

# YOUTH NEWS

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

## *February is National Teen Dating Violence Awareness and Prevention Month*

Meet human trafficking advocate Shannon Sigamoni spreading education on recognizing teen dating violence and human trafficking

# 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](mailto:admin@whalers-creation.us).

Donations are accepted at [www.whalers-creation.us](http://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.

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!



# Chúc mừng năm mới! Happy Lunar New Year!



In the Gregorian and Julian calendar observed throughout most of the world, the New Year celebrations begin on December 31st, New Year's Eve, and January 1st, New Year's Day. In contrast, in the Lunar Calendar, observed by most Asian countries, such as China, Korea, Vietnam, Laos, Singapore just to name a few, the Lunar New Year begins on the first full moon cycle and ends 15 days later. This year, the Lunar New Year is on February 12, 2021, and is the year of Buffalo in the Vietnamese zodiac and Ox in the Chinese zodiac. Read more in the Vietnamese Zodiac article later in this issue. Lunar New Year festivities begin about 10 days prior and last

typically 15 days following the new moon. These celebrations include several preparations including intense house cleaning, making amends, buying new clothes, and preparing specific foods, fireworks, apricot blossoms, all with symbolic and superstitious implications of bringing in good luck, health, and prosperity into the New Year. The most important celebration however is to gather with family. As a first-generation born American to Vietnamese immigrants, I have a unique appreciation for both holidays and the ability to start my year twice! Năm mới toàn gia bình an: I wish that the new year will bring health to all your family!

# What's Your Vietnamese Zodiac Animal Sign?

Written By: Loney Nguyen, LCSW-C



Each country in Asia follows a different astrological system. There are 12 Vietnamese zodiac animals that represent 12 years. Legend has it, the Jade Emperor organized the race where animals were supposed to swim across the river. The first 12 animals would take their place on the calendar. The rat finished first, then the buffalo, followed by the tiger, cat, dragon, snake, horse, goat, monkey, rooster, dog, and the last is the pig. Each animal corresponds to a year and much like the Western astrological zodiac, each animal represents a different personality and future of the human. You determine what animal you are by the year you were born.

## Rat



"The Smart One"

Rats are clever, quick thinkers, successful, though manipulative, and self-destructive. They have a peaceful life.

1924	1936	1948	1960	1972
1984	1996	2008	2020	2032

## Buffalo



"The Born Leader One"

Water Buffalo are the hard workers, intelligent, reliable, do not require praise, but are hot-tempered, and stubborn.

1925	1937	1949	1961	1973
1985	1997	2009	2021	2033

## Tiger



"The Power One"

Tigers are courageous, active, always seek challenges and adventures in their life, but can be aggressive, hot-tempered, and impatient.

1926	1938	1950	1962	1974
1986	1998	2009	2021	2033

## Cat



"The Flexible One"

A cat person is cautious and knows how to wait for favorable conditions before taking action. They tend to have mood swings and are superficial and self-indulgent.

1927	1938	1948	1962	1974
1986	1998	2008	2022	2034

## Dragon



"The Holy One"

Dragons are strong, independent figures. They yearn for support and love and are arrogant and demanding.

1928	1939	1949	1963	1975
1987	1999	2009	2023	2035

## Snake



"The Lucky One"

Snakes have a deep and complex mind, but if they fall in love with someone, they love with their entire heart. They tend to be bad communicators and tend to be narcissists.

1929	1940	1950	1964	1976
1988	2000	2010	2024	2036



## Horse

"The Nomadic One"

Horses are free spirits who need space to be themselves. They are popular, assertive, and tend to be anxious and rebellious.

1930	1942	1954	1966	1978
1990	2002	2014	2026	2038



## Goat

"The Dreamy One"

Goats are loving and selfless; always think for others, even if it works against their own interest. While they are innovative and creative, they tend to be pessimistic in nature and indecisive.

1931	1943	1955	1967	1979
1991	2003	2015	2027	2039



## Monkey

"The Cheerful One"

Monkeys are lighthearted pranksters who are able to achieve all their dreams. They are resourceful but tend to be arrogant, selfish, and jealous.

1932	1944	1956	1968	1980
1992	2004	2016	2028	2040



## Rooster

"The Self-righteous One"

Roosters are complex people who seem strong but need validation from loved ones. They are brave, attentive, and overly critical.

1933	1945	1957	1969	1981
1993	2005	2017	2029	2041



## Dog

"The Faithful One"

Honest and loyal – Dogs are the truest friends and the most reliable partners, they are intelligent but can be lazy, cynical, and stubborn.

1934	1946	1958	1969	1982
1994	2006	2018	2030	2042



## Pig

"The Optimistic One"

Pigs have beautiful personalities and are blessed with good fortune in life. They are honest and gentle but tend to be materialistic and self-indulgent.

1935	1947	1959	1970	1983
1995	2007	2019	2031	2043

# Striving to be Amongst the Greats

Written by Keisha Mitchell



Being Black is quite challenging every day. And, it doesn't get any easier in the month of February. Yes, more recognition is centered around the amazing creations that we've brought forth as a collective but, recognition doesn't bring forth a feeling of safety nor does it bring forth reparations.

The fact that I can show up for myself every day and still let my light shine while healing despite the sorrows of the world, brings me joy. Just 6 months ago, I released an inspirational, saddening, yet joyous book by the name of "Do Black lives really matter?" A book filled with vulnerability followed by hope for the future.

Maya Angelou, Toni Morrison, Zora Beale Hurston, Nikki Giovanni, Alice Walker, I hope I'm making you all proud as it is now time for me to be the light of my generation as you were the light of ours. Keisha Mitchell. Remember the name, as I'll someday be next to the greats. Black history matters, Black futures do too!



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# Education is Key To Stop Teen Dating Violence and Human Trafficking

Written By: Loney Nguyen, LCSW-C

February is most known for celebrating Black History Month, however, it is also National Teen Dating Violence Awareness and Prevention Month. Our team felt it was important to focus on this issue in hopes to help and educate everyone that it impacts, not just teenagers, but their parents, teachers, professionals, and the community as a whole. As a clinical social worker, I understand the similarity and correlation between teenagers, dating violence, and other risks such as human trafficking. This is why I shared space with Shannon Sigamoni, a fellow passionate licensed independent clinical social worker that has focused her career on fighting social change and systems affecting marginalized communities. Shannon is currently a Program Specialist Administration for Children and Families (ACF), Office on Trafficking in Persons (OTIP). Shannon shares with us what she has learned from her lived and professional experience in hopes to educate the community.

With her extensive experience working with at-risk communities, youth in the child welfare system, and community violence, Shannon understands how an individual is more likely to be targeted for human trafficking, or dating violence. She educates us that risk factors are vulnerabilities. Traffickers target individuals that rate high on vulnerabilities and insecurities. That could be things like having low self-esteem, but it could also be things like being involved in the foster care system or juvenile justice system. She emphasizes everything that makes an individual vulnerable is a risk factor. Vulnerabilities such as possibly not having support at home, not having the resources that you need, having a disability, identifying as LGBTQ+, and individuals of color are usually at higher risk of being trafficked. Shannon mentioned several intersectionalities of identity that a young person may have at one time.



professionals can do to mitigate these risk factors. Shannon emphasized the importance of awareness and education. Educating schools and child welfare professionals, but also educating youth. Shannon states that people don't identify themselves as a victim or survivor. They don't even know that they're in an unhealthy relationship, so prevention education for youth is important. Shannon mentions that educating the community is just as important. The first step is understanding what trafficking is and understanding that there's no such thing as a teenage prostitute. Also, people don't necessarily have the choice to just walk out and leave, oftentimes professionals even will question why someone wouldn't leave the situation. Shannon mentions that trauma bonds may contribute to why a survivor does not leave these toxic relationships and situations. She explains that there's science behind it. She describes trauma bonds as a series of really intense highs and really intense lows that cause a strong bond.

When asked about the correlation between dating violence and human trafficking, Shannon states that traffickers, as well as partners who initiate dating violence, can use a lot of the same tactics such as far as power and control.



There's an intersection between the power and control wheel with domestic violence, interpersonal violence, and the power and control wheel with human trafficking. If you put them side-by-side, they look almost identical, because they use a lot of the same tactics to control.

Experiencing teen dating violence herself, she was able to recognize the non-conventional signs of dating violence and break the cycle to be in a healthy, loving marriage. She recommends being transparent with your partner on how you're feeling, and how you may still be affected by your past at times, it is definitely easier said than done but finding someone who can really understand and love you even with the traits that you know you may carry over from your past. She emphasized that it is also important to be able to work on yourself. Whether that's therapy or some other type of healing process for you, but also being patient with yourself because it definitely takes time to get over those trauma bonds and feelings.

Whether you are a parent, professional, or friend, if someone is coming home with all these new things and you're not sure where they came from, clothes, jewelry, their nails are done all the time and you're not sure where they're getting money for that. If they're always meeting older men, in and out of hotels, or you notice signs of physical trauma such as bruising in different stages of healing.

If you suspect someone is a victim, call the national hotline for human trafficking at 1-888-373-7888. You can also text "HELP" to 2-3-3-7-3-3 which spells "BE FREE."



**Call: 1-888-373-7888**



**Text: "Be Free" (233733)**




**Live chat:**  
**[humantraffickinghotline.org](https://humantraffickinghotline.org)**

# 5 Quick Teen Domestic Violence Facts

Written By: Amulya Rayabhagi

1. Around 1.5 million high schoolers in the US have admitted to being hit or physically harmed.
2. 33% of adolescents in America are subjected to abuse be it sexual, physical, verbal, or emotional.
3.  $\frac{1}{3}$  of the teens who experienced abuse confided in/consulted someone about the violence.
4. Approximately 80% of girls who have been victims of abuse in their relationships continue to date the abuser.
5. Nearly 20% of the girls who had been in a relationship with a boyfriend claimed that they had been threatened with either violence or self-harm during the event of a breakup.



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# 3 Simple Tips to Boost Your Self-Esteem

Written By: Sarah Holcomb



Did you know that February is International Boost Self-Esteem month? Celebrate the month of love by strengthening your relationship with the most important person in your life: You!

Self-esteem is a reflection of how you think and feel about yourself, and having positive self-esteem is more important than you might think. According to Psychology Today, low self-esteem can lead to chronic anxiety and depression and is even linked to internal inflammation, which increases the risk of heart disease and high blood pressure.

So what can you do to boost your self-esteem? Start with these simple tips:

- ♥ Avoid negative self-talk. Pay attention to your thoughts. Whenever you start to have negative thoughts about yourself, shift your mindset by focusing on your positive attributes.
- ♥ Stop the comparison game. As Theodore Roosevelt once said, "Comparison is the thief of joy". Nobody is perfect, and you never know what unique struggles and challenges others are facing.
- ♥ Do something that brings you joy. Take a walk outside. Call a friend or family member. Listen to your favorite song, or put on your favorite movie.

Looking for more tips? The National Association for Self-Esteem (NASE) offers a free "Self-Esteem Learning Plan", a series of scientifically proven exercises to help you maintain a positive mindset, address life's challenges, and support and care for yourself. Learn more [here](#).

# 8 Points of a Healthy Relationship

Written By: Lenna



Many young women and men must live through horrible conditions due to abusive and dangerous maltreatment from their partners. Many who are new to relationships don't realize that they are being hurt and are confused with their feelings of love so they do not want to leave the person they love. That is why education on what a healthy relationship truly is important so that you do not stay in a toxic relationship just because you are scared to leave the person inflicting harm on you. According to Ideophone, the eight main points of a healthy relationship are:

being a good communicator  
always being yourself  
honesty with one another  
respect

feeling safe  
trust  
equality  
support

In a relationship, you should always feel comfortable, whether it is in your own skin or even in your home, and have faith and trust that the other will not hurt you physically or mentally. Also, you and your partner should be open with one another and share parts of each other's life that you may not want to share with others around you. However, most importantly you should have a balanced and equal relationship where both ends of the scale are even with one not sinking or rising higher or lower than the other. Lastly, we may all have bad relationships, but it is important to recognize when and before you do anything impulsive to see how you could fix or patch together missing components.



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# Zodiac Sign of the Month: Aquarius



(\*Note all descriptions does not necessarily apply to everyone\*)

- They are known for being visionaries for their future and the future of society. Their compassion and their sense of justice that guides their actions and beliefs.
- They are extremely intelligent and the best problem solvers. However, they may get distracted by their own thoughts.
- They are very family-oriented, and they usually have a large friend group. However, it takes time for them to make close friendships and connect on an emotional and intellectual level. If you have been befriended by one, they are the most reliable pals.
- Every Aquarius is unique and always finds a way to think outside the box. They can be very artistic and express themselves through painting or writing.
- They can be a little rebellious at times but are filled with many quirks that make them likable by many people.

# Speak up. Protect. Educate. Advocate. Keep Uniting Peacefully.

Written By: Keisha Mitchell



February is teen dating violence awareness month, and it's so important that we start to speak up for all victims that feel as if they can't. Love is respect. Love is kindness. Love is more than four letters. It is not pain, nor is it yelling, screaming, shouting, or violence.

"Nationwide, youth age 12 to 19 experience the highest rates of rape and sexual assault. Studies show that approximately 10% of adolescents report being the victim of physical violence at the hands of an intimate partner during the previous year." (Teen Dating Violence Awareness and Prevention Month, n.d.)

These are extremely scary statistics as I have nieces and nephews close to approaching this age group. Think of your little sister, little brother, niece, or nephew. It's important that we advocate and spread awareness on this topic as it may help protect the victim or the innocent person who can easily turn into the victim.

As an upcoming mental health advocate in my study of psychology, I understand that many people who encountered yelling, and violence during childhood perceived it to be a form of "love" as they continue to progress through life. This is not what love is, yet I understand why you believe it to be.

If you know somebody or you are somebody who has been abused verbally or non verbally, speak up. There are so many resources here openly ready to give you the love that you deserve. I love you!

# The Mindful Corner

Written By: Loney Nguyen, LCSW-C and Amulya Rayabhagi



Mindfulness is a technique that can help us stop and be in the present moment rather than the past or the future. By practicing mindfulness, we can learn to become more aware of our own thoughts, feelings, and the environment around us. It helps us to refocus and recenter our mind, body, and spirit. Throughout this issue, you have read several articles that may have been thought-provoking or tapped into your emotions. Whether you were inspired by a story or an article triggered a traumatic memory for you, take this moment to reflect on how you are feeling and switch gears to some fun activities.

**Belly Balloon Breathing:** Let's pause to do some diaphragmatic breathing, something I teach my clients as "Belly Balloon Breathing."

Diaphragmatic breathing involves fully engaging the stomach, abdominal muscles, and diaphragm when breathing which helps the lungs fill more efficiently. With Belly Balloon Breathing, you will notice your stomach rising like an inflated balloon during your inhale and falling like a deflating balloon in your exhale. Here's how to do it:

Lie down on a flat surface with a pillow under the head and pillows beneath the knees or sit comfortably in a lotus position (pretzel), if this is not possible sit up straight with your back against a chair and feet planted on the ground.

Place one hand on the middle of the upper chest.  
Place the other hand on the stomach, just beneath the rib cage.

To inhale, slowly breathe in through the nose, drawing the breath down toward the stomach. The stomach should rise like an inflated balloon pushing against the hand.

To exhale, purse your lips, tighten the abdominal muscles and let the stomach fall like a deflating balloon. Try practicing this breathing exercise for 5–10 minutes at a time, around three to four times each day.

# February Word Search

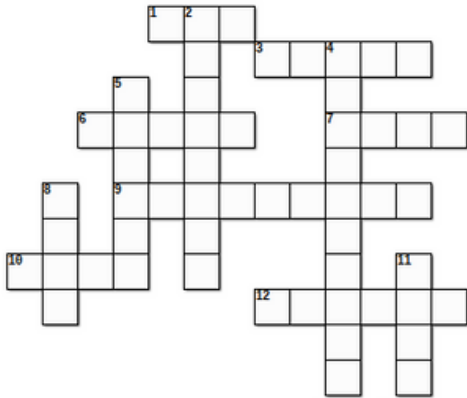
Stay tuned! Answers can be found in our next issue.

C	J	D	B	Z	V	F	G	V	F	Q	K	D	B
D	D	P	R	I	M	R	O	S	E	K	B	V	P
X	H	P	Q	Y	S	K	F	K	E	W	R	Q	G
M	O	N	T	H	T	W	I	N	S	I	G	M	R
N	X	P	A	F	B	L	J	Q	V	G	G	J	O
N	H	S	Q	B	D	E	S	N	A	F	G	M	U
A	X	W	U	A	H	A	N	H	L	M	I	A	N
V	O	Q	A	M	M	P	O	D	E	F	J	R	D
O	N	G	R	E	W	Y	W	A	N	E	M	D	H
O	V	N	I	T	C	E	M	U	T	B	A	I	O
O	B	D	U	H	Q	A	O	K	I	R	O	G	G
Q	O	B	S	Y	Y	R	O	Q	N	U	J	R	S
G	F	L	L	S	D	S	N	I	E	U	F	A	M
G	T	W	K	T	T	N	Q	O	S	S	B	S	O

AQUARIUS  
VALENTINES  
MONTHTWINS  
MARDIGRAS  
AMETHYST  
SNOWMOON  
LEAPYEAR  
GROUNDHOG  
PRIMROSE  
FEBRUUS

# February Crossword Puzzle

Stay tuned! Answers can be found in our next issue.



Created using the Crossword Maker on TheTeachersCorner.net

## Across

1. I turn once, what is out will not get in. I turn again, what is in will not get out. What am I?
3. A little girl goes to the store and buys one dozen eggs. As she is going home, all but three break. How many eggs are left un
6. People make me, save me, change me, raise me. What am I?
7. I have branches, but no fruit, trunk or leaves. What am I?
9. The more you take, the more you leave behind. What are they?
10. It stalks the countryside with ears that can't hear. What is it?
12. I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?

## Down

2. What begins with an "e" and only contains one letter?
4. What kind of band never plays music?
5. The person who makes it has no need of it; the person who buys it has no use for it. The person who uses it can neither see n
8. What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
11. What goes through cities and fields, but never moves



# *FROM FOSTER to Fame*



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## *Story Time*

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# "Ask Lillie"

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The views, thoughts, and opinions expressed in "Ask Lillie" solely belong to Lillie, a mother, grandmother, great-grandmother and community mother to hundreds of people may not reflect the views and options of Youth News magazine or WHALERS' Creation, Inc.

# TEENS TALK

The best or worst movies, shows, music, books, exclusively reviewed by the editors of Youth News Magazine. Teens review current movies, classic films, best-selling books, restaurants, music, latest trends, and more!

## Review of *Rolling Thunder Hear My Cry*

Written By: Lenna



In honor of black history month, I recently read the book "Roll of Thunder Hear My Cry." This book was mostly based on the Jim Crow laws in the South and how segregated the area was during the Great Depression. My favorite part of this book was how accurately they painted a picture of how the color of your skin changed society's views on who you are and what you could do.



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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.

**1040** Department of the Treasury  
**U.S. Individual Income Tax Return**

For the year Jan. 1–Dec. 31, 2015, or other tax year beginning \_\_\_\_\_ Last name \_\_\_\_\_

Your first name and initial \_\_\_\_\_ Last name \_\_\_\_\_

If a joint return, spouse's first name and initial \_\_\_\_\_

Home address (number and street). If you have a P.O. box, see instructions. \_\_\_\_\_

City, town or post office, state, and ZIP code. If you have a foreign address, also complete spaces below (see instructions). \_\_\_\_\_

Foreign province/state/country \_\_\_\_\_

Foreign country name \_\_\_\_\_

**Filing Status**

Check only one box.

1 ☐ Single  
2 ☐ Married filing jointly (even if only one had income)  
3 ☐ Married filing separately. Enter spouse's SSN above and full name here. ▶

4 ☐ Head of the household  
5 ☐ Qualifying widow(er)

**Exemptions**

6a ☐ Yourself. If someone can claim you as a dependent, do not check box.  
b ☐ Spouse  
c Dependents:

(1) First name	Last name	(2) Dependent's social security number	(3) Dependent's relationship to you

**Robert Hackney**  
**Tax Accountant**  
**Accounting Services**  
**(202) 368-3276**

get a \_\_\_\_\_  
see instructions.

16a \_\_\_\_\_  
17 Rental real estate, \_\_\_\_\_  
18 Farm income or (loss). Attach Form 990-BE. \_\_\_\_\_  
19 Unemployment compensation. Attach Form 990-BE. \_\_\_\_\_  
20a Social security benefits. Attach Form 990-BE. \_\_\_\_\_  
21 Other income. List type and amount. \_\_\_\_\_  
22 Combine the amounts in the far right column. \_\_\_\_\_

**Adjusted Gross Income**

23 Educator expenses. Attach Form 990-BE. \_\_\_\_\_  
24 Certain business expenses of reservists, performing artists, fee-basis government officials. Attach Form 990-BE. \_\_\_\_\_  
25 Health savings account deduction. Attach Form 990-BE. \_\_\_\_\_  
26 Moving expenses. Attach Form 990-BE. \_\_\_\_\_  
27 Deductible part of self-employment tax. Attach Schedule SE. \_\_\_\_\_  
28 Self-employed SEP, SIMPLE, and qualified plans. \_\_\_\_\_  
29 Self-employed health insurance deduction. \_\_\_\_\_

23 \_\_\_\_\_  
24 \_\_\_\_\_  
25 \_\_\_\_\_  
26 \_\_\_\_\_

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## **National Networking Statistic**

87% of Top Level Executives network 2-3 times weekly

80% Increase their business development

45% Increase their sales

95% Build their business opportunities

90% Receive a return on their investment

76% Get in front of the type of business that they would like to meet.

Information provided by Networking Statistics

# MEET OUR TEAM!



## YOUTH NEWS

### **Founder/Publisher**

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

### **Photographers**

Leonel Garcia

Liam

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# GET TO KNOW OUR TEAM

## Editor-in-Chief



**Ms. Loney Nguyen, LCSW-C**

Ms. Loney Nguyen pronounced (Lonnie Win) is a licensed clinical social worker, professional model, and servant leader. Loney is the Director of Programs for WHALER's Creation and serves as Editor in Chief of Youth News magazine published by FAMILY Arts @ WHALER's Creation and Maryland's appointed Foster Youth Ombuds. An expert in youth engagement, she has over 13 years of lived and professional child welfare experience in Maryland, and 7 years of supervisory experience in the District of Columbia. An international pageant Queen, she was crowned Miss Baltimore United States, 2019 and Miss Vietnam DC, 2014 respectively. When she is not competing in pageants, she volunteers her time as a local/national pageant judge, coach, and teaches life skills & etiquette classes to encourage a positive self-image that ignites the Royal Queen/King in youth and adults.

## Contributing Writers and Managing Editors

### 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 Sarah Holcomb**

Sarah is a Human Resources professional, a graduate student studying organizational psychology, and a site ambassador for her organization's LGBTQ+ employee organization. With a passion for personal development, she lives by the mantra "I never dreamed of success, I worked for it" (Estee Lauder). Sarah enjoys writing about psychology and is a big believer in the power of positive thinking and of owning one's destiny. In her spare time, she enjoys reading non-fiction, practicing piano, learning Spanish, and riding her electric scooter around Washington, D.C., which she calls home.

# Youth Praise Awards



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

Submit your nomination to [admin@whalers-creation.us](mailto:admin@whalers-creation.us).

Categories: Academics, Sports, the Arts, and Civic Engagement

Youth's Name \_\_\_\_\_

Grade \_\_\_\_\_ Age \_\_\_\_\_ Category \_\_\_\_\_

Nominated by \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Why are you nominating this youth?

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BROUGHT TO YOU BY

# CARES

*FAM Life Style Magazine*





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

Created by: FAMILY Arts @ WHALER's Creation  
We make youth feel like stars!

Black Card Gifts provides amazing deals to people with an appetite for leisure and luxury. Not only does this card offer you the best in fine dining and shopping, but it's also an awesome way to give and receive at the same time. We call our business advertisers CARES: Community retailers, Art, Restaurants, Entertainment, & Service providers.

Local and national CARES support the work of Youth News by offering you special gifts just for shopping with them. You save and give at the same time by using your Black Card Gifts. Present your card to receive special offers like 2-for-1, free gifts, and special discounts. Youth News magazine features interviews, community events, restaurant and movie reviews, parenting advice, and sports news.

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

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**Story Time:      5:30pm-8:30pm PST**

**Classical Music:      9:00pm-11:00pm PST**

**Inspirational Music all day Sundays**

# **KFAM Youth Radio**



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