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Foster families play a vital role in providing love, stability, and support to children in need, often serving as beacons of hope in times of uncertainty. As we celebrate Nation Reunification Month, founded by the National Bar Association, we recognize the invaluable contributions of foster families in promoting unity and healing within our communities. Their dedication to nurturing and empowering children, while also advocating for family reunification whenever possible, embodies the spirit of this month-long commemoration. Let us honor foster families for their selflessness and compassion, and pledge to support their efforts in creating brighter futures for children across the nation.

At Youth News, we strive to educate, motivate, and inspire individuals to rally behind older teens and young adults. Do you possess a heart of gold? Become a community changemaker and stand up for our older youth.

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

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

"I Support Youth."

La' Toría 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



Nothing Can Stop Me

Madison, a former foster youth who has defied all odds and risen above every adversity that life has thrown her way. Madison's journey is one of unwavering, determination and courage.

At the tender age of four, Madison was removed from her family and placed into foster care. Despite the challenges and uncertainties that accompanied her early years, Madison refused to let her circumstances define her. Instead, she embraced every obstacle as an opportunity to grow and thrive.

As she approached her high school graduation, Madison couldn't help but reflect on the tumultuous path that had led her to this moment. The memories were bittersweet, filled with both pain and triumph. Yet, through it all, Madison remained steadfast in her resolve to create a brighter future for herself.

Today, I am delighted to share that Madison is on the move, soaring to amazing heights with an unstoppable spirit. Her journey is a testament to the power of resilience and the indomitable strength of the human spirit. No obstacle is too great, no challenge too daunting for Madison.

So let us join together in celebrating Madison's remarkable achievements and in cheering her on as she continues her journey. With her unwavering determination and boundless optimism, there is no doubt that Madison is destined for greatness. Nothing can stop her now – she is on her way all the way up!

Congratulations, Madison, on your extraordinary accomplishments. You inspire us all with your courage, perseverance, and commitment to success.

Despite facing early childhood trauma and being adopted at 17, Madison has triumphed against all odds to achieve her dreams.

One of Madison's proudest accomplishments is earning her Master's degree—a testament to her unwavering commitment to success and her belief in the power of perseverance. She says, "It doesn't matter how long it takes, following your dreams. Hold on don't give up, keep working towards your goal, and you will



accomplish what ever you want to accomplished. Remember, you can do whatever you want no matter who believe in you. Perseverance wins every time."

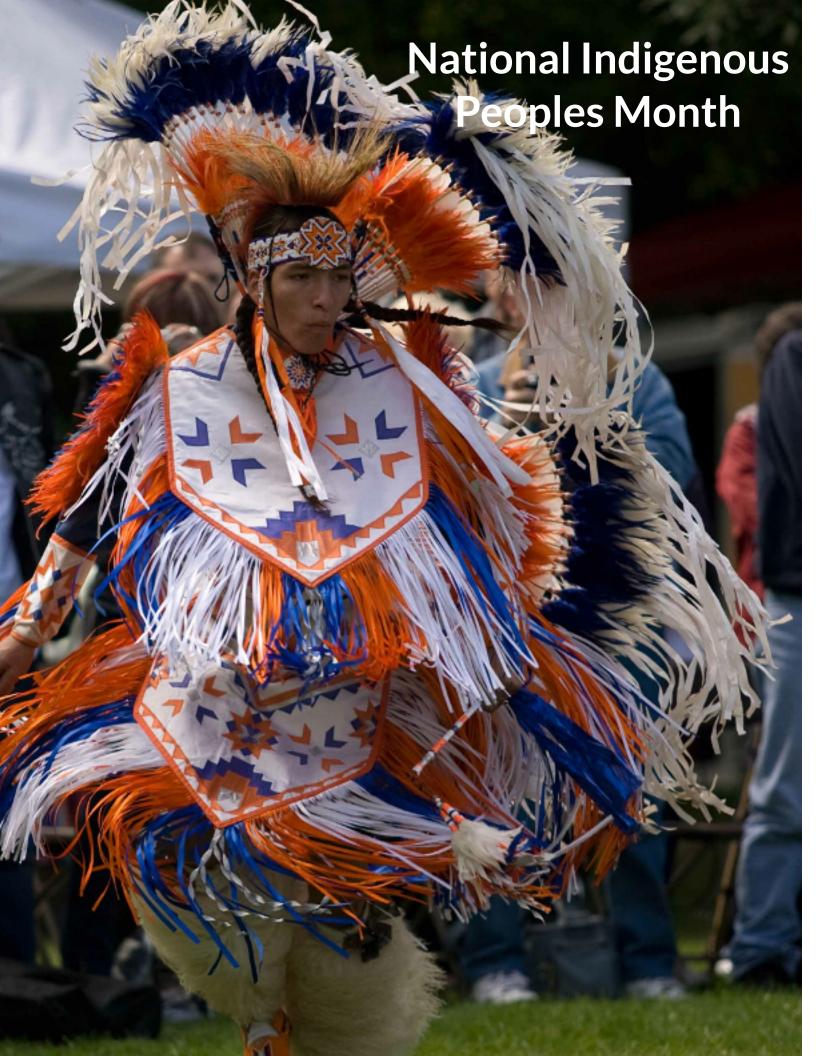
Madison's journey to this momentous achievement has been marked by challenges, but she has never allowed them to dim her spirit or derail her dreams. She is living proof that with dedication, hard work, and an unyielding determination, anything is possible.

To celebrate this incredible milestone, Madison hosted a community picnic surrounded by the people who love and support her. It was a joyous occasion filled with laughter, love, and endless celebrations of her remarkable accomplishment.

As we join Madison in celebrating this momentous achievement, let us also be inspired by her example and remember that perseverance, resilience, and the unwavering belief in oneself can overcome even the greatest of obstacles.

Please join me in congratulating Madison on this extraordinary accomplishment and wishing her continued success in all her future endeavors.





National Indigenous Peoples Month

June marks the commemoration of National Indigenous Peoples Month in many countries, a time dedicated to recognizing and celebrating the rich cultural heritage, contributions, and resilience of Indigenous communities around the world. This annual observance provides an opportunity to reflect on the histories, struggles, and triumphs of Indigenous peoples, while also advocating for their rights and fostering greater understanding and appreciation.

Indigenous peoples, often referred to as First Nations, Aboriginals, or Native peoples, are the descendants of the original inhabitants of a particular geographic region. They possess unique languages, traditions, knowledge systems, and spiritual beliefs that have been passed down through generations. Despite facing centuries of colonization, oppression, and marginalization, Indigenous communities have persisted, preserving their cultures and identities against formidable odds.

The significance of National Indigenous Peoples Month lies in its recognition of the enduring contributions of Indigenous peoples to society. From art, music, and literature to science, medicine, and environmental stewardship, Indigenous cultures have enriched the global community in countless ways. Their traditional ecological knowledge, for instance, offers invaluable insights into sustainable resource management and biodiversity conservation.

Moreover, Indigenous peoples have played pivotal roles in shaping historical events and social movements, advocating for justice, equality, and self-determination. Their struggles for land rights, sovereignty, and cultural revitalization continue to inspire solidarity and activism worldwide. National Indigenous Peoples Month serves as a platform to amplify their voices, raise awareness about ongoing challenges, and promote dialogue towards reconciliation and social justice.

ACLU's Emerging Leaders Program Celebrates 1st Year Anniversary

Founded in 1966, the ACLU of Nevada stands as the state arm of the American Civil Liberties Union, the largest organization in the nation devoted to safeguarding civil liberties and civil rights, boasting over 1.5 million members nationwide. Our mission revolves around defending and promoting the civil liberties and rights of all Nevadans, employing a multifaceted advocacy approach that encompasses public engagement, policy advocacy, and strategic litigation to foster positive change within our community.

Through our public engagement initiatives, we empower Nevadans with knowledge about their civil liberties and rights, conducting Know Your Rights workshops and hosting community events that directly impact individuals' lives. Our policy advocacy efforts aim to advance civil liberties and rights at various levels of government, from local to statewide. Additionally, our strategic litigation endeavors utilize the judicial system to pursue justice and uphold fundamental freedoms.

The ACLU of Nevada operates as two distinct entities: the ACLU of Nevada, Inc. and the ACLU of Nevada Foundation. This dual structure allows us to effectively pursue a wide range of initiatives aimed at protecting civil liberties. While both entities are collectively referred to as the ACLU of Nevada, they serve different purposes.

The ACLU of Nevada Foundation operates as a 501(c)(3) nonprofit organization, enabling tax-deductible donations that support our litigation and public education efforts. However, due to federal regulations, its engagement in legislative advocacy and lobbying activities is limited. On the other hand, the ACLU of Nevada, Inc. functions as a 501(c)(4) nonprofit organization, and donations made to it are not tax-deductible. Membership dues and contributions to this entity finance our lobbying endeavors, which are crucial for effecting legislative change. Our social media initiatives are exclusively managed by our 501(c)(4) entity, reflecting our commitment to utilizing all available avenues to protect civil liberties and promote social justice.

The Emerging Leaders, is a dynamic initiative within the ACLU of Nevada, celebrating it's 1st year dedicated to nurturing the leaders of tomorrow by fostering advocacy, leadership, and civic engagement among youth. The primary aim is to equip young individuals with the necessary resources, opportunities, and skills to thrive in their personal and professional lives. Geared towards youth aged 16 to 24, the Emerging Leaders program empowers youthto drive social change and advocate for social justice through a comprehensive approach encompassing leadership development, advocacy engagement, and professional growth.

Derrica Daniel

Admin and Finance Coordinator, ACLU and Staff President of Emerging Leaders centered with left side, incoming president Jackie Comb and right side current president and Kash Williams.

Smart beautiful young women on a mission!





IS A FAD DIET RIGHT FOR YOU?

Written by: Lisa "Clutch" Tauai

As we enter the summer months full of sun, pools, and swimming suits, people are searching for ways to lose inches.

Sometimes this search leads them towards a type of "fad diet" promising quick weight loss. Fad diets are a big business in the United States with over 1,500 books published each year and consumers willing to pay into this 35 billion dollar per year industry promising quick results.

Moreover, 14-15% of Americans claim that

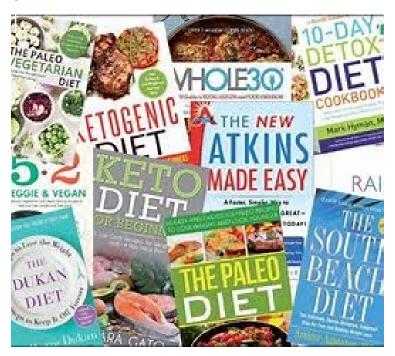
Moreover, 14-15% of Americans claim that they have used or are currently on a fad diet for quick weight loss.

Fad diets are not right for everyone, and the question to ask yourself is if they are right for you. The best way to determine this is to research what these diets entail and decide if it is something you can realistically follow and sustain over the long term. Most fad diets fail because they are difficult to sustain due their restrictive nature. For purposes of this article, I would like to focus on two of the most popular fad diets: the Keto and intermittent fasting diets.

The Keto diet was developed by Registered Dietitians in the 1920s designed to treat epilepsy in children. The diet is composed of less than 30 grams of carbohydrate,

moderate protein, and 70-80% of total calories coming from fat per day. It is designed to induce long-term nutritional ketosis and, according to studies, is effective in helping people lose weight. The problem for most is adhering to the diet and staying in ketosis. In a 2-year study conducted in 2022, adherence to this diet fell from 60% of individuals to only 7%. Additionally, following a Keto diet has some possible health concerns to include the initial "keto flu" as the body begins to transition to ketosis. Also, electrolyte imbalances and Calcium, Vitamin D, Magnesium, B Vitamins, and Iron deficiencies can arise. The diet can also result in gout, osteoporosis, hypoglycemia and dehydration incidents, and kidney stones along with cardiovascular disease if people consistently consume saturated and trans-fatty acids as their primary fat source.

Another popular diet is intermittent fasting which has been around for thousands of years.





People tend to use intermittent fasting practices for religious reasons or to lose weight. There are a few intermittent fasting schedules most follow to include alternate day fasting, whole day fasting, or time-restricted feeding. Alternate day fasting involves alternate days of no restriction and days that provide about 25% of total calorie needs. An example would be 5 days of normal eating and 2 days of fasting. Whole day fasting involves 1-2 days per week of complete fasting and time-restricted feeding involves eating during a condensed time.

An example of time-restricted feeding is eating between 8 AM and 2 PM and fasting between 2 PM and 8 AM. In a Harvard study conducted in 2017 that included 12 clinical trials and compared intermittent fasting to continuous calorie reduction diets, there was no significant weight loss or body composition differences between the two. Additionally, there are some nutritional risks with intermittent fasting to

include hypoglycemia episodes, binge eating after periods of fasting, inadequate energy intake if engaging in physical activity, and impact of medications that require food intake.

In my 27-year practice as a Registered Dietitian, I have seen a few people succeed on these diets, but most, unfortunately, cannot sustain their restrictive nature and often gain back the weight they initially lost. My advice for everyone is to find a balanced, healthy way of eating that works best for you in meeting your goals. When seeking this out, do your research using reputable resources and learn what works best for you over the long haul!

Retired Air Force Lieutenant Colonel, and Registered Dietitian and Ms. International 2024

For more information on good nutrition for a lifetime, please explore https://www.eatright.org or https://www.myplate.gov. You can also visit Lisa's webpage at https://www.tauainutnugs.com. For

questions about the Ms. International Pageant, visit

https://www.msamericapageant.com.
Finally, if you have any questions for Lisa, please contact her at lisatauai@yahoo.com or connect with her on Facebook at https://www.facebook.com/lisa.tauai or on Instagram at

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Seal's journey commenced with his birth to a Brazilian father and a Nigerian mother, followed by his placement with a foster family in Essex. He resided with his foster family for the initial four years of his life before reuniting with his biological parents.

National Reunification Month

For the past ten years, the child welfare community has honored June as National Reunification Month. Established in 2010 by the American Bar Association (ABA) Center on Children and the Law and other national partners, this month is dedicated to promoting reunification as the most favorable and constructive legal outcome for children. According to AFCARS data, reunification stands as the primary permanency solution for the majority of children in the child welfare system.

The Children's Bureau has emphasized the significance of National Reunification Month, with Milner underscoring it as "an incredible opportunity for the child welfare system to unite resource families and children's parents in providing essential love and support to children and youth." It serves as a chance to harness the compassion and expertise of resource families nationwide to foster safe reunification wherever feasible, and to sustain involvement with children and parents post-reunification to offer ongoing support to reunified families.

If you're a foster parent, you understand the primary objective for every child in foster care: finding a permanent home. Reunification with their families is usually the most effective route towards achieving this goal. Indeed, most children and youth in foster care will eventually reunite with their families.

Your role as a foster parent gives you the opportunity to profoundly influence a young person's life by actively supporting reunification efforts. However, you might still have queries about this goal and your role in facilitating it.

In this year's commemoration, Reunification Heroes have been spotlighted, recognizing parents, professionals, and youth for their efforts in reuniting parents and children. Additionally, for the first time, the voices of youth are being incorporated through written articles by young individuals who have experienced reunification, titled "We Were the Lucky Ones.".







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A Lifetime of Advocacy

Dr. Nia West-Bey's Journey from Local Activism to National Policy

Written by: Terry Braun

Dr. Nia West-Bey's unwavering dedication to supporting vulnerable youth has shaped her remarkable career. Her journey began in the early 1990s at a pediatric HIV clinic, where she witnessed firsthand the hardships faced by children who often ended up in foster care. This early exposure ignited a passion that would guide her future endeavors.

After college, Dr. West-Bey moved to Washington, D.C., where she engaged with various organizations supporting underprivileged youth. Dr. West-Bey's work extended to other vulnerable populations such as immigrant youth and children of incarcerated women, broadening her experience and reinforcing her dedication to advocacy for all marginalized youth.

In 2005, she co-founded Fihankra Akoma Ntosaso (FAN), which means "safe house, linked hearts" in the Akan culture of West Africa. Initially, an after-school program designed to support foster youth, FAN quickly expanded its focus to assist youth in all aspects of their lives and even assisted as they transitioned back home, became emancipated, or were adopted. In 2016, Dr. West-Bey transitioned to the Center for Law and Social Policy (CLASP), a national anti-poverty policy advocacy organization. At CLASP, she has been able to address the systemic issues that contribute to youth homelessness and foster care challenges. Her move was motivated by a desire to tackle the root causes of these issues, inspired by a colleague's observation that many societal problems stem from poverty.

Dr. West-Bey's expertise in foster care, Medicaid, and mental health policy is deeply informed by her direct work with youth. At CLASP, she continues to advocate for changes at both the local and national levels, helping connect individuals and organizations with resources and support from groups like WHALERs Creation, whom she met in Washington, DC.

She has seen firsthand the transformative power of involving young people in policy change. Foster youth have been instrumental in driving significant policy shifts.

shifts, especially in areas like mental health care. For instance, policies now allow young people in California and Colorado to access mental health care without a diagnosis, reducing stigma and barriers to care.

Dr. West-Bey also focuses on anti-poverty measures like universal basic income for foster youth. Pilot programs in places like Louisville, Kentucky, have provided young adults with the resources to meet their basic needs, serving as models for potential national legislation like the Young Adult Tax Credit Act. Dr. West-Bey encourages all individuals to follow their own congress representatives and local policymakers involved in the state legislature.

Individuals can subscribe to the CLASP email list (clasp.org)





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.







Foster Parents are needed Now!

https://youtube.be/de_SiCy4vV0 News8 Now report

Youth Spotlight

Jackie Comb

Jackie Comb a 17 year old raising star. She is an amazing dancer and die heart community activities.



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)

Las Vegas, NV Clark County Department of Family Services Foster Parents Urgently Needed

Clark County authorities maintain that they still face a deficit of foster families ready to provide temporary care for children. Allyson Manumaleuna, the county's foster care supervisor, emphasizes a specific demand for Black foster parents.

Manumaleuna explains, "Having homes within their own communities and neighborhoods can facilitate smoother transitions for these children. The need is evident. Currently, there are approximately four African-American foster homes available for every ten African-American children within the foster care system."

Lynne Jasame, a former foster travel all across Las Vegas advocating for more foster parents, especially African-American foster parents



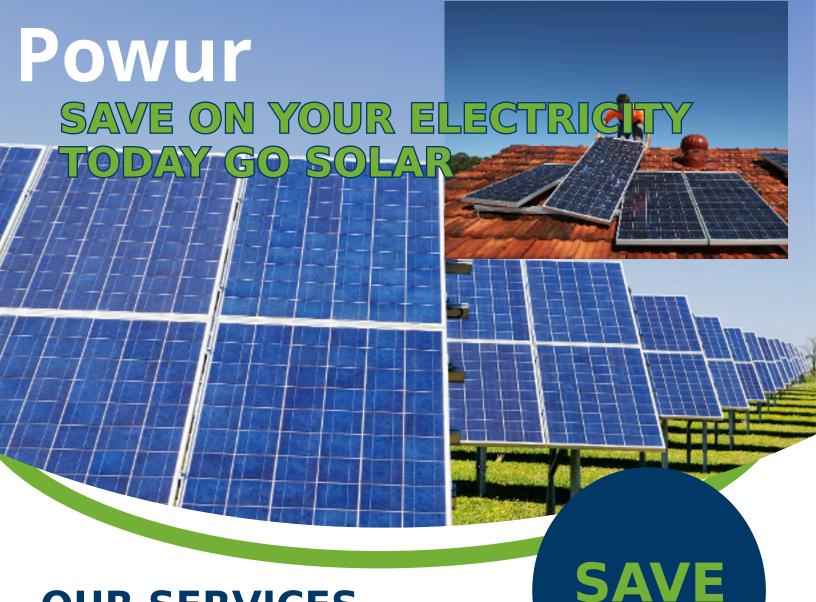


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