

YOUTH NEWS

EDUCATING COMMUNITIES ABOUT THE NEED FOR PEOPLE TO CONSIDER BECOMING FOSTER/ADOPTED PARENTS AND MENTORS WITH INSPIRATIONAL, MOTIVATIONAL, AND OUTSTANDING STORIES



Too Soon to Pass the Torch

**A Nursing Student's Perspective On Entering
the Field Earlier Than Planned**

Issue 8

Youth News

Educating communities about the need for people to consider becoming foster/adopted parents & mentors.

From city to city and coast to coast, our focus is FAMILY
Foster Adopt Mentor in Investing in Lives of Youth

Youth News magazine is a way to celebrate the good news of youth. Youth News provides fostered, adopted, kinship cared and mentored youth with real on-the-job training skills. Youth are paid as they learn how to produce this publication for the general community. Donations for ad space is how we pay youth in training. The "Dove" logo is a symbol we use as a message of good news. Our goal is to bring Outstanding, Inspirational and Motivational stories to encourage people to open their hearts and support youth.

Freelance writers and contributors, teen/adult writers, editors, sales, photographers, and marketing support are needed. Youth News highlights the accomplishments of young people near and far. If you have a story and want to share it with others, please email us at admin@whalers-creation.us.

Donations are accepted at www.whalers-creation.us.

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A MESSAGE FROM

the Editor-in-Chief



My name is Loney Nguyen, (pronounced Lonnie Win, pronouns She/Her/Hers). I am a licensed clinical social worker with over 12 years of lived and professional child welfare experience. It is a great honor to serve as the Editor-In-Chief for Youth News Magazine.

Serving in this capacity has come full circle for me. As a teenager growing up in the child welfare system, I sought all the opportunities that I could to gain the skills that I needed to be self-sufficient and thrive. I discovered the non-profit organization, WHALER's Creation, and began participating in their programs. I have always credited my professional development through the skills training offered at WHALER's Creation. As I grew and pursued my education,

I began serving the organization in various capacities. It was the start of an impassioned career working with youth, and it has become the driving force in my mission to support and empower youth to advocate for themselves and show youth how to make a difference in their own lives. This principle is at the heart of my work as a social worker.

I understand the power of positive mentorship in the lives of youth. This magazine builds self-esteem, confidence, and open doors to provide career and educational opportunities for youth in order to encourage bright and successful futures. Our editorial team consists of students and young professionals who are passionate about pursuing their careers in media arts. They are young leaders and I am proud to be able to mentor them as they develop their own brand and discover their niche in the industry.

The world is changing in unimaginable ways, leaving many young people to question how their futures might unfold during such challenging times. My goal as Editor-In-Chief is to help build a supportive community around youth as they develop the skills to educate readers on things that are relevant and impactful in their lives. It is with your readership and contributions that this is made possible.

Thank you for supporting our magazine. I hope you enjoy the read!

A handwritten signature in dark ink, reading "Remy D. Rowe". The signature is fluid and cursive, with the first name "Remy" being more prominent and the last name "Rowe" following in a similar style. There is a small mark between the first and last names, possibly a middle initial "D".

Too Soon to Pass the Torch

A Nursing Student's Perspective On Entering the Field Earlier Than Planned

Written by Keisha Mitchell



As a nursing student in a pandemic, there have been some scary times, but you want to know what's even scarier? The fact that some states are pushing for their students to graduate early so that they can get started working in the field. Wow! I immediately felt a mix of emotions travel through my body.

I can respect the reasoning behind that. After all, this is what we signed up to do! Yet, my thought process points out the fact that it'll be another human being's life in our hands in some of the most dangerous times, and we'd be too inexperienced to tend to them in an appropriate manner.

Then there's another thought process I have where I think that it could possibly be a good idea. I say this because, in nursing, the best way to learn is by performing tasks hands-on. Most nurses truly learn the craft when they actually begin working in the field.

To conclude, there's some back and forth for me. But, in the middle of a pandemic, I personally wouldn't want to feel as if I'm not doing the best that I can due to lack of experience. Just think, getting in the field and not feeling like you're doing enough even though you did everything you could. There are actual nurses with 12 plus years of experience who feel like this in the midst of the pandemic. We thank, love, and appreciate all nurses on the frontline. You are all superheroes in my eyes!

Martin Luther King Jr. Day

Black Community Outlook

Written by Juhnise



January 18th is the celebration of Martin Luther King Jr.'s life and legacy. This day is about more than parades and parties. It's about coming together as a family and a community, to remember how far we've come as people who have been, and continue to be systematically oppressed. Although racism has not ended, we have moved a step further into the dream that Martin Luther King Jr. had and our ancestors fought for with their every being. This day is to honor, show gratitude, and give back to the people.

What it Means

I asked some close friends and family, what does MLK day mean to you? The responses I gathered can be summarized by the following words: freedom, hope, equality, peace, and power. I was told that freedom was something stolen from us and Martin Luther King Jr. helped further us into gaining just that. Dr. King gives hope that we have a chance in a world designed to oppress us. He fought for equality for both men and women. The right for them to vote and to end segregation. He chose to make a change with peace. Peace overpowers violence, calm waves can break negative waves.

Power to make a change. Martin Luther King Jr. empowered everyone around him, and his words are powerful. People still reflect back on his words as they continue to move forward. To my community, MLK day is a way to remember, have faith that things can change, and to keep hope alive.

2021 Reboot!

Written by Keisha Mitchell

Happy New Year! 2020 was tough huh? I don't know about you, but I feel like it's time for a reboot... mentally, and physically. Going into 2021, there are 3 very important health tips I'd like to share in the promotion of health and wellness:



1. **Feel all of the feels:** Oftentimes, we don't express our true feelings due to fear of hurting others. In return, you end up hurting yourself. Talk to someone, a friend, a family member, a therapist. Cry. It's okay to cry. Let the tears flow. This caters to your mental health.



2. **Stretch every day:** There's a a lot of stagnant energy built up in our bodies. For instance, what are your shoulders like right now? They're tensed up, aren't they? Relax them, let them fall. Stretching your body helps to decrease muscle tightness and you'll feel a free flow! This caters to your physical health.



3. **Last but not least, eat with intention:** It's 2021 we know what's good and what's not. We must be purposeful in what we put in our bodies. Just ask yourself, do I want high or low energy levels? Remember this question every time you reach for that bacon cheeseburger instead of the grilled chicken. (It's okay to treat yourself once in a while though, just try not to indulge.) In 2021 I want you to execute at your highest level. Be your best self. Show up for yourself!



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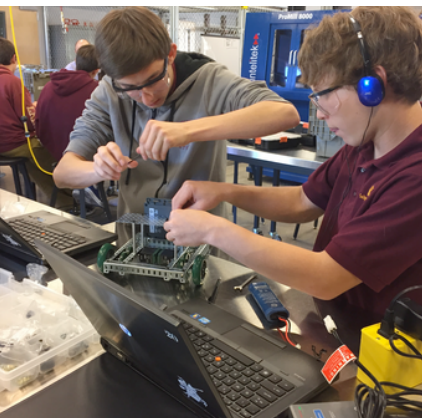
Written by Amulya Rayabhagi



Gitanjali Rao, the first kid of the year to appear in Times Magazine, has been an inspiration to all teenagers. She has shown extreme generosity and intellect, and made an astounding invention that she hopes to change the world today. Gitanjali not only encourages me as a 15-year-old, but also everyone else. She has given everyone else the courage to venture out, doing hobbies and excelling in them. She has proven that if a 15-year-old can be determined and put together a functioning detector, detecting contamination of water, so can anyone. In her TIMES interview, Gitanjali also assures readers that she has multiple hobbies. For example, baking, riding bicycles, fencing, calligraphy, and traveling. She says that her STEM projects are not something that she has forced herself to do and has never become a burden on her shoulders.



Your love for your work drives the passion inside of you, and that stirred up zeal will be seen in your task. Your career doesn't have to be set in stone. What you wanted to do when you were born can be changed into something entirely different. When it comes to learning something new, having a positive attitude helps you build your skills and form a career path for yourself. As another 15-year-old, looking at what she was able to accomplish gave me hope in doing what I love, and feeling the self-satisfaction that I can feel after an accomplishment.



New vaccine? Little research...


Written by Keisha Mitchell

As we've all heard, a new vaccine has been established and it looks as if healthcare workers will be the first to get it. I don't know how to feel about that, well actually I do know how I feel about it. I personally don't want to be the first one to get the vaccine. I feel like I'd be a part of a sample batch, and I'm being tested to see how well it works, what it'll do, and what could be done to improve it.

As first line responders, I think it's important to keep us in optimal health. I don't feel that it's very smart to give the first line of defense the vaccine first when we will be trying to help out the people who contracted COVID-19. What if something goes wrong? What if there's a bad reaction to the first batch of vaccines? And when the healthcare workers would have to be out of work due to adverse reactions caused by the vaccine, who would run in to save the day?

Yes, I feel that solid research takes time. Not months. Also, this isn't standard for high quality and safety, instead it's risky. Leaving us on a scale that weighs out risk vs benefit. In my opinion, the risk would be up, while the benefit is down.





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Ask Lillie

Dear Lillie,

Here we go again, I've been married for 12 years and my husband has had more than one affair while we were married. Every time he promises he will never do it again.

I just found out he has someone pregnant and she is six months. The last time I knew he cheated was a year ago. I felt we were in a good place. Now, I'm really ready to hurt him. What should I do?

So Brokenhearted

Dear Brokenhearted,

He has a problem, you may not be able to do anything about his unfaithfulness. You have to do what is best for you. It's hard for me to say what you should do. Just remember whatever you decide he will have a life-long connection with the two of them.

Wish you the best,
Lillie

Dear Lillie,

My daughter exceeds in everything she does. It's hard sharing with friends and family because they think I'm bragging whenever I share her another accomplishment. I'm not but they are beginning to make comments like: "wow what would you expect?" I share stories with them like they share stories with me about their kids. The only difference is my daughter just excels in school, sports, dance, saving money, testing, and anything else she does. I mean she is just amazing. My question is, How can I share my daughter's many accomplishments without bragging?

Thank you,
Proud Mom

Dear Proud Mom,

It sounds like you are very proud of your daughter. Perhaps you could hold back on sharing everything she does. It may be helpful if you just listen and not respond with something outstanding your daughter has accomplished. If you are doing that it may come off in the wrong way. Encourage your daughter to keep up the good work just hold back on sharing sometimes. A little can go a long way.

Cheers to the super achiever,
Lillie

Need Advice?



In need of some good sound advice from a straightforward great-grandmother?

Submit your question to: admin@whalers-creation.us

The views and opinions expressed in "Ask Lillie" are the opinions of Youth News magazine's staff, volunteers, or supporters. Lillie is a straightforward, loving mother of five children, 12 grand children, 15 great-grand children, and a mother and grandmother figure to hundreds of other people all over the United States.



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YOUTH SPOTLIGHT MYA SMITH



Meet Mya Smith from Smyrna, Georgia, which is in the metro Atlanta, GA area. Mya is 15 years old and lives with her paternal grandparents. She is a high school freshman participating in various organizations to include the Girl Scouts (Bronze & Silver Awards), the Builders Club (Jr. Kiwanis), the Jr. Optimist Club, the Lego Robotics Competitive Team, the Campbell HS Swim Team (she has an awesome Butterfly Stroke!), the Anime Club, the Sewing Club, and is a member of the National Honor Society. The pandemic has slowed her down a bit as she has had to do the remote learning structure.

She is a very caring, kind young lady and loves to help those less fortunate. She is learning Spanish and has taken a mission trip to Bogota, Columbia where she helped paint a school, distributed clothing & toys to children, and spent time at senior citizens' facilities sharing meals. Her local community service includes serving pancakes at the Optimist Club fundraiser as well as helping at the local Santa House, and local recycle projects.

She is also an avid swimmer. In addition to swimming for her High School, she swims for the town's local team The Smyrna Sharks - which is the number one team in the county! Yes...her awesome Butterfly Stroke is that good! She has likewise competed at the state level.

Further, Mya is a Breakthrough Atlanta (BTA) Scholar (Part of the National Breakthrough Collaborative) which requires a 6-year commitment from her. She has taken part in the BTA/Lovett School Annual Martin Luther King Day marches. She actually goes to The Lovett School in the summers as well as on weekends for these sessions in her preparation for advanced coursework and college. Their motto is "College Period."

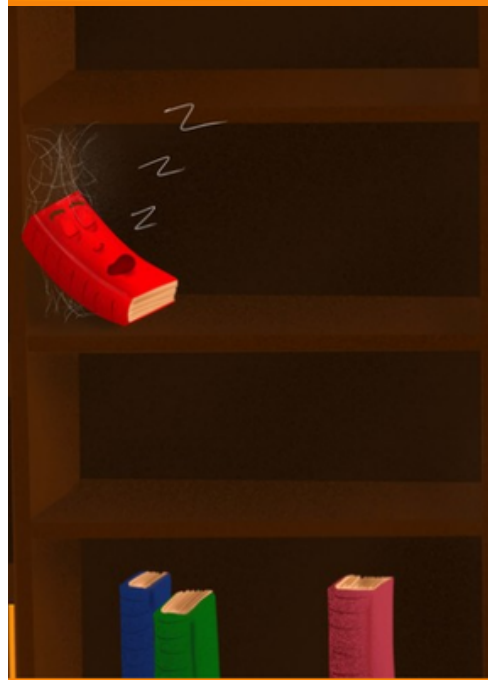
Because of her love of animals, she is the proud owner and caregiver of a Bearded Dragon and an endangered turtle. She loves to draw and is developing a cartoon series entitled "The Z&R Show" which focuses on problematic current and past events.

Mya would like to be a Content Creator in the entertainment industry.

Mya is truly a "Go Getter" and we all look forward to her continued achievements!

This beautiful story captures the need for inclusivity and emotional intelligence. Readers are introduced to the Protagonist, as she shows empathy and compassion towards our book character. By definition, inclusion is the action or state of including or being included within a group.

Inclusion must be taught and fought for. Equipping our scholars is essential for this life's journey. Emotional Intelligence is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way. This dynamic story teaches your scholars a proven, practical tactic to develop emotional intelligence skills. After reading this story, your scholars will be empowered to love and embrace themselves fully and gain awareness of their emotional state. This read enforces our mission, which is to connect, serve, and empower young scholars.



ABOUT IVON HICKMON



The youngest of three boys, son of Military Parents, Ivon found his dreams of playing among the NFL greats were closer than he'd ever imagine. Ivon's football career journeyed from "last man" on the roster to earning his football scholarship with honors of being selected as Team Captain and MVP. Life threw test and trials at Ivon but somehow, he made it out. Ivon passionately serves Sport teams through his incredibly, inspiring, life-changing experiences he conquered through many trial and errors.

A true "Girl Dad," Ivon spends hours a month visiting both his daughter's school, cultivating young scholars through the power of reading. These visits propelled Ivon to release his debut children's book, "The Book Nobody Wanted to Read...Besides You," a fun and silly book that introduces kids to Emotional Intelligence and Inclusion. Ivon believes that the earlier kids can understand Emotional Intelligence, the more empowered they will become and the more kids will want to learn about inclusion, we will see unity.

Ivon is a husband to his Queen and college sweetheart and father of two Queens in training. Ivon's mission is to Serve, Empower, and Connect with the Young Scholars, Student Athletes, and Business Professionals whether it's through his inspirational speaking or through his book.

[illegible]

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20a Other income. List type and amount ...
21 Combine the amounts in the far right ...
22 Educator expenses ...
23 Certain business expenses of reservists, per ...
24 fee-basis government officials. Attach Form 2 ...
25 Health savings account deduction. Attach F ...
26 Moving expenses. Attach Form 3903 ...
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Information provided by Networking Statistics

MEET OUR TEAM!



YOUTH NEWS

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La' Toria Kern

Director of Programs & Editor -in-Chief

Loney Nguyen, LCSW-C

Design Lead

Rachel Carey

Contributing Writer/Editors

Rebeca Garcia

Keisha Mitchell

Amulya Rayabhagi

Lenna

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GET TO KNOW OUR TEAM

About Amulya Rayabhagi

Amulya is a Contributing Writer for Youth News Magazine published by FAMILY Arts @ WHALER's Creation. Amulya enjoys helping people of all ages from teaching seniors technology to teaching elementary kids on concepts that they don't understand and teaching other students to code. In her free time, she likes to play sports, code, graphic design, read, and write novels. Her ambition is to be a scientist with a focus on neuroscience, and genetics. She is passionate about standing up for what she believes in and volunteering where it is needed!



About Lenna

Lenna is a young writer living in a crowded city. Though she is a part of society's youth, she writes to show others what is important to the future generations and what our future world will look like. Lenna values education and strives to inform others on important topics relatable to the youthful audience. She does not shy from argumentative pieces and hopes audiences open their minds to different viewpoints from her writing.



About Keisha Mitchell

Keisha Mitchell is an inspirational author, writer, poet, and creator. She self-published her first book titled, DO BLACK LIVES REALLY MATTER? at the age of 20. Keisha chooses her words wisely as she believes that her greatest power comes out through the use of words. Her favorite line to use, "What you speak is what you seek." As a registered nursing student, Keisha is dedicated to using her voice to advocate for improving health and wellness within the minority community.



About Rebeca Garcia

Rebeca Garcia is a Mexican American writer. She is a dog mom to Nala and Chewy and is currently obsessing over James Patterson's thriller series. In her free time, she writes in her blog, *Crossing Borders*. As a social justice advocate, she voices testimonials aiming to spread racial and cultural awareness.



About Sophia Smith

Sophia is a Managing Editor at Youth News Magazine published by FAMILY Arts @ WHALER's Creation and the People Editor for her highschool's newspaper, The MVHS Oracle. In her free time, she works as the Head Grant Writer for Olimpico Learning, writes poetry, and serves as Founder and Editor-in-Chief of Binsey Poplar Press literary magazine. When she's not writing, she spends her time volunteering as a docent for her local history museum, drinking tea, and practicing calligraphy.

Youth Praise Awards



If you know an amazing youth age 14-20, nominate them for our Youth Praise Awards!

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I am so deeply honored to work with these amazing young people. This publication is just one way to let their voices be heard. Countless hours have gone into developing this magazine. These young professionals may call you and ask for your support. Please receive them well as they are working on developing work skills. By supporting them, you support a stronger youth community.

From city-to-city, coast-to-coast, and nation-to-nation, we are striving to make a difference in the lives of youth. Youth News features outstanding, inspirational, and motivational stories about foster care, adoption, and mentoring. May these stories encourage you to consider becoming a foster/adoptive parent or mentor.

Thank you,
La' Toria

Youth News - Black Card Gifts

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Each issue contains the work of foster/adopted and mentored youth striving to make a difference in their communities.

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