

April 2022

YOUTH NEWS



Educational, Motivational & Inspirational Stories

Getting to The Root Cause of Emotional Eating

The Miseducation of Refugee Immigrants in the United States

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.

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Youth News



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Maya Angelou

Kinship Care

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the US quarter





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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.

April's National Child Abuse Month and in this issue, "Getting to the Root Cause of Emotional Eating" is something so many youth deal with. In order to solve a problem we must first understand it. This story will help you understand the root cause to emotional eating, and how to support a youth dealing with emotional eating.

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



GETTING TO THE ROOT CAUSE OF EMOTIONAL EATING

Written by Paula Margus

Many of you are familiar with the term 'comfort eating' and can identify with an emotional component to eating when feeling upset or stressed. Emotional eating is when we use food as a way to cope with feelings. If not addressed, the overeating most likely will return or get replaced by something else that is often problematic. Triggers for emotional overeating can include strong feelings such as anger, uncomfortable situations or conflict, or certain people/relationships. Another type of emotional eating is eating to go numb or to bury feelings. Anything from work stress to financial worries or health issues to relationship struggles may be the root cause of emotional eating. This issue affects both men and women, although emotional eating is more common among women (Healthline.com-What causes someone to eat because of their emotions). You may wonder why or how food comes into play with emotions.

Negative emotions may lead to a feeling of emptiness or an emotional void. Food is believed to be a way to fill that void and create a false feeling of fullness or temporary wholeness.

Other factors relating to why some turn to food as a false sense of comfort may include:

- Retreating from social support during times for emotional need
- Not engaging in activities that might otherwise relieve stress, sadness, or loneliness
- Not understanding the difference between physical and emotional hunger
- Using negative self-talking that's related to bingeing episodes

This can create a cycle of emotional eating, changing cortisol levels in response to stress, leading to craving (Healthline.com-What causes someone to eat because of their emotions).

The Mayo Clinic has outlined several differences that distinguish emotional cues from true hunger cues; see below:

Physical hunger and emotional hunger.

Develops slowly over time. Comes about suddenly or abruptly. Desire a variety of food groups. Crave only certain foods. Feel the sensation of fullness and take it as a cue to stop eating. May binge on food and not feel a sensation of fullness.

No negative feelings about eating. Feel guilt or shame about eating.

When emotional overeating becomes a problem, it's crucial to get to the root of what drives the behavior. By getting to the root of overeating, one can start learning how to respond with tools and strategies that are

more effective. Emotional overeating can make you feel good temporarily, but afterwards, you're left with feelings of guilt, shame, and powerlessness. Often the guilt may lead to circular dieting. Dieting fails because emotional needs are not being met. When emotions are ignored, they often continue with an unhealthy eating pattern. Get support – take steps to break the cycle of emotional overeating.

Find a coach, mentor or counselor to help identify emotional eating patterns and root cause.

Surround yourself with encouraging friends who share your values, leaving you feeling uplifted

and supported. Make time for yourself to decompress, journal, and relax every day.

Practice yoga and mindfulness. Get in touch with your feelings – notice when you have the trigger to eat and take a few moments to pause and notice what emotion is coming up for you. Name the feeling without judgment. Is it boredom, anxiousness, loneliness? When you're able to name what your feeling is, you're able to work through it. Rather than feeding your emotions, identify and take charge of them.

Take this quiz and get your Hidden Hunger profile and customized action guide on Dr. Melissa McCreery's website. Dr. McCreery is a clinical psychologist, emotional eating coach, blogger and author who has had great success with her personalized private coaching programs:

<https://toomuchonherplate.com/hidden-hungers-quiz/>



April Awareness Month

National Child Abuse Prevention Month

- National Parkinson's Awareness Month
- Distracted Driving Awareness Month
- Month of the Military Child
- Stress Awareness Month
- National Financial Literacy Month
- Sexual Assault Awareness Month
- Campus Pride Month
- Animal Cruelty Prevention Month
- National Humor Month
- 1st **April Fool's Day**
- 2nd **Autism Awareness Day**
- 7th **World Health Day**
- 19th **Bicycle Day**
- 18th-22nd **National Environmental Education Week**
- 22nd **Earth Day**

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.

1 in 2



kids who age out will develop a substance dependence.

7 in 10



girls who age out will become pregnant before age 21.

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

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

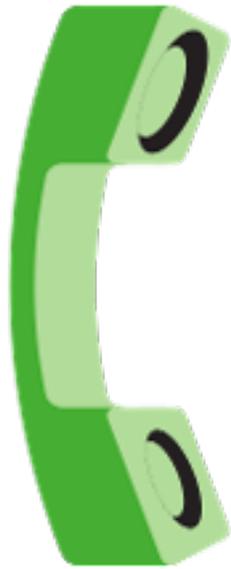
- Adoptive Families Magazine
- Adoptive Parents Committee
- American Academy of Adoption Attorneys (AAAA)
- Child Welfare League of America
- The Center for Adoption Support and Education
- Dave Thomas Foundation
- Evan B. Donaldson Adoption Institute
- International Social Services
- National Adoption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



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SUICIDE



PREVENTION

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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.

National Licorice Day

Written by Jacqueline Monaghan

Licorice is considered an herb that grows in parts of Europe and Asia, also known as black sugar, licorice root, sweet root, or sweet wood. Licorice was used as a healing food ingredient by the Ancient Egyptians. Within the tomb of King Tut, a large amount of licorice was found. Hieroglyphics prove that it was enjoyed as a drink. Alexander the Great, Napoleon Bonaparte, and Julius Caesar all used licorice for health benefits. In the 17th century in Holland, records indicate that licorice was being made into candy. Sailors carried the treat with them to other places in Europe and eventually worldwide. Licorice is also produced in Australia and America. People celebrate the history, health benefits, and flavor of this candy in all forms. Black licorice is the original; it is available in a variety of colors and flavors such as strawberry, lemon, or cherry. Licorice originated in 2300 B.C. and 400 B.C. Licorice is used in cold medicine

because it has anti-inflammatory properties. In 1902, Hogh's licorice factory was founded where they manufactured licorice shapes, eucalyptus pastilles, salt pastilles, and colored shapes into fruit flavor. In 1933, Ga-Jol was launched, which is one of the oldest products they still use as salt pastel. Licorice can be used to treat infections caused by viruses, bronchitis, heartburn, sore throat, stomach ulcers, and cough. It also supports adrenal gland function and can be used to aid digestion. The FDA stated licorice can cause imbalances in electrolytes, causing low potassium levels. Licorice may also cause swelling, lethargy, heart failure, and high blood pressure. Black licorice at times contains glycyrrhizin, which is fifty times sweeter than sugar and derived from liquorice root. People can celebrate this day by incorporating this special treat into their diet or giving it to your acquaintances as a treat.



The Miseducation of Refugee Immigrants in the United States

Written by Brianna Esparza and Dr. Kay Renee R., PhD

The next time you cross paths with someone who looks like their home country is anywhere but the United States, perhaps you can look at them and truly see them, not as someone who is simply pursuing the American dream, but someone who left everything behind to escape a hellish nightmare. The stereotypes, judgments, and disparities that we think we know about immigrants fleeing their country to come to the U.S. and presumably steal our opportunities are far from the truth. We are often misguided, miseducated and rarely ever consider understanding their journey towards America.

Immigrants from Latin American countries often hide in plain sight. You may see them selling floral arrangements as you exit the freeway, even a makeshift fruit stand on the side of the road, or the busboy at your local restaurant who quietly clears the table without so much of making eye contact. Despite crossing paths with one another on a regular basis, the most we stop to think about regarding these familiar tropes is "they're here to make a better future for themselves". However, they would never truly understand the weight of that statement.

Economic instability, poverty, community violence, gang culture, physical abuse, sexual abuse, domestic violence, sex, and labor trafficking are just some reasons why a child may decide the best option for

survival is to leave their entire life behind to start anew in a foreign and an unfamiliar country. Still, the journey between their home country and the United States is a dangerous and arduous one. Entire caravans have been exploited for money, labor, and sex in exchange for a travel guide to lead a group of refugees to its destination.

Imagine 17-year-old Maria* who traveled from Central America. Her travel plans were put to a halt when she was intentionally separated from the group by an unknown adult male. This male allegedly forced her to have sex with him, and if she didn't comply, she would risk never reaching her destination and being left abandoned in a warehouse. Maria fled her country of origin due to threats of harm by local gang members.

The gang culture within Maria's hometown interrupted her ability to continue high school. Therefore, her only option was to stayhome and not risk her life if she were to come across a member of the local gang. Stories like these are not rare. Another teen female, Isabel*, shared that her passion for higher education was stunted, as she had to stop attending school because of the increased crime in her neighborhood. It got so bad that she would see dead bodies lining the street on her way to school.

Isabel's journey also resulted in her caravan being held for ransom for several days until the ransom was paid in exchange for their freedom. When asked how she remained positive despite witnessing and experiencing so much trauma, her answer was simple "When you've been through what I've been through, you're just happy to be alive." It is fair to conclude that the factors forcing individuals out of their home countries are much stronger than any alluring characteristic of life in the United States.

Historically Speaking

According to the American Immigration Council, beginning in the mid-1970's, the majority of crossings between the United States and Mexico border were made by single adults primarily from Mexico. It was common for fluctuations in migration to correlate with the harvest season with a majority of individuals entering the United States to work seasonally, in concordance with the agricultural harvest, before returning to their home country. After the Great Recession in 2007 and 2008, annual crossings dropped from over 1 million to approximately 340,000. Under the Bush administration, an increase in border patrol agents correlated with a decrease in border crossings from single adults from Mexico. Migration patterns again evolved in 2014 with a wave of tens of thousands of unaccompanied minors, primarily from Central America, seeking asylum in the United States – a trend that has continued into the present day. Asylum seekers have the legal right to pursue asylum once they arrive on U.S. soil or arrival at a port of entry ¹. More recently, in December 2021, CBS News estimated that 122,000

unaccompanied migrant children were taken into U.S. custody and processed by the Department of Health and Human Services shelter system ².

Long-term Foster Care

Unaccompanied children come into the country through the Office of Refugee and Resettlement through border patrol and Department of Homeland Security. Similar stories like Maria and Isabel's qualify a minor to be suitable for programs such as Long-Term Foster Care (LTFC) or Post Release Services (PRS). Other factors considered for suitability are mental and emotional health, behavior, physical health, age, and appropriateness of home. For both programs, the overarching goal is for foster parents or sponsors (a relative or non-relative) to provide a safe environment for these children. Although the programs are temporary, they're geared toward providing the tools and viability for a new life in the United States.

No Longer Miseducated

Our hope is that we all continue to stay 'woke' about the biases of those who may not look like us because we all have a story. It's up to all of us to remove the stigmas and treat each person with the love and kindness in our hearts. And, before we judge or even ignore the hard workers that have fled their homeland, remember the stories of Isabel and Maria. Choose empathy, say hello, and if you can, tip graciously.

If you want to know more about the various programs for refugee unaccompanied minors go to <https://www.acf.hhs.gov/orr/programs/ucs/about>.

1. Rising border encounters in 2021: An overview and analysis. American Immigration Council. (2022, March 7). Retrieved March 9, 2022, from <https://www.americanimmigrationcouncil.org/rising-border-encounters-in-2021>
2. Montoya-Galvez, Camilo. "U.S. Shelters Received a Record 122,000 Unaccompanied Migrant Children in 2021." CBS News, CBS Interactive, 23 Dec. 2021, <https://www.cbsnews.com/news/immigration-122000-unaccompanied-migrant-children-us-shelters-2021/>.

* All names have been changed to protect the privacy of the refugee immigrant.

Brianna Esparza is a Post Release Services Supervisor for Bethany Christian Services in La Mirada, CA and Dr. Kay Renee R. is Deputy Director for Five Keys Schools & Programs in San Francisco, CA and contributing writer to Youth News Magazine. Please stay in touch at drkayrenee.com





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Youth Spotlight



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.

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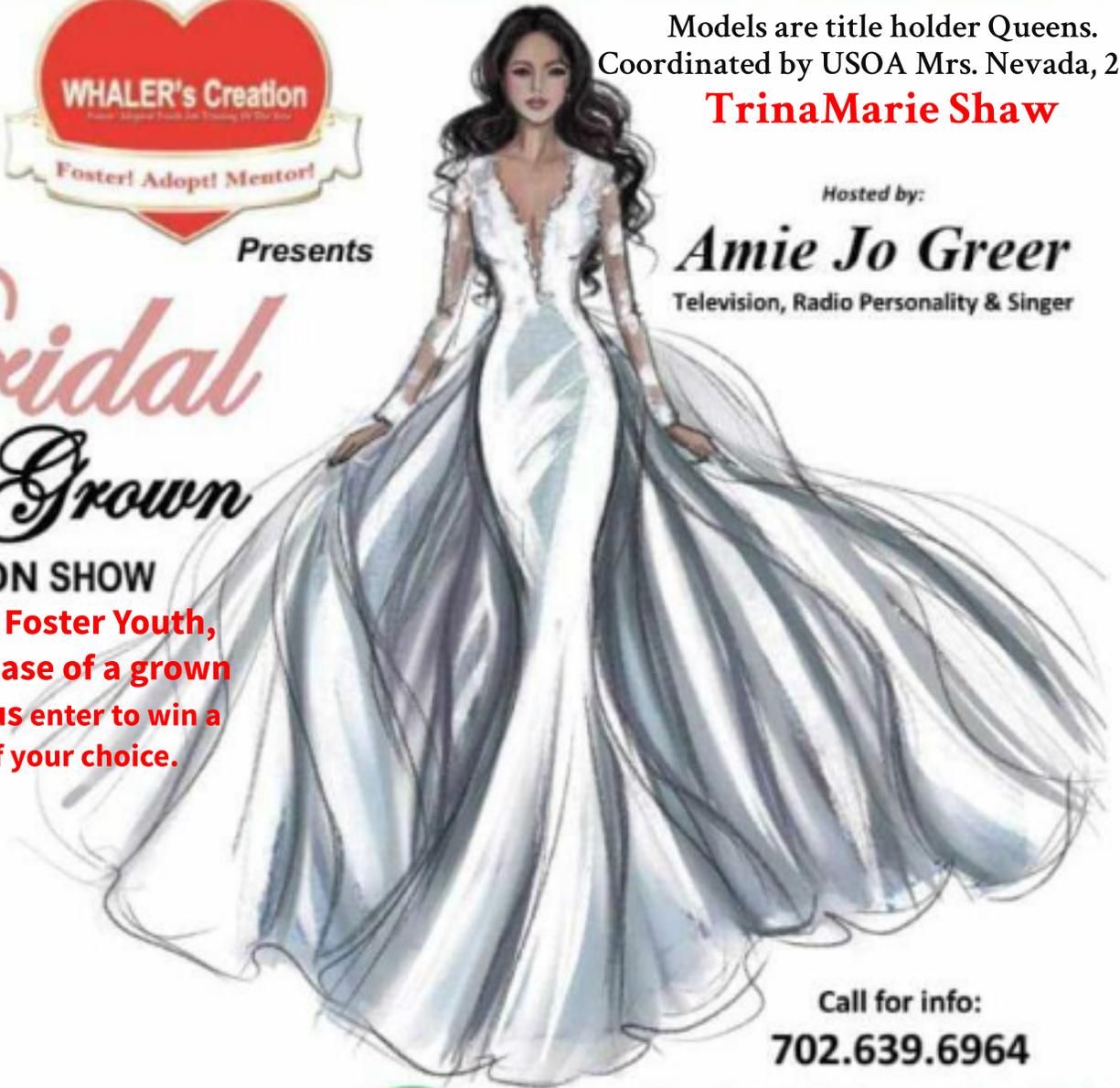
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April 12, 2022	Tuesday	April Showers of Business Growth Expo
May 3, 2022	Tuesday	The Power of Women & Business Expo
June 7, 2022	Tuesday	Beauty / Fitness / Health Affair Expo
July 12, 2022	Tuesday	16 th Year Anniversary Celebration Expo
August 2, 2022	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

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All event expo dates and location is subject to change by the LVBNM Producers.



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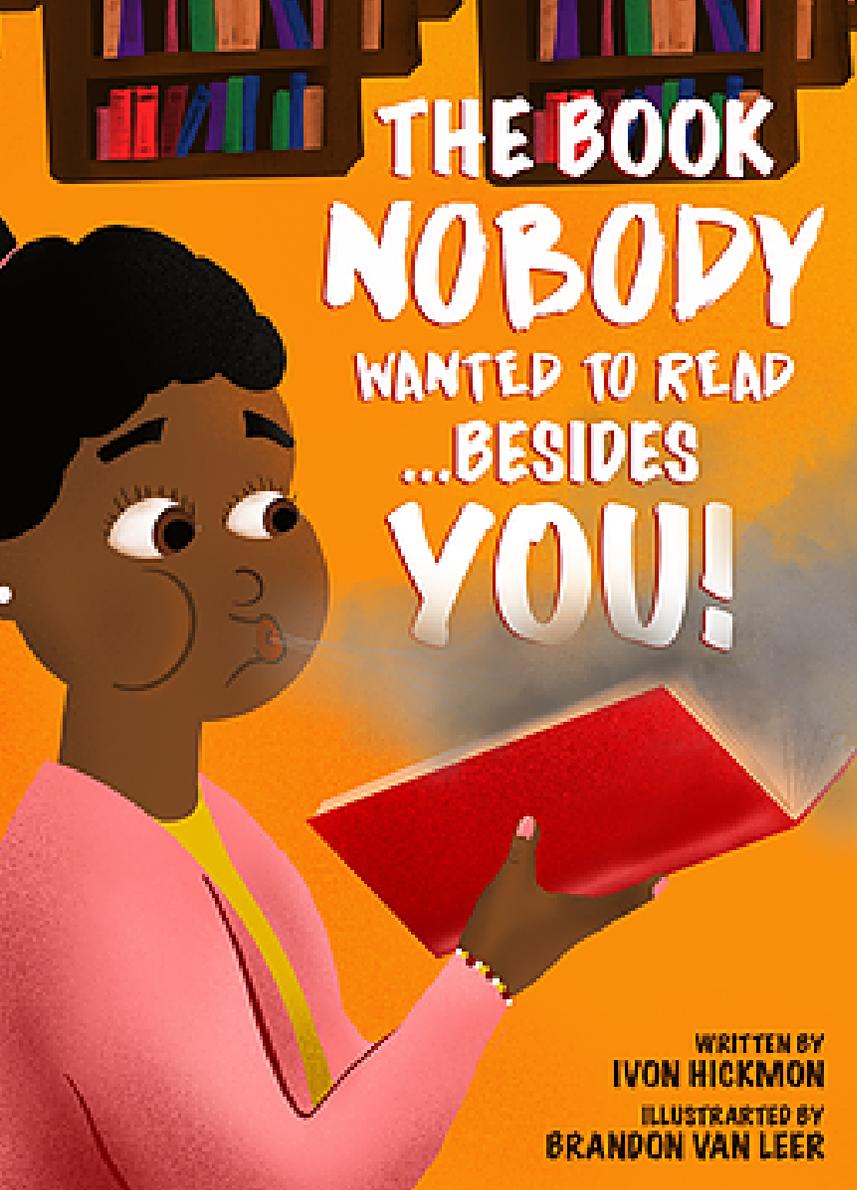
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From Foster Care, Adoption, Kinship Care Care to FAME!

Dr. Ruth
Writer/Sex Expert
Foster Care



Nadja West
General U.S. Army
Adopted



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

The Hickmon Helper

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 themselves fully and gain awareness of their emotional state.



Ivon Hickmon

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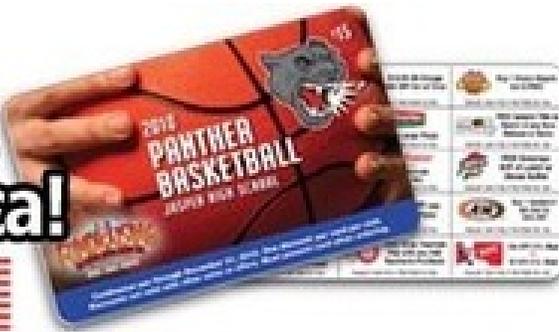
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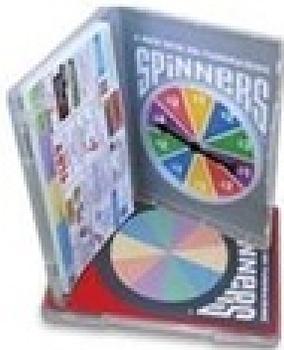
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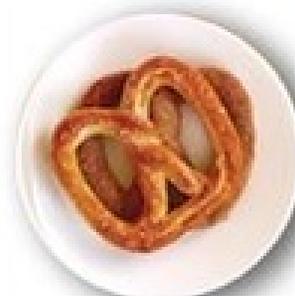
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The Mindful Corner

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



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.



Have you heard of warmlines?

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Callers can receive support when they need it without traveling, regardless if enrolled in a specific program or attending a support group.

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Ask Lillie



Dear Lillie,

I am finally in love with an amazing man. He is everything I want in a man. He has a great job, owns a beautiful home, no kids, financially secure, and he is really good looking. My problem is, I am six-inches taller than he is, at 5'6". My friends make jokes about his height. I love wearing 6' heels, however, when I am with him I can't. He asked me to marry him but the height is a major concern for me. Should I listen to my friends and find a taller man or just stop wearing heels?

Thank you,
Heelless.

Dear Heelless,

Your problem is not your friends or your heels. It sounds like you care a lot about what people are saying about you. Let me say that is such a waste of time and energy. Put yourself first, love yourself and you will not have to ask friends what they think about your boyfriend. If he is the man of your dreams let him be just that heels or not.

Best of luck,
Lillie

Dear Lillie,

My husband and I have been married for 30 plus years. We have one daughter together and he has two other daughters before we met. I am concerned that the other daughters are not close and I want them to be. What can I do to help the girls get to know each other and possibly love each other as sisters.

Sincerely,
Three Girls and Three Mothers

Dear Three Girls and Three Mothers,

Well, well, well not a big problem but one that can be solved with willing parties. I would suggest organizing a get together with all the girls. Invite them to dinner or a fun activity.. Find a reason for them to get to know each with good conversations and fun. Let them just talk and get to know each other. If it's possible have them to meet weekly or monthly. If things go well at some point invite the three mothers to dinner for a little fun and laughter as well.

Hope this helps,
Lillie



The views and opinions of *Ask Lillie* may not be the views and opinion of Youth News.
To submit your question to Lillie, please send to admin@whalers-creation.us

Ryan Vaniski

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"I Support Youth"



Pop, Hip Hop & R&B

Business Talk 8:00am-10am PST

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

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

Inspirational Sundays

Host Your Own Show

(702) 235-5490

KFAM Youth Radio

"The station for all ears"

www.whalers-creation.us

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