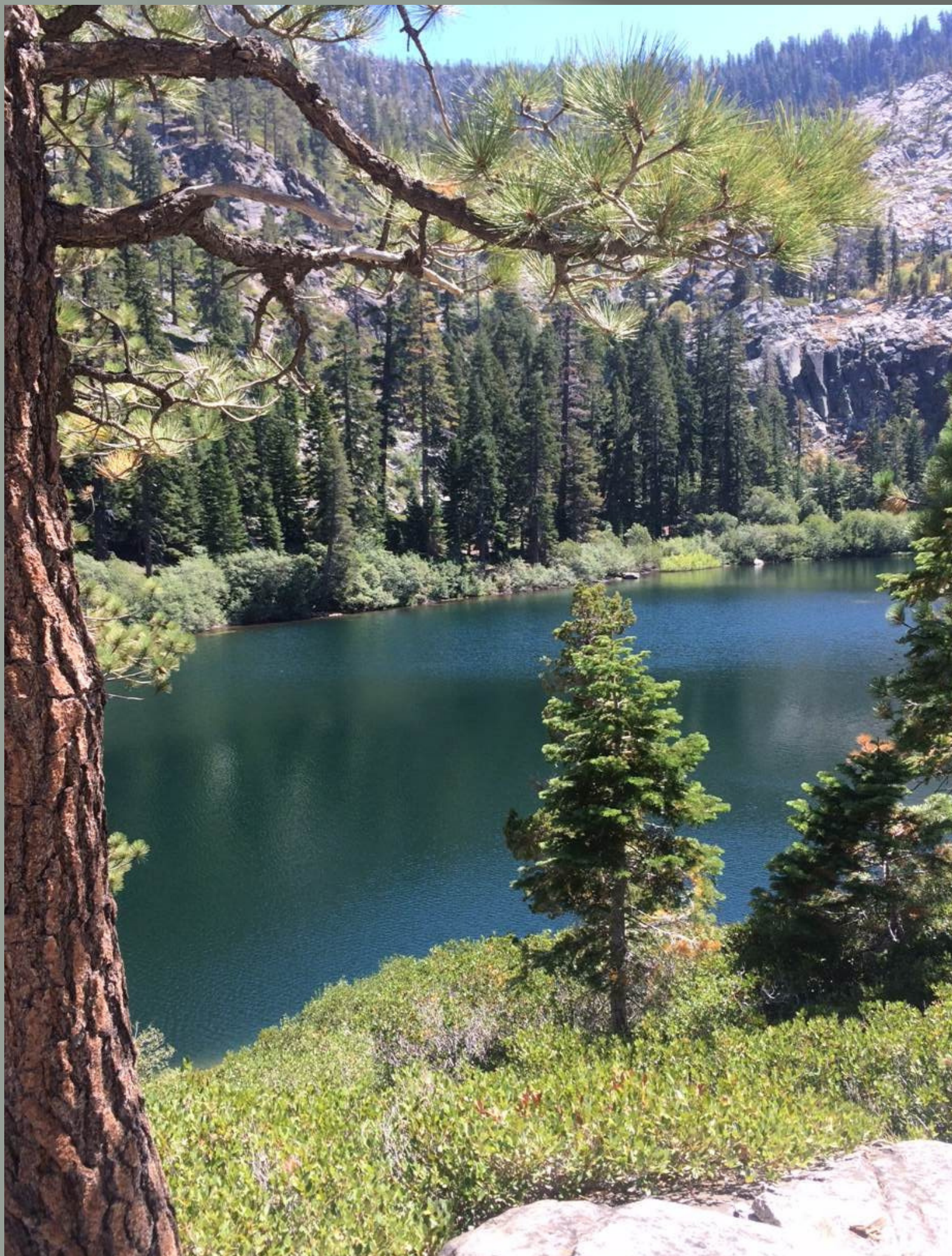
The Lam Family

I have 2 older brothers, 1 little brother and 4 little sisters. My dad is big on style so we began color coordinating for the Christmas holidays. -XMas 2018

Church

After migrating to San Diego in 1994, our congregation gathered at various churches. In the year 2000, local Presbyterian churches prepared a grant and built this church just for us. It will forever hold a special place in my heart.





Nature

When I am outdoors I am my in my element. Being in nature brings out the best in me. Here I was in South Lake Tahoe.

Education

Because of where my family is from, my father has always valued education.

In this photo I stopped by my younger sister's parent teacher conference only to find out her 3rd grade teacher in 2019, was my 2nd grade teacher in 2001

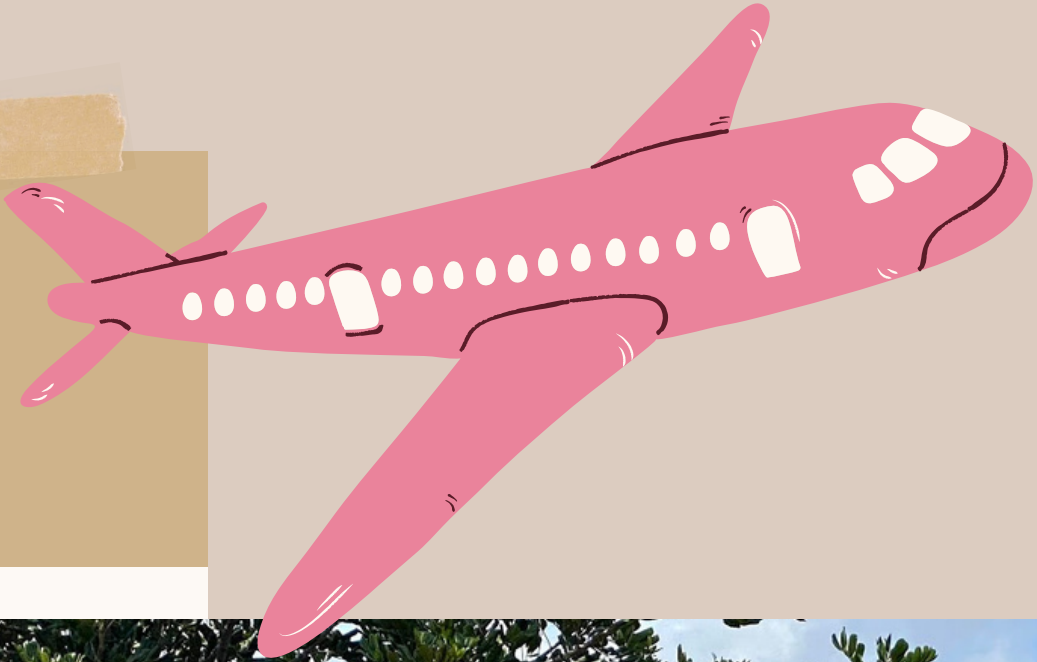


MISS SAVANGSENGOUTHAY



NYAKOACH LAM





Traveling

I love traveling and seeing different places. Here right before COVID I was celebrating a friends birthday in Baja, California.



Hair

When I was young my mom taught me how to braid. In this photo I braided a clients hair in 2014. During those 6 hours we conversed and now 6 years later have become like sisters.

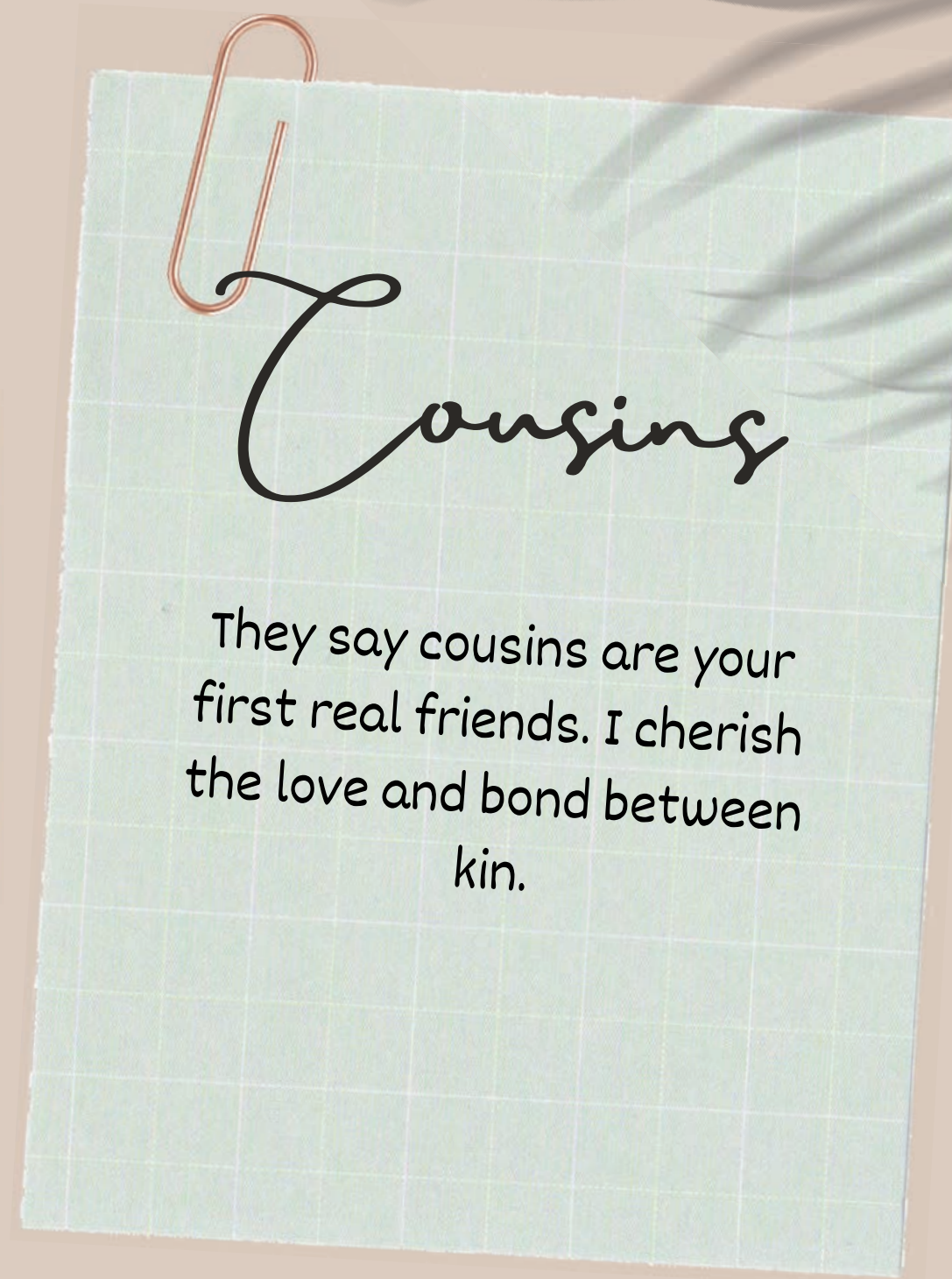




Friendship

I truly love this candid photo of me and a close friend erupting with laughter. The kind of laughter that makes your sides hurt.







Music

I enjoy live music and concerts. I get lost in such intimate and sacred spaces. So much that I can feel what the artist/musician feels as they express their emotions through the vocals and instruments.

Role Models

Children in the southern Sudanese community often lack mentorship. When Black Panther aired, we took them to see the movie. For some, this was their first time in a theatre.





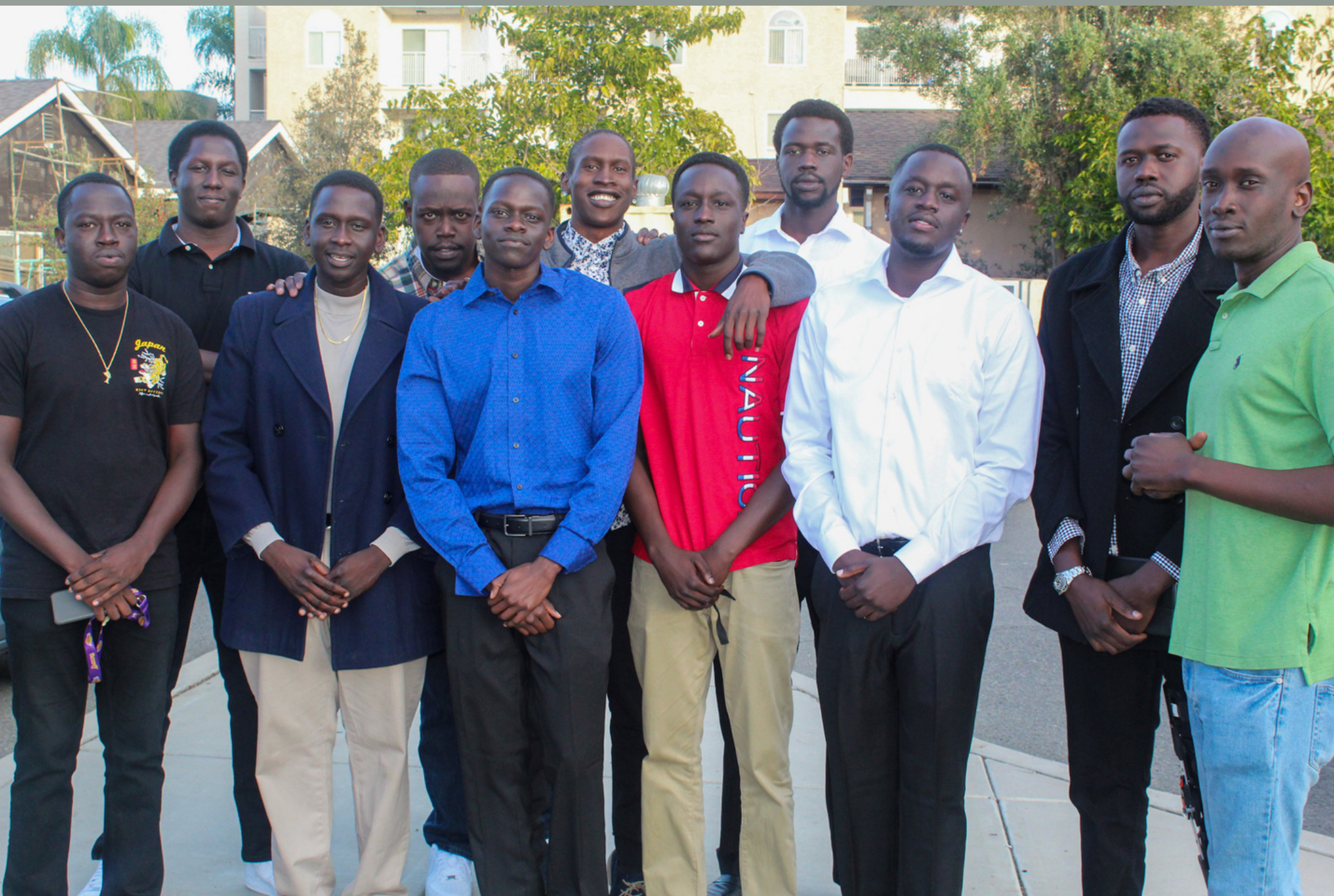
Trauma

Women can carry such a heavy burden and still manage to smile. The trauma experienced by Southern Sudanese women is never a topic of discussion.

Support

The longer that southern Sudanese communities remain in America, the further they stray from traditional values they once knew. A new family migrating to San Diego in 2019 lack the financial, emotional and informational support they truly need to jumpstart their new life.





Expectations

The men in the Southern Sudanese community face many obstacles. From the expectations that come from being Sudanese and also being a Black man in America. Growing up in San Diego has not always been easy for them.



Community

Throughout the years, the Southern Sudanese community in San Diego has decreased in population. As the housing market rises, families have moved out of state.