

January 2022

YOUTH NEWS



Educational, Motivational, & Inspirational Stories



Rebecca Parkey
"Why My Husband Always
Wins at Gift Giving"

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 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 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 educational, inspirational and motivational stories to encourage people to open their hearts and support youth.

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

If you have a story and want to share it with others, please email us at: admin@whalers-creation.us.

Donations are accepted at
www.whalers-creation.us

Youth News

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Youth News



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La' Toria Kern
Founder/Publisher

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.

In this issue, we're talking about "SAD" *Seasonal Affective Disorder Awareness Month*.

Please open your hearts and home, and help a child in need. You never know, you may help raise the next important person. From city-to-city and coast-to-coast, "I support youth."

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: **Family Adopt Mentor Investing in Lives of Youth**.

Thank you,

La' Toria



WHY MY HUSBAND ALWAYS WINS AT GIFT GIVING

Written by Rebecca Parkey



I don't usually share my birthday, but it is right around Christmas. Ever since I met my husband, he has endeavored to make it as special as possible. The first year we were together he was going to ask me to marry him, but he was too excited to wait so he did it over a month early, but he still managed to make my birthday special. His love language is gifts, so he always finds the most special, meaningful gifts that he can. He doesn't ever look at price (to my frustration sometimes) but regardless, he is absolutely completely the best at finding meaningful things for me.

This year was no different. When I opened up the first package (which I thought was socks because we have a joke about getting socks every year) he got me this super cute shirt that had my birth year on it and the lady flexing. Super cute. Then came the second gift. To understand how special this was, you have to know that I REALLY REALLY connect with my Scottish heritage. To me, it is a part of my DNA. I talk about it all the time, we talk about moving there when we retire, Scotland is very near and dear to me. With that being said, I opened the

gift and there was this giant, VERY old (from the early 1800's) book of Scottish and English poems and stories written for Queen Victoria. It was amazing! It smelled like an old book.. As I flipped through it my heart fluttered, it was beautiful. He explained he had purchased this FIVE months ago! This is my husband. He does these kinds of things-inds things that I would love and keeps them for when he wants to give them to me. He is very thoughtful.

He was not done. Several months ago, he showed me that George W. Bush had paintings of immigrants that he had painted and they were put into a book. It is important to note, 1. I love GW. I know this may cause controversy, but I don't really care. I think he is a kind, generous, loving person. I find a great appreciation for him. 2. I love what he represents. When he found this book, [Out of Many, One](#) I was excited and enthralled. GW painted paintings on immigrants who were influential in America. To me, this was exciting and lovely. Little did I know that my sweet, loving husband would get this book for me, signed by GW.

What is so beautiful about this book, and what is so wonderful about this gift, is I provide immigration evaluations to immigrants because I believe in what George says.

"For nearly four centuries, immigration has been-as it will always be-a salient, and at times, controversial part of the American story. A source of strength, prosperity, and hope, the flow of people across the lands and seas has also led to bouts of anxiety and fear. Every American generation, and every American president, has confronted questions about immigration starting with the first.

In 1783, George Washington articulated a guidepost for his successors: 'The bosom of America is open to receive not only the opulent and respectable stranger, but the oppressed and persecuted of all nations and religions!... Immigrants are just what they've always been- people willing to risk everything for the dream of freedom.

America remains what she has always been: the great hope on the horizon, an open door to the future, a blessed and promised land. We honor the heritage of all who come here, no matter where they come from, because we trust in our country's genius for making us all

Americans-one nation under God."

George depicts forty-three immigrants in his paintings, and he tells their stories. Some of them are famous and some of them are simply important to him and his life. They all matter. What is valuable to me, and should be to all of us, is that he makes each one of these men and women individuals. They are people with a story, with family, and a background. They aren't just a number and they do matter. When I do my immigration evaluations I cry with the people I meet, I laugh with them, I understand them and their stories. They matter to me. We are all people who deserve freedom and we are all people who deserve to be in this place. Each person has value and each person should have a voice. Imagine what the world would be like if we all looked at each other through the eyes of love, kindness, support, and value first, and put our preconceived judgments aside. I wish we could live in a world like that, a country like that. I want to be that person; so everyday I try to show my students I teach, the people I encounter, and my family and friends that this is what I value. People...people are what matters.

Merry Christmas to all, and thank you to my husband for knowing me.

<https://www.marriagefriendlytherapists.com/articles/why-my-husband-always-wins-at-gifts>

Rebecca Parkey, LMFT

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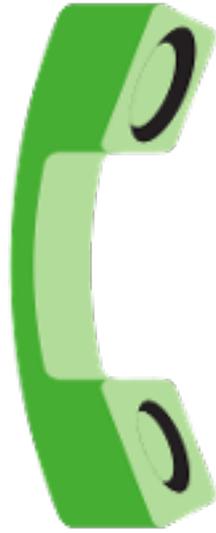
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Hello Winter!

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)

Other Helpful 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)

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A Paul Gonzales production

January

- Walk Your Pet Month
- Career and Technical Education Month
- National Blood Donor Month
- National Eye Care Month
- National Oatmeal Month
- Be Kind to Food Servers Month
- January 1: New Year's Day
- January 3: Drinking Straw Day
- January 2-8: Thank you Customer's Week
- January 13: Rubber Duckie Day
- January 16-22: Hunt for Happiness Week
- January 17: Martin Luther King Jr. Day
- January 28: Activity Professionals Day
- January 25: Intravenous Nurse Day
- January 29: Puzzle Day



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Faster!

Adapt!

Mentor!

Be the reason for their success!

WHAT'S ALL THE BUZZ ABOUT CBD?

Written by Paula Margus

It would be hard not to notice all the attention CBD (abbreviation for Cannabidiol) has been getting in recent years. National CBD Month, observed in January since 2020, aims to raise awareness, provide education on the uses and benefits, and dispel myths about CBD.

CBD is one of the over 80 chemical compounds found in the Cannabis or marijuana plant *cannabis sativa*. Unlike marijuana, CBD contains only trace amounts of THC and is not psychoactive causing the sensation of getting high. The CBD oil or extract used in products is made by extracting CBD from the cannabis plant, then diluting it with a carrier oil like coconut or hemp seed oil.

Passage of the Agriculture Improvement Act of 2018 (known as the 2018 Farm Bill) made it legal to grow and distribute hemp and hemp-based products like CBD. Popularity and use has been booming and the market is expected to triple and reach \$13 billion by 2022 (How to Celebrate National CBD Month, Jan 2020). Various industries capturing a share of the CBD market include pharmaceuticals, personal care and cosmetics, wellness and lifestyle, pet care, and food and beverages. Products containing CBD include oils, lotions, supplements, hard candy, topical treatments for pain relief, capsules/soft gels, pet treats, beverages, lip balm, and it's infused into a variety of food products (chocolate, honey).

Potential benefits and ongoing studies suggest that CBD may help adults get relief from pain, cancer-related symptoms, anxiety and depression, and acne. While CBD is being studied as a treatment for a wide range of

conditions, including Parkinson disease, schizophrenia, diabetes, multiple sclerosis and anxiety, research supporting the drug's benefits are still limited. (mayoclinic.org – CBD: Safe and Effective?)

In the US, Cannabis laws are different on a federal level to a state level and can differ significantly from one state to the next. Some states allow the use of CBD with medical approval only, others are completely legal. More states are on their way to legalizing hemp products in some way or another. (<https://cfah.org/cbd-legal-states/>)

There's still much to learn about CBD, and more research is needed. There is lack of conclusive evidence of its benefits for treating medical conditions. The FDA currently does not regulate or test CBD products, and has only approved CBD (a prescription oil called Epidiolex) to treat a few rare seizure disorders in children. Its use for other conditions remains unregulated and unapproved.

Resources:

- Is CBD Oil Legal? Legal Status of CBD in 50 States in 2021
- 52 CBD Products On The Market
- Online Article - How To Celebrate National CBD Month This January, Jan 2020.
- WebMD, Cannabidiol - CBD
- 7 Benefits and Uses of CBD Oil (Plus Side Effects
- CBD: Safe and Effective



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SCHEDULE DATES & THEMES FOR 2022

January 4, 2022	Tuesday	Baby Boomers Expo
February 1, 2022	Tuesday	Red & Hot Expo
March 1, 2022	Tuesday	Square Biz Expo
April 12, 2022	Tuesday	April Showers of Business Growth Expo
May 3, 2022	Tuesday	The Power of Women & Business Expo
June 7, 2022	Tuesday	Beauty / Fitness / Health Affair Expo
July 12, 2022	Tuesday	16 th Year Anniversary Celebration Expo
August 2, 2022	Tuesday	Consumer Expo
September 6, 2022	Tuesday	Entrepreneurs Expo
October 4, 2022	Tuesday	Safe Night Halloween Bring the Kids Expo
November 1, 2022	Tuesday	Red, White & Blue Expo

All event expos are held at Emerald at Queensridge.
 All event expo dates and location is subject to change by the LVBNM Producers.



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Price Amounts:

**\$325.00: 1-day exhibitor program (one table) 6 ft table w/2 chairs Includes:
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Table No. _____

Youth Spotlight:

My name is Jordan Peters, and I'm fifteen years old, turning sixteen on the fifteenth of January. I run cross country, and enjoy reading, writing, as well as collecting records. In the past, I've played soccer, football, softball, gymnastics, and karate. Currently, I'm really into education. School gives me the most fervor. I absolutely adore it. My favorite subjects are English and APUSH (Advanced Placement United States History). I was born and raised in Massachusetts and I live with my parents and my little sister. We have two dogs, a German Sheppard and a mix, and four fish, two betas and two goldfish.



Jordan Peters



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?

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Thomas Monaghan

Founder of Domino's Pizza

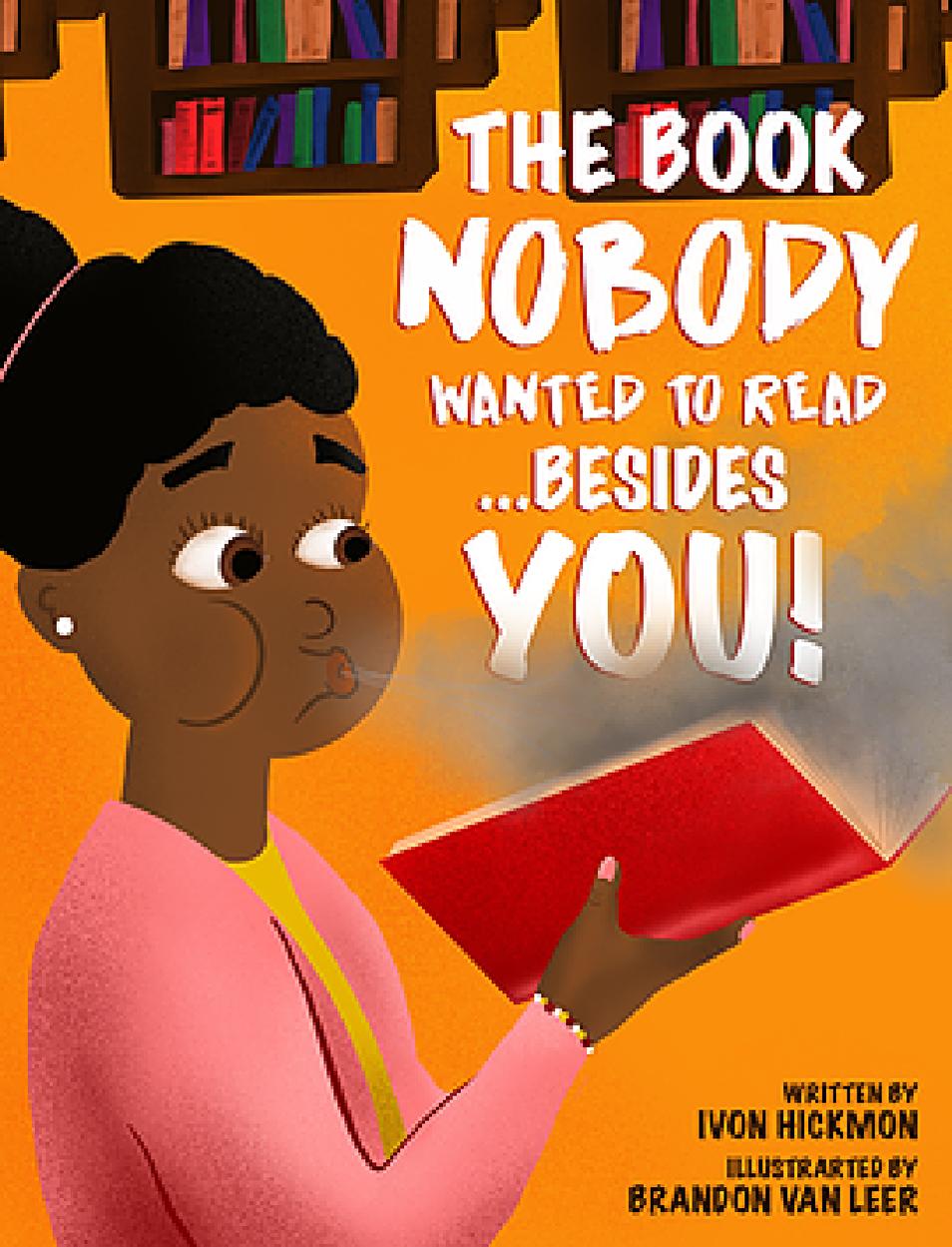
Foster Care

**FROM FOSTER CARE
TO FAME!**



EDDIE MURPHY

Comedian/Actor



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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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

A professional portrait of a man with a shaved head and a goatee, sitting on concrete steps. He is wearing a blue textured blazer, a purple dress shirt, and a grey patterned tie. His hands are clasped in his lap, and he is wearing a watch with a brown leather strap on his left wrist. The background shows a brick wall and more steps.

Ivon Hickmon

Struggling in 2021!

Written by Jacqueline Monaghan

Something I wish that I was taught about sooner is how to take care of my identity; maintaining a bulletproof identity is something that I've learned over the years. What people are looking for is based on an organized design; people were born, as soon as they are old enough, they are to begin attending school and human development is monitored over the years. This becomes an important factor, especially in high school and furthermore. It is a very dangerous world because there are many strangers; even people that I've known my entire life I found out I could not trust. The design is also based on a consumer report and background check; mainly people don't like to see the use of many products because they like to remain frugal and the products can be harmful especially to women because of pregnancy. I've learned over the years that maintaining a distance from any and all other people is the key to maintaining a good identification. I've dealt with peer pressure my whole life, and when the identification method is taught it's not peer pressure it's actually the law. Also the background check isn't owned by employers and is actually something that each individual owns as a gift to protect their identity and is a useful tool when dealing with any and all relationships and people are very similar to animals in how they are tracked and that people are constantly investigating religion.

Over the years I've struggled with finding employment, due to different factors such as lack of positions, resources, difficult applications and lack of interest. I've spent most of my time getting to know myself by reading for leisure and listening to classical music while waiting to

find respectable, comfortable employment. As a woman I've also spent a lot of time thinking about the factors I spoke about in relation to my relationship status. At times it can be hard to balance the everyday necessities and wants. I think it's hard for me personally; being a woman in this position. I would love to be a stay-at-home mom- I've struggled a lot mainly with the time frame and personal deadlines due to homelessness and general discomfort from people that I've lived with.

Eventually I applied for low-income housing; I was on the waiting list for one year and scored an apartment where my rent is based on my income. If I'm unemployed I can work for eight hours per month as a volunteer to supplement my rent, as well as an extremely low payment. Right now, I work under the table as a helper for a home remodeling contractor so that I can have a little bit of money.



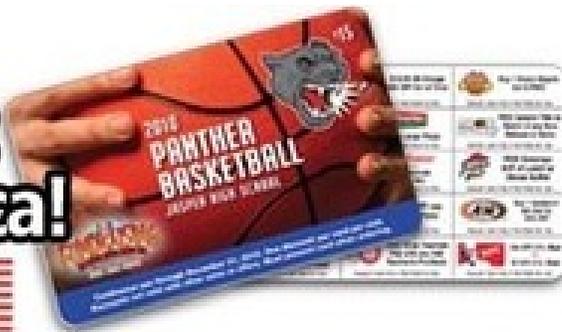
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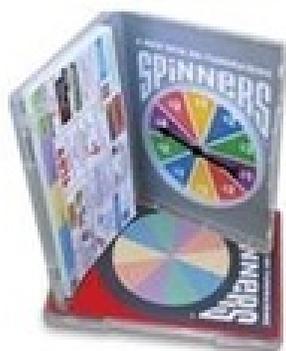
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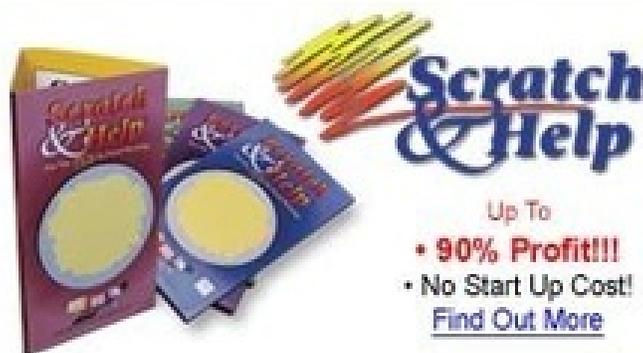


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The Mindful Corner

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 that triggered a traumatic memory for you, take this moment to reflect on how you are feeling.

Written By: Loney Nguyen, LCSW-C

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 that triggered a traumatic memory for you, take this moment to reflect on how you are feeling.



The Five Minute Journal

This exercise is centered around gratitude, a positive psychology technique. Here are 5 daily questions to answer in your journal of choice:

IN THE MORNING :

Set your intention for the day

- (1) What are you grateful for?
- (2) What would make today great?
- (3) Daily affirmation. I am...

AT NIGHT - End your day on a high-note and reflect

- (4) 3 Amazing things that happened today...
- (5) How could I have made today even better?

Take a mindful minute

Breath-in
Breath-out
Relax



Message from the *Editor -in- Chief*

About the Editor-in-Chief: Ms. Loney Nguyen pronounced (Lonnie) 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 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.

Meet our TEAM

GET TO KNOW OUR TEAM CONTRIBUTING WRITERS OVER 21



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.



Paula Margus, is a Quality Program Specialist, is always looking for opportunities to make improvements. She applies this to her personal life as well and enjoys helping others to improve their lives. She is very involved in her community and is passionate about youth advocacy, social justice and equality; animal rescue/adoption and health self-advocacy. Paula is a long-time resident of VA.



Sarah Holcomb is a Human Resources professional and a graduate student studying organizational psychology. With a passion for personal development, she lives by the mantra "I never dreamed of success, I worked for it" (Estee Lauder). In her spare time, she enjoys staying active and riding her electric scooter around Washington, D.C., which she calls home.



Samantha Cooper is a 20-something writer living in the DMV area. She runs a blog, "Scoop's Animation Corner" where she reviews animated movies and TV shows. She is also the co-runner of the YouTube channel, "Chamber of Spoilers."



Adria Kinney loves reading and writing and is passionate about expanding educational opportunities for underserved youth. She holds a Bachelor's degree in Psychology, a Master's degree in International Education, and resides in Washington, D.C. where she works as Program Officer for FHI 360.



Christa Cooke is a software engineer with a keen interest in technology, LGBTQ+ issues, politics, and the intersections between the three. She is an aspiring writer and avid sci-fi and fantasy reader, with a dream of one day publishing a novel of her own. Christa has spent much of her twenties traveling; she's now chosen to make Washington D.C. her home, close to her chosen family.

Meet our TEAM

GET TO KNOW OUR TEAM YOUTH UNDER 21



Liam, a photographer / host of 60 Second Sports Talk on KFAM Youth Radio. He is a recent high school graduate with dreams of becoming a professional sports anchor or sports attorney.

Foster



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.

Adopt



Tolu is an African writer, who uses her voice to advocate for change. She writes articles, poetry and screenplays alongside finishing her first novel to be published Spring 2022. When she is not writing, she loves fashion and cloud watching.

Mentor



Jordan, enjoys running, sports, and writing. As of now, she is not sure what career path she wants to pursue, but writing and academic maybe apart of her future.

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