

October 2022

YOUTH NEWS



Educational, Motivational, & Inspirational Stories
Foster! Adopt! Mentor!

What College Suits You?

Scholarship Solutions

Ask Lillie

From city-to-city, coast-to-coast, and nation-to-nation, our focus is FAMILY:

Foster Adopt Mentor Investing in Lives of Youth
www.whalers-creation.us



Youth News magazine is monthly publication for adults and teens. This publication is one way we like to share good news about local and national news for and about youth. *Youth News* provides fostered, adopted, kinship cared and mentored youth with on-the-job training. Paid training is also available for youth. Volunteers and youth create content and produce each issue. The "Dove" logo is a symbol of good news. Each issue is filled with educational, inspirational and motivational stories.

Join our team: writers, editors, photographers, marketing and sales reps are needed. *Youth News* highlights the accomplishments of young people near and far.

For questions, suggestions and comments, please send to:
admin@whalers-creation.us.

Donations are accepted at
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Youth News

What is Youth News

Meet the Founder/Publisher

Join us for FAMversations

Your Feedback Counts Join us

What College Suits You?

Suicide Prevention Lifeline

Youth and Hunger

Scholarship Solutions!

Valley International Cols Stroage...

CASA

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Youth Spotlight

Foster Youth Stats

Ask Lillie

Maya Angelou

Kinship Care



First African-American woman on
the US quarter

THE ME YOU CAN'T SEE

EXECUTIVE PRODUCED BY
OPRAH WINFREY
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Conversations on Mental Health
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Youth News



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send resume to:

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La' Toria Kern
Founder/Publisher

In this issue we are getting ready for our annual *Youth Praise Awards* "Dinner & Fashion Show". Nominate a young person 12-24 for the Praise Awards. Also, you can sponsor a youth or family to this event. Tickets and sponsorship information is available by visiting: www.whalers-creation.us *Youth Praise Awards Gala*. Proceeds from this event will benefit all youth nominated.

I am deeply honored to work with these amazing people. From our youngest writers to our retirees, we are all committed to educating our communities about the vast need for people to become foster parents, adoptive parents, and mentors, while providing job skills training to these young people. Hey, we're looking for writers. If you are passionate about foster care, adoption and mentoring and want to serve as an advocate we would love to hear from you. High school youth to retirees are welcomed.

Please open your heart and/or home to help a child in need. You never know, you may help raise the next VIP.

One of our team members may call you to ask for support. Please "*Answer the Call*." From city-to-city, coast-to-coast, and nation-to-nation our focus is FAMILY:

Foster **A**dopt **M**entor **I**nvesting in **L**ives of **Y**outh.

"I Support Youth."

La' Toria



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WE HEAR YOU.

What College Suits You?

By Amulya Rayabhagi, 17 years old

You are applying to 20+ colleges with only a short period of time to write your essays and juggle your extracurriculars with grades before your senioritis hits, or has hit for some of you. The college process takes tremendous effort from your side, your parents, and even your teachers. But before applying to a college, or any college for that matter, you need to consider if *that* college fits you. The big colleges are certainly prestigious in all sense, and have better facilities as they receive incredible funding, but that doesn't necessarily mean that they fit you personally.

You have to research and look into various colleges before you start applying to them. Take it from a senior like myself. I highly recommend all of you to start researching during the summer before senior year to get a gist of what you would like to pursue in college. If you have a major set in mind, great. If you don't, then you have the rest of college and life to figure it out.

Of course, I am not a counselor or any advisor, but from my experience, I suggest looking at these five things



when considering colleges you want to apply to:

1. Location: Large school, medium school, or small school. Rural, suburban, or city life. The state and city, and even how far it is away from your house, or even the weather for some people.
2. Desired major/field: If you are interested in liberal arts, MIT, which prioritizes STEM majors, wouldn't be on the top of your list. The most important aspect is to see if the college has your major. If it doesn't, then you should probably try another college. Also be sure to check out the major professors for your major/field to ensure you would enjoy them or their classes.
3. Cost: Unfortunately, we are all bound by some restraints, and for some of us, it is the cost of attending a college. I would highly suggest applying for a college you really love, even if it might be out of your budget range. You can always apply for federal or personal funding. Don't apply for "early decision" since you have to go to the college if you get accepted.
- 4.
5. Campus life: The dorm's space, social life, academics, safety, transportation, class sizes, organizations, etc.
6. Opportunities: If you are into research, try to find if the colleges explicitly support research opportunities for freshmen. If you are into traveling, then try to see how many people venture abroad. Ensure to do some proper research prior to selecting a college since the college can have some interesting opportunities.

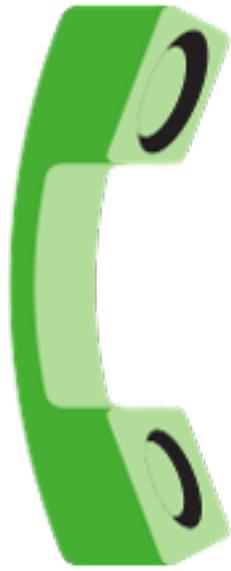




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PREVENTION

LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org

Crisis Text Line allows teens to access free emotional support for any issue. It can be reached by texting "HOME" to 741741.

YOUTH AND HUNGER

- Over 85% of the approximately 1.2 billion youth (15-24) live in developing countries and half of them work in the agricultural sector.
- Every year, the World Food Programme feeds more than 20 million children in school feeding programmes in some 60 countries.
- The Food and Agricultural Organization, International Fund for Agricultural Development, and WFP work with agricultural youth associations and networks to undertake youth development projects and capacity building initiatives in local communities. Since 2004, the Junior Farmer Field and Life School Programme has trained over 25,000 young people in 20 countries.

Public awareness campaigns, such as FAO's "1 billion hungry campaign" or WFP's "Billion for a Billion" have been developed to highlight unacceptable levels of world hunger. The United Nations response to hunger is principally carried out through the three Rome-based agencies: the Food and Agriculture Organization of the United Nations (FAO), the International Fund for Agricultural Development (IFAD), and the World Food Programme (WFP). These agencies work to halve the number of undernourished by 2015 from 1990 levels, which is the goal of the World Food Summit and the target of the Millennium Development Goal. Unfortunately, however, hunger and malnutrition rates in the world continue to grow and are accelerating due to the current unprecedented financial crisis and the 2008 food crisis.

The United Nations Children's Fund (UNICEF) estimates that 146,000,000 children in developing countries are

underweight and undernourished as a result of acute or chronic hunger. If children don't receive adequate nutrition food in their first two years of life, they may be stunted (too short for their age) for life. In 2011, the World Health Organization (WHO) estimated that 165,000,000 children under the age of 5 were stunted, and 101,000,000 children under 5 were underweight (too light for their age), while 52,000,000 children under 5 suffered from wasting (too thin for their height). Faced with such figures, it is clear that ensuring enough and good quality nutrition from an early age is a priority for a healthy, productive world collaboration with a number of entities including:

governments, research organizations, farmer groups, non-governmental organizations, and civil society. They fight hunger through emergency food relief – empowering the poor to overcome poverty, building capacity through the transfer of

knowledge and information, supporting the modernization of the agricultural sectors, developing programmes on nutrition, and acting as a neutral forum for discussions and negotiations.

The United Nations has a number of specific programmes and initiatives dedicated to young people. These range from educational programmes to the provision of access to resources such as microcredit, financing, and inputs, such as seeds and fertilizers.

The UN agencies also work with agricultural youth associations and networks, support youth organizations, in particular youth farmers' organizations and youth cooperatives, and undertake youth development projects and capacity building initiatives in local communities.

Progress

The 2008 G-8 Summit in Japan, the 2009 L'Aquila Joint Statement on Global Food Security, and the 2009 FAO World Summit for Food Security generated a renewed commitment by world leaders to end hunger.

Since 2010, the Committee on World Food Security (CFS) – the intergovernmental body established in 1974 to review and follow up on food security policies within the UN system – is given counsel by the largest international advisory group of civil society organizations, the Civil Society Mechanism (CSM). The CSM's Coordination Committee

also incorporates designated youth focal points, representing the opinions and interests of youth civil society organizations (CSOs), allowing young people to contribute to the CFS process, by feeding into policy and strategy discussions and exchanging knowledge on practices and technologies.

Other areas of progress in reducing poverty and hunger include the strengthening of rural development programmes and initiatives as well as the enlargement of safety nets and social- protection programmes.

Examples of such schemes include national food safety net programmes, such as the WFP school feeding programmes in Pakistan, Sudan and Yemen, and "Cash /or Food for Work" initiatives in the Philippines, Côte d'Ivoire, Laos, and Djibouti. Voucher programmes in Zambia, Haiti, Afghanistan, and Syria are designed to stimulate the local economy by creating jobs and increasing agriculture and local value-added food production. Every year, WFP feeds more than 20 million children in school feeding programmes in some 60 countries. The number of girls reached by these programmes has increased from 0.8 million in 2002 to 10.2 million, or 47%, in 2009. In northern rural India, girls' attendance increased by 15%, causing the completion of primary education at a rate of 30%. The "Junior Farmer Field and Life School" (JFFL) programme, a collaboration between FAO and ILO, has trained over 25,000 rural youth in 20 countries since

2004. The objective is not only to provide vulnerable young people with livelihood options and ensure their long-term food security, but also to promote gender-equality by enabling youth to exercise the same responsibilities and developing their capacities to critically assess relationships. The strength of the JFFLS is its unique learning methodology and curriculum, which combines agricultural, life, and entrepreneurship skills in an experiential and participatory learning approach uniquely suited to rural communities and low literacy levels.

UN Agencies have also developed a number of public awareness campaigns to highlight the unacceptable levels of hunger in the world. Examples include FAO's "1 billion hungry campaign"

(<http://www.1billionhungry.org/>) and the "Billion for a Billion" campaign

(www.wfp.org/donate/1billion). Other educational resources include the "Students and Teachers" section of the WFP website

(<http://www.wfp.org/students-and-teachers>)

and FAO's "Feeding Minds" and "Right to Food" initiatives (www.feedingminds.org and <http://www.fao.org/righttofood/en/>).

Youth are always at the core of these campaigns and initiatives, through participation as well as the organization and promotion of events.

The Way Forward

Denying children and young people an education and placing them in work situations that interfere with their health, mental, and physical growth hinders

training opportunities for more skilled jobs. Hunger and malnourishment prevent poor people, especially the young, from escaping poverty because it diminishes their ability to learn, work and care for themselves.

Appropriate policy, financial investment, and incentives need to be created to reward farming and prevent the large-scale migration of young people to urban areas. Adequate education, vocational training, and professional training opportunities are necessary to prepare young people for life in rural areas. Assistance and access to resources, such as technical knowledge, finances, land, water, seeds, fertilizers, equipment, technologies, and markets also need to be provided.

Additional opportunities should be provided for young people to engage and contribute to national and international forums and platforms dealing with food security, such as the CFS. Such involvement would ensure that local concerns are considered and concrete programmes of action created with the long-term commitment of young people.

This fact sheet was prepared by the Food and Agriculture Organization of the United Nations (FAO), the United Nations World

Food Programme (WFP) and the Focal Point on Youth, UNDESA. This is part of a collaborative effort of the United Nations Inter-Agency Network on Youth Development, coordinated by the Focal Point on Youth, UNDESA.

<http://undesadspd.org/Youth.aspx>

[facebook.com/UN4Youth](https://www.facebook.com/UN4Youth)

twitter.com/UN4Youth

Feed Our Children





Rhea M. Watson

Scholarship Solutions

By: Rhea, The Scholarship Doctor

There are five easy steps to a free degree and the first step is very easy to achieve with proper planning, preparation, and dedication. So, you may be wondering what it takes for students who are in kindergarten and beyond to secure 1000s of dollars in college scholarships. Well, let's break down the first important yet easy and highly effective step:

Step 1: Earn A and A grades. No this is not a typo. A & A grades are important for students of all ages. From day one, express the importance of strong grades/marks. We should encourage our children to earn As and compliment and celebrate their accomplishments in this regard. Setting this precedence is not a pressure point but rather an expectation that can be met and exceeded when proper planning and consistent academic support is in place. To get the necessary support use an academic coaching service like mine, contact your local library, chat with teachers and professors during their prep time and office hours, participate in before or after school support programs, or take advantage of clubs and organizations at school or in the community that may provide academic assistance. Now, "A" grades are surely not the only variable in

achieving scholarships but strong grades must not be ignored, especially if you want to win big at scholarships and eliminate the need for student loan debt.

Start applying for scholarships today. Here are a few resources to get you started immediately in the scholarship game.

bold.org/#ref=99 One of the best databases for scholarships in the world.

<https://myscholarshipsolutions.com/books>

My book - The Scholarship Doctor is in! 5 Easy Steps to a FREE DEGREE.

<https://thescholarshipdr.kartra.com/page/ssmen>

My Scholarship Solutions Membership is an amazing community of people applying for and winning scholarships. It's open to anyone 0 - 99+.

Rhea M Watson, The Scholarship Doctor is the Founder/CEO of Scholarship Solutions a premier Scholarship and College consulting firm located in the beautiful city of Las Vegas. Rhea and her team of expert scholarship coaches help students of all ages 0 - 99 to attend college debt free. She has helped 100s of students to earn a free degree to the tune of \$200 million dollars in scholarships. Rhea is a two time #1 best selling author, a highly sought after speaker, and expert in financial aid and scholarships.

myscholarshipsolutions.com | All Social Media @scholarshipdr | 702.623.9500

Faster!

Adapt!

Mentor!

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world to us**

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Board of Directors**

Youth Spotlight

Do you know a young person who should be spotlighted?

**Send your spotlight info to:
admin@whalers-creation.us**

Valley International Cold Storage Acquisition, LLC, Recalls Frozen Beef Products Due To Misbranding And Undeclared Allergens

[VICIS ACQUISITION, LLC](#)

FSIS Announcement

WASHINGTON, Sept. 17, 2022 – Today, the U.S. Department of Agriculture’s Food Safety and Inspection Service (FSIS) announced that Valley International Cold Storage Acquisition, LLC, a Harlingen, Texas establishment, is recalling approximately 22,061 pounds of frozen beef products due to misbranding and undeclared allergens. The product contains milk, a known allergen, which is not declared on the product label.

The frozen products are labeled as Korean-Style Beef, but contain a chicken sausage and pepper product, which contain milk. These items were produced on July 22, 2022. The 9.25-oz. cartons labeled as “Healthy Choice POWER BOWLS Korean-Style Beef” with lot code “5246220320” and a “best if used by” date of 04-18-2023 are being recalled [[view labels](#)].

The products subject to recall bear establishment number “34622” on the end flap of the carton. These items were shipped to retail locations nationwide. The problem was discovered when the producing establishment notified FSIS that it had received consumer complaints that the Korean-Style Beef cartons contained a chicken-based product. There have been no confirmed reports of adverse reactions due to consumption of these products. Anyone concerned about an injury or illness should contact a healthcare provider. FSIS is concerned

that some products may be in consumers’ freezers. Consumers who have purchased these products are urged not to consume them. These products should be thrown away or returned to the place of purchase.

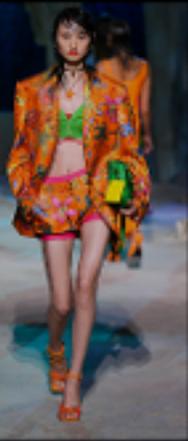
FSIS routinely conducts recall effectiveness checks to verify recalling firms notify their customers of the recall and that steps are taken to make certain that the product is no longer available to consumers. When available, the retail distribution lists will be posted on the FSIS website at www.fsis.usda.gov/recalls. Consumers with questions about the recall can contact the Conagra Consumer Care line at 800-672-8152. Members of the media with questions about the recall can contact Daniel Hare, Senior Director of Communications for Conagra Brands, Inc., at 312-549-5355 or Daniel.Hare@conagra.com.

Consumers with food safety questions can call the toll-free USDA Meat and Poultry Hotline at 888-MPHotline (888-674-6854) or live chat via [Ask USDA](#) from 10 a.m. to 6 p.m. (Eastern Time) Monday through Friday. Consumers can also browse food safety messages at [Ask USDA](#) or send a question via email to MPHotline@usda.gov. For consumers that need to report a problem with a meat, poultry, or egg product, the online Electronic Consumer Complaint Monitoring System can be accessed 24 hours a day at <https://foodcomplaint.fsis.usda.gov/eCCF/>.



Youth Praise Awards

Dinner & Fashion Show



Music by: DJ Uly

Saturday, November 5, 2022

The Event Plaza at Whitney Ranch

1057 Whitney Ranch Drive

Henderson, NV 89014

Dinner 6:30pm Fashion Show follow

Click here to purchase tickets:

<https://www.eventbrite.com/e/youth-praise-awards-gala-tickets-40175399607>



YOUTH PRAISE AWARDS GALA

THE EVENT PLAZA
AT WHITNEY RANCH

1057 Whitney Ranch Drive
Henderson, NV 89014

click here to purchase tickets at Eventbrite:

<https://www.eventbrite.com/e/youth-praise-awards-gala>

**Nominate a Young Person (12-21) in the following category:
Academics, Athletic, The Arts or Civic Engagement**

Youth's Name _____ Age _____

Adult nominating youth _____ What category _____

Phone _____ Email _____

Why nominated?

More than **23,000 kids** age out of U.S. foster care every year.



70%

of foster kids would like to go to college.

Only

3%

of kids who age out will earn a college degree

and

1 in 4

won't graduate from high school or get a GED.

60%

of boys who age out or are legally emancipated have been convicted of a crime.

7 in 10

girls who age out will become pregnant before age 21.



1 in 2

kids who age out will develop a substance dependence.

32%

of children who reached 18 in foster care were waiting in the system for more than

3 years

**You can change their future.
Adopt teens from foster care.**

chlss.org/fostercareadoption



Children's Home Society
of Minnesota



Lutheran Social Service
of Minnesota

*Stats from National Foster Youth Institute



120,000 children and teens are waiting to be adopted. The number of children in foster care nationwide increased 2.3% this year to 437,465. Making it a figure that has risen every year since 2012. Studies indicate that one out of every four youth who age-out of foster care will end up in a homeless shelter within three years.

Do you want to help a youth?

Foster! Adopt! Mentor!

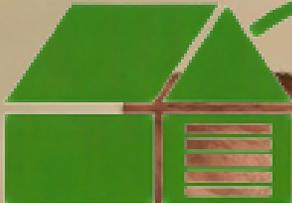
Together we can make a youth strong community

For state-to-state information visit: www.childwelfare.gov

1.800.394.3366 (9:30 am - 5:30 pm) (EST)

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UPRIGHT



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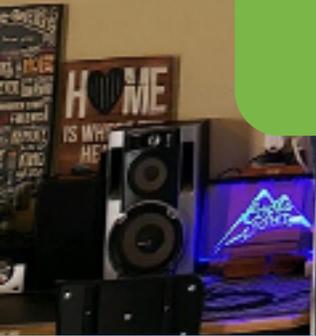


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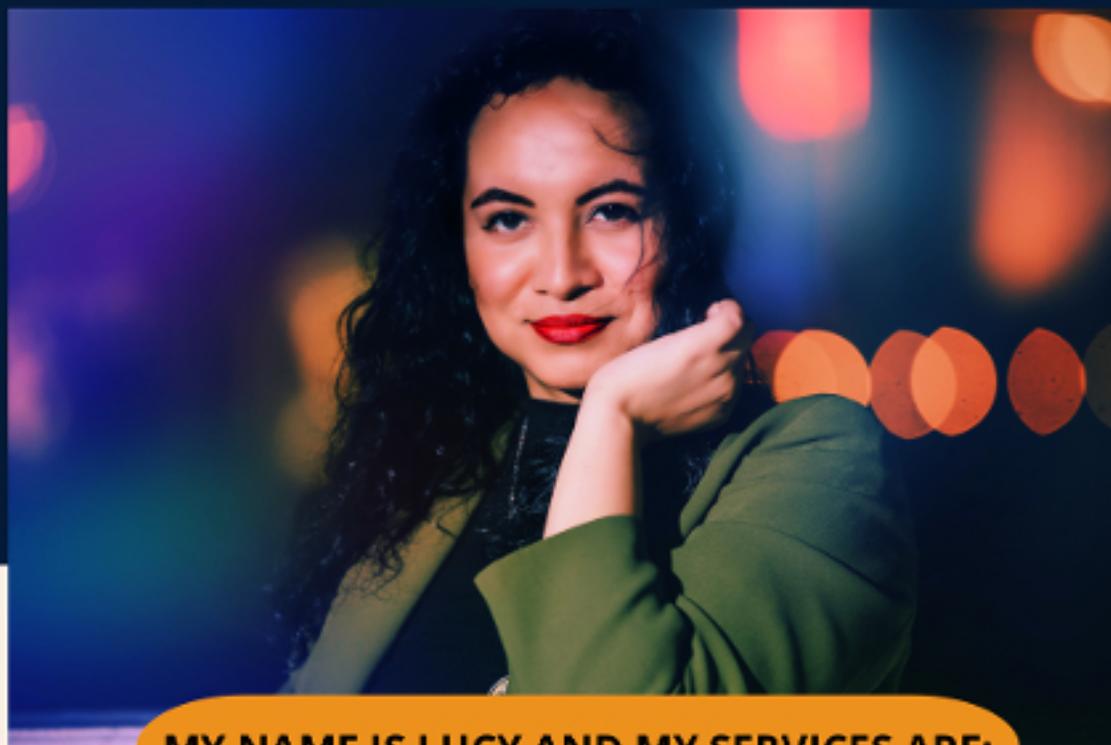
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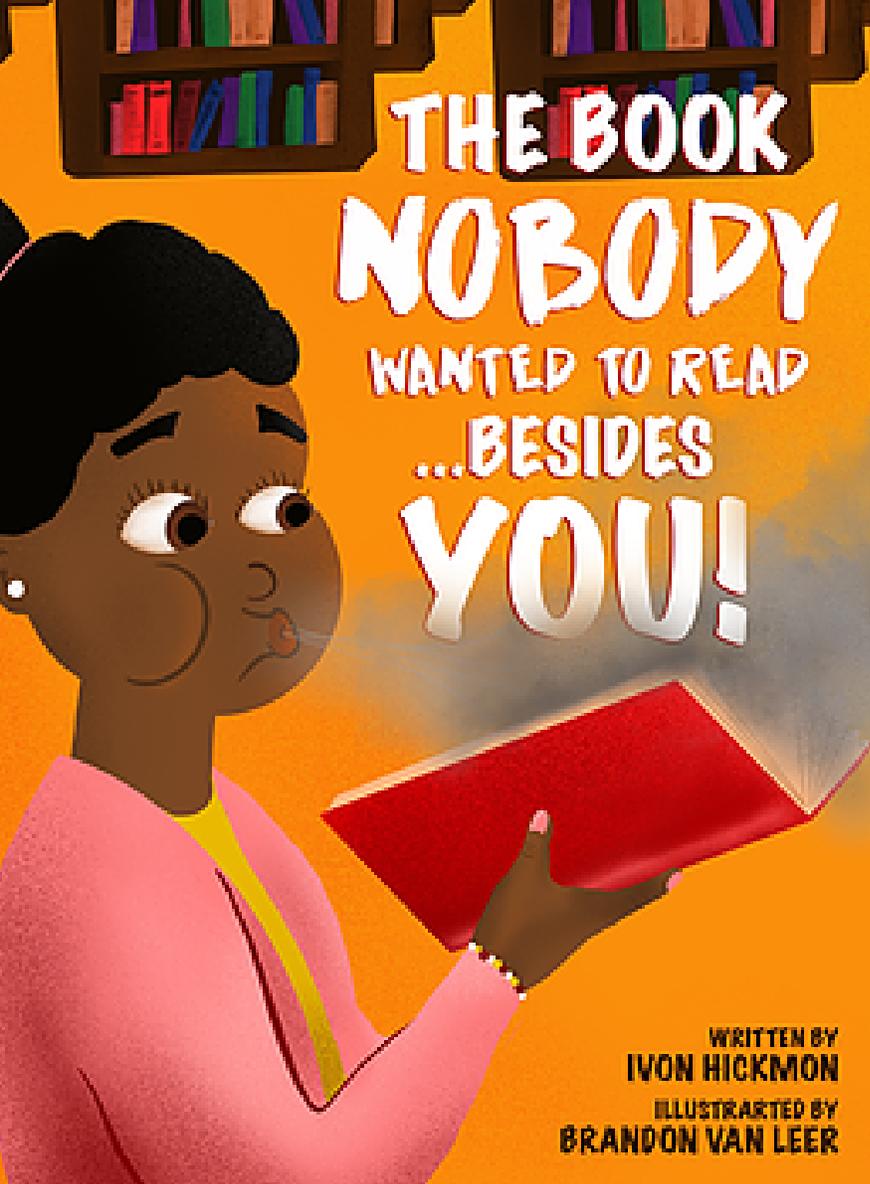
AT A TIME



*REACH YOUR GOALS
FASTER QUICKER
& FURTHER*

NO CHANGE = NO CHANGE

DENIS "DENNY" MAHEUX



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 children 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 children a proven, practical tactic to develop emotional intelligence skills. After reading this story, children will be empowered to love and embrace themselves fully and gain awareness of their emotional state.

About the Author: The youngest son out of three boys to 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 and being selected as team captain and MVP.

A true "girl dad," Ivon spends hours visiting both his daughters' schools, cultivating children 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 children to emotional intelligence and inclusion.

Inclusion Diversity Unity

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To book Ivon for speaking engagement or fitness training:

<https://www.thehickmonhelper.com>

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'Unsafe In Foster Care' Investigates How A System To Keep Kids Safe Can Harm Them

July 20, 2014
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LISTEN·8:07

NPR's Ailsa Chang speaks with journalist Deepa Fernandes about her two-part investigation for *Latino USA* into domestic violence survivors who lose their children to the foster care system.



ABC FUNDRAISING

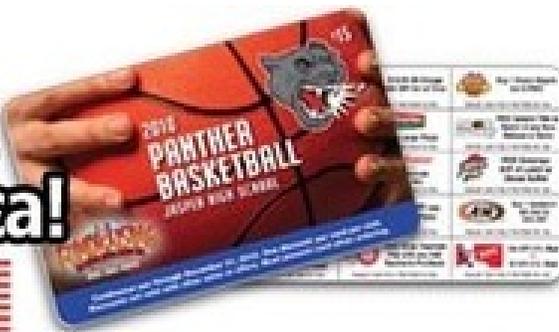
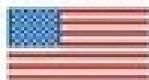
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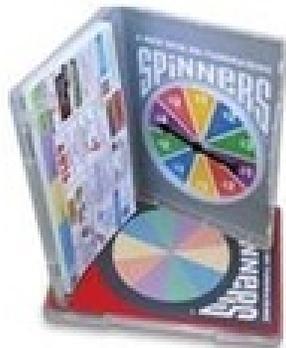
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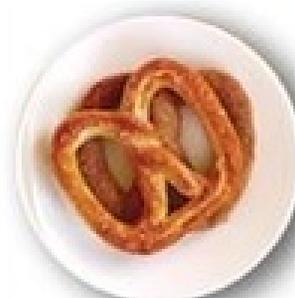
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<https://marylandcasa.org/>

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<https://washingtoncasa.org/>

South Carolina

(803) 576-1735

<https://www.rccasa.org/>

Texas

(844) 230-6467

(512) 473-2627

<https://texascasa.org/>

For national helpline in USA,

(800) 628-3233

<https://nationalcasagal.org/contact-us/>



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When it's time to say goodnight to your little ones, turn on:
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and let our storytellers read a bedtime story to your loved ones.



US Adoption Resources

- Centers for Disease Control International Adoption Health Guidance
- U.S. Department of State Bureau of Consular Affairs Adoption Process
- AdoptUSKids.org
- Child Welfare information Gateway
- Congressional Coalition on Adoption Institute (CCAI)

Additional Resources

- Adoptive Families Magazine
- Adoptive Parents Committee
- American Academy of Adoption Attorneys (AAAA)
- Child Welfare League of America
- The Center for Adoption Support and Education
- Dave Thomas Foundation
- Evan B. Donaldson Adoption Institute
- International Social Services
- National Adoption Center
- National Council for Adoption (NCFA)
- North American Council on Adoptable Children (NACAC)



FOSTER CHANGE



Virtual Support: Tuesday, October 18th @ 8pm

Joining us will be: Jessica and Madyson

Jessica Holt is a Colorado native. She is a business owner, a step mom, a bio mom, and a foster mom. Her passion is for kids- no matter who or where they come from, and giving them a safe place to call home for however long that may be. She is a published author for Focus on the Family, and has been a foster parent since 2017.

She is an avid reader, loves football, and in her spare time, you will find her at her family cabin or watching her kids play their various sports.



Madyson Tarrant is a biological child in a family who fostered children since she was 10 years old. Now, 13 years later, she loves to share her story of growing up alongside foster care and how the experience has changed her life and her family!



general discussion topic:

Foster Care and How It Affects the Permanent Children In Our Home

Foster Change

Foster/Adoptive Parent Support Group

Ask Lillie



Dear Lillie,

I have a housekeeper who comes in a few times a month. I hired her because my house is too much for me to handle on my own. My children and husband really don't help. Lately I've noticed my housekeeper is not cleaning as good as she used. When I hired her she was wonderful. She was very detailed. Now I have to remind to take care of certain things. I am at the point of looking for another service. But not sure because she is so friendly.. What are your thoughts?

Sincerely,

Need a good housekeeper



Dear Need a good housekeeper,

Housekeeping is a service job. You did not hire her to be a friend. You hired her to clean your home. It's OK to expect good service when you pay for it. If she is not giving you the service you want. Have a brief conversation with her, let her know you have a few concerns. After the conversation if things don't improve then consider another housekeeping service. Put your cards on the table. Make a list if you have to. Remember "Good help is hard to find", if you find a housekeeper you like it may only take a quick conversation to get her back on track. If nothing changes you know the rest..

Good Luck,

Lillie

Good help is hard to find!



The views and opinions of *Ask Lillie* may not be the views and opinion of Youth News.
Submit your question to, Ask Lillie at: admin@whalers-creation.us

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