

Youth News



December 2023

Read about Jennifer
and her amazing
journey!

Jennifer Tharixay



Photos by: Michael, 15 year old

Youth News

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send resume to:

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Season Greetings,

Foster Care Facts: 437,000 children and youth are in foster care, nearly 50% live in non-relative foster family homes, another 32% live in relative foster family homes and others live in institutions, group homes, trial and pre-adoptive homes. These beautiful young people deserves to have special bonds with people they are able to connect with. Will you answer the call?

Foster! Adopt! Mentor!

WHALER's Creation is hosting its first Crowd Funding campaign. With your support we can provide housing, food and job training to older teens and young adults.

Youth News strives to educate, motivate and inspire people to support older teens and young adults. You can help with a monthly donations of \$10.00.

Donations accepted at: **www.whalers-creation.us**.

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
Email: admin@whalers-creation.us, or call: (702) 235-5490

"I Support Youth."

La' Toria Kern

Executive Director/Publisher



Youth News is an online magazine developed by teens, adults and senior citizens working together to bring readers Educational, Motivational, & Inspirational Stories

Volunteers are needed! To volunteer please contact
WHALER's Creation at:
admin@whalers-creation.us or call (702) 235-5490



Looking for a Job?

Part/Full time position available now!

Join us on Thursdays from 4:00pm-5:00pm

Teens -Young Adults (16-24). Classes are in person & virtual! Bring a friend.

Confirm your attendance by texting /calling: 702-235-5490

or email: admin@whalers-creation.us

Subject: Job Training Classes

Cirque du Soleil

One of Las Vegas' best entertainment companies

Living in Las Vegas is truly fun and exciting. Our unique city offers non-stop entertainment. Vegas is known as the entertainment capital of the world. But now we are growing into the Sports and Entertainment Capital of the World. Las Vegas has gone from zero professional franchises in 2017 to now three professional teams with more on the way. The Golden Knights National Hockey League (NHL), Raider, National Football League (NFL), and Aces, Women National Basketball Association (WNBA). Soon, we will have a Men's Basketball League, Lacrosse, and Volleyball teams.

The funny thing is hearing how some people are unaware that people actually live in Las Vegas. Locals enjoy the sunshine, warm weather, and great hospitality.

Living in Las Vegas we never run out of things to do. If you enjoy outdoor activities, indoor activities, shows, churches, conventions, or professional sports, We have it ALL! Yes, Las Vegas is the entertainment capital of the world.

Cirque Du Soleil is one of Las Vegas' best

entertainment companies hands down. They have the hottest shows in Las Vegas with countless shows going on simultaneously at any given time. Cirque Du Soleil has evolved tremendously from its humble beginnings. This Canadian entertainment company is the world's largest producer of the modern day circus. Located in downtown Saint-Michel, it was founded on June 16, 1984 in Baie-Saint-Paul by former street artists Guy Laliberté and Gilles Saint-Croix. From street performers to shows in New York, Florida, Canada, and beyond, there are over 20 shows globally. It's hard to find a favorite Cirque du Soleil show, but I have seen at least five and my favorite is "O".

This entertainment company has a huge footprint in our community as they give back to local businesses over and over again. You can see their support in schools, local nonprofits, and local businesses.

Cirque du Soleil's talent pool is universal. Their staff and crew are a beautiful blend of international greatness. When you attend any show, you are left fulfilled and in a state of total bliss from pure entertainment.

If you have an opportunity to meet the staff and crew it is a special treat. They really care about their audience and try to show their gratitude with warm smiles and cheerful greetings. Cirque du Soleil shows are for the young at heart, for people who

enjoy the magnificent work of amazing artistry.

Check out a list of the shows we suggest seeing, but remember it does not matter what show you see, you will not be disappointed. The beautiful blend of different cultures, races, shapes, and sizes of people makes a statement of being one nation without shouting it out loud.

From the moment you walk into their office or attend a show you can feel the excitement. This entertainment company has sustain itself because they are so involved in their community.

Cirque du Soleil's has been a major sponsor

of WHALER's Creation. Their support enables WHALER's Creation the opportunity to offer youth job skills training in the arts, housing, and food.

Listed below are a few of this writer's favorites. Tickets are on sale now:

- [**Cirque du Soleil Mad Apple Las Vegas, NV**](#) [New York New York](#)
- [**Michael Jackson ONE**](#) [Las Vegas, NV](#) [Mandalay Bay Resort & Casino](#)
- [**"O"**](#) [Las Vegas, NV](#) [Bellagio](#)
- [**The Beatles LOVE**](#) [Las Vegas, NV](#) [The Mirage](#)





National Youth Mentor: Jennifer Tharixay

Written by: Jonathon

Jennifer Tharixay hails from Riverside, California – a farming town that has evolved into a modern family-oriented metropolis with an emerging art scene. As a first-generation American born to Laotian parents, she witnessed Riverside's transition from a farming community to its present urban landscape.

Since English was not her first language, her childhood was marked by bullying, feeling alienated due to linguistic barriers

and cultural differences. This adversity, coupled with strained family relations, caused emotional distress. In her senior year, a misunderstanding with her parents resulted in her placement in foster care, a unique experience she appreciates for the maturity it fostered. Missing school during this time prevented her from graduating alongside her peers, a poignant moment of disappointment.

Despite hardships, Jennifer engaged in various high school activities, including leadership roles in the Asian Student Union, tennis, and community service through the Key Club, along with maintaining academic excellence.

Foster care strengthened her resolve, inspiring her to become an advocate for youth, and eventually becoming a student senator.

The turning point came when she joined The Youth Opportunity Center. There, she felt like an older sister to other foster kids, which fueled her desire to help them even more. Becoming an advocate for at-risk youth, she dedicated herself to assisting them in overcoming life's challenges, helping them transition away from street life and substance abuse. Her journey in



this role presented numerous demanding situations, but it also granted her the fortune of finding solace in a caring foster home, a place where her faith took root and grew. This experience significantly influenced her passion for guiding and uplifting vulnerable youth.

As a mentor, Jennifer incorporates the five love languages, emphasizing affirmation, quality time, gift-giving, and acts of service while respecting boundaries regarding physical touch. Her aspiration is to establish an organization dedicated to supporting foster youth. Jennifer is driven by her work, striving to accomplish her goals and encourages greater community involvement in supporting foster care, whether through donations or outreach.

Jennifer's journey from tough times to becoming a voice for other young people emphasizes the importance of caring for and supporting each other, especially during challenging times.



HEALING PAWS: REBUILDING TRUST AND FINDING HEALING

By: Loney Nguyen

Our unique experiences means that our healing journey should be just as unique. Unconventional methods often present themselves as remarkable sources of solace and support. One such transformative approach gaining recognition is Animal-Assisted Activities (AAA), a therapeutic intervention that harnesses the power of animal companionship to aid trauma survivors in their healing process.

Trauma, whether stemming from a single distressing event or prolonged experiences such as child abuse, foster care, or intimate partner violence, can profoundly impact an individual's mental, emotional, and physical well-being. The aftermath often manifests in symptoms like anxiety, depression, hypervigilance, and sleep disturbances. Traditional therapies such as talk therapy and medications are valuable but may not resonate with everyone. This is where the magic of AAAs enters the picture. Dogs have an incredible ability to provide emotional support and contribute to

healing in various ways, earning them the reputation of being "angels" to many people. The trust that dogs place in humans can assist trauma survivors on their healing journey learning how and who to trust again.

Innate Trust in Dogs: Dogs are known for their remarkable, innate trust in humans. This natural inclination to trust humans primarily stems from their evolution and domestication alongside humans over thousands of years. Dogs are highly reliant on humans for their well-being, safety, and emotional support. They form strong bonds and attachments based on the predictability and reliability of their human counterparts. They trust humans to provide for their needs, keep them safe, and offer companionship and affection. This trust often becomes unwavering and unconditional, even in the face of past negative experiences or trauma, as dogs are capable of forgiveness and forming new bonds.

Trust in Trauma Survivors' Healing: For trauma survivors, building trust can be a complex and challenging process. Trauma, by its nature, often involves a betrayal of trust, whether it's from a person, an institution, or a situation that caused harm or threatened safety. Healing from trauma involves learning to trust again—oneself, others, and the world at large. This process typically requires a safe and supportive environment, therapy, and the gradual reestablishment of trust through positive experiences and relationships. It involves learning to differentiate between past threats and present safety, allowing oneself to be vulnerable again, and developing a

sense of predictability and safety in interactions with others.

Comparisons: Both dogs and trauma survivors require a sense of safety, consistency, and positive experiences to build or rebuild trust.

Consistency and Reliability: Both dogs and trauma survivors benefit from consistent and reliable interactions. Dogs thrive on routine and predictability, while trauma survivors often need consistent, safe, and trustworthy relationships to rebuild their sense of security.

Positive Reinforcement: Dogs learn to





trust through positive reinforcement, such as affection, care, and consistent behavior from their owners. Similarly, trauma survivors often need positive experiences and supportive relationships to replace negative or harmful ones, reinforcing a sense of safety and trust.

as affection, care, and consistent behavior from their owners. Similarly, trauma survivors often need positive experiences and supportive relationships to replace negative or harmful ones, reinforcing a sense of safety and trust.

Time and Patience: Trust-building is a gradual process for both dogs and trauma survivors. It requires time, patience, and a

nurturing environment to foster a sense of security and trust.

The Transformative Power of Canine Companions for Trauma Survivors

Emotional Support and Comfort:

Animals possess an uncanny ability to provide unconditional love and empathy. For trauma survivors who may struggle with trust and intimacy, the non-judgmental nature of animals can create a safe space for emotional expression and connection.

Stress Reduction and Relaxation:

Interacting with animals has been shown to reduce stress hormones like cortisol and

increase the release of oxytocin, promoting feelings of relaxation and calmness. This can be particularly beneficial for trauma survivors managing anxiety and hypervigilance.

Enhanced Emotional Regulation:

Trauma can disrupt emotional regulation. Engaging with animals can aid in regulating emotions by providing opportunities for positive social interaction, increasing feelings of happiness, and reducing feelings of loneliness or isolation.

Building Trust and Confidence:

The trust-based relationship formed between animals and trauma survivors can help rebuild trust in oneself and others. This can be pivotal in restoring a survivor's sense of control and confidence.

Distraction and Mindfulness:

Working with animals encourages mindfulness as individuals focus on the present moment. It serves as a pleasant distraction from intrusive thoughts or memories associated with trauma.

Overall, dogs have an incredible capacity to understand and comfort humans on both emotional and physical levels, contributing significantly to our healing processes in various ways. Their presence in our lives can often feel like having a guardian angel providing comfort, support, and

unwavering love.

In summary, while dogs inherently place trust in humans as part of their nature and social bond, trauma survivors must often relearn trust after experiencing significant betrayal or harm. Both contexts emphasize the importance of safety, consistency, positive experiences, and supportive relationships in nurturing trust and healing.

If you or someone you know is a trauma survivor seeking alternative forms of support, exploring AAAs might be a step toward finding comfort, connection, and healing in the company of our furry friends. The bond between humans and animals has an inexplicable ability to mend hearts and spirits. Together, let's embrace the healing power of paws.

[Contact us](#) to schedule an Animal-Assisted Healing Session.



*Advocacy Angels
Healing Inc.*



A close-up portrait of Lorraine Pascale, a Black woman with dark hair and bangs, smiling warmly at the camera. She is wearing a white chef's jacket with black buttons. The background is a plain, light-colored wall.

From Foster Care to Fame

Lorraine Pascale
Professional Model and Chef



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SUICIDE
& CRISIS
LIFELINE

A close-up photograph of a person's hands holding a clear glass jar. The jar is filled with US coins, including pennies, nickels, and dimes, and a US dollar bill is visible at the top. A white rectangular sign is taped to the front of the jar. The sign has the word 'PLEASE' in red, uppercase, sans-serif font, and the word 'GIVE' in large, bold, black, uppercase, sans-serif font. Below 'GIVE' are two horizontal red lines. At the bottom of the sign, the website address 'www.whalers-creation.us' is printed in black, sans-serif font. The background is dark and out of focus.

PLEASE
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How to Become a Foster Parent

Becoming a foster parent involves several steps, which may vary depending on your location. Here are some general steps to become a foster parent:

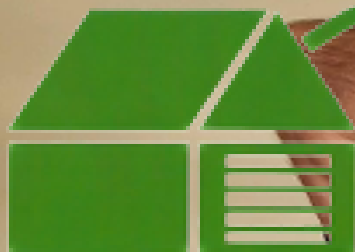
1. Contact your local foster care agency: The first step is to get in touch with your local foster care agency. You can find the agency in your area by searching online or contacting your state or county department of social services.
2. Attend an orientation session: Most agencies require prospective foster parents to attend an orientation session to learn about the foster care system, the needs of children in foster care, and the process of becoming a foster parent.
3. Complete the application process: After attending the orientation session, you will need to complete the application process, which includes background checks, home inspections, and training.
4. Complete training: Foster parents are required to complete training before being licensed. The training covers topics such as child development, the impact of trauma on children, and how to work with birth families.
5. Receive licensure: Once you have completed the application process and training, the agency will evaluate your application and decide whether to grant you a foster care license.



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Youth Spotlight



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for the March 2024
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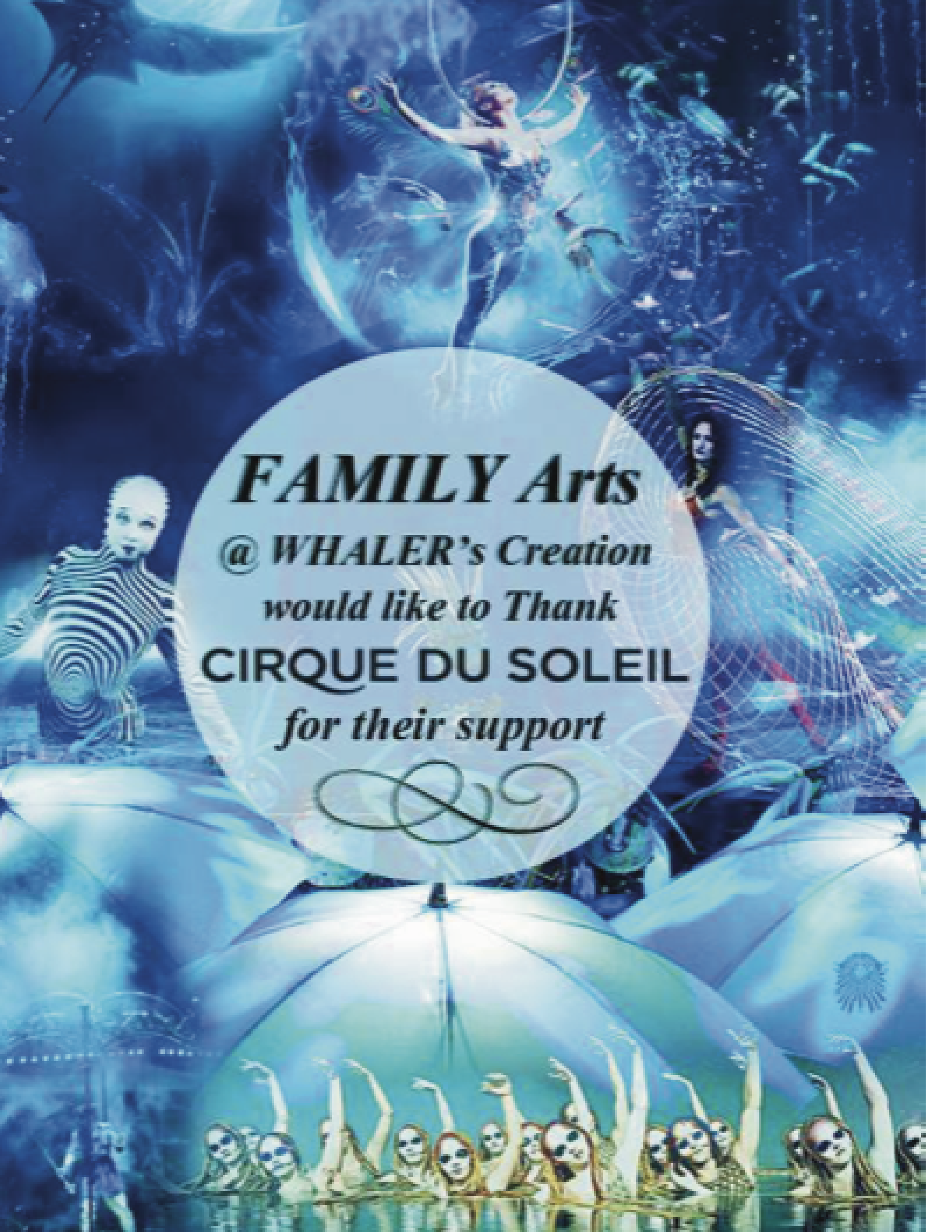


US Adoption Resources

- 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)



FAMILY Arts
@ WHALER's Creation
would like to Thank
CIRQUE DU SOLEIL
for their support





FAMILIES FIRST ACT

WHAT YOU NEED TO KNOW

- **Paid Leave** — Provides up to 10 days of emergency paid sick leave for COVID-19 related reasons
- **Enhanced Unemployment Insurance** — Extends unemployment benefits to workers laid off amid economic contraction brought on by COVID-19
- **Expanded Food Assistance Programs** — Provides food to low-income pregnant women and mothers with young children, helps local food banks meet increased demand and offering home-delivered meals to low-income seniors, ensures children who depend on free and reduced-price meals at school continue to have access to nutritious foods in the event of extended school closures
- **Increased Medicaid Funding** — Boosts federal support for states to respond to expected increased volume and absorb unexpected costs that will deliver approximately \$35 billion to states, including an estimated \$440 million to Connecticut



Foster! Adopt! Mentor!

**When you support these amazing youth
with your love and encouragement. You
maybe the motivation behind the next
mega superstar!**



When it's time to say goodnight to your little ones, turn on:
KFAM Youth Radio
(www.whalers-creation.us)
and let our storytellers read a bedtime story to your loved ones.





KFAM

Youth Radio

www.whalers-creation.us

