

July 2022

YOUTH NEWS

Educational, Motivational, & Inspirational Stories

**Exploring
Bipolar
Disorder in
Teens**

**10 Highest Paying
Tech Jobs**

Ask Lillie

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

Foster Adopt Mentor Investing in Lives of Youth

www.whalers-creation.us



Youth News magazine is 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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WHALER's Creation



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Maya Angelou
Kinship Care

First African-American woman on
the US quarter

THE ME YOU CAN'T SEE

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Apple TV+

Mental Health Matters and That's Reality!

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Youth News



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send resume to:
admin@whalers-creation.us



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, while providing job skills training to these young people. Hey, we're looking for writers. If you are passionate about foster care, adoption and mentoring and want to serve as an advocate we would love to hear from you. High school youth to retirees are welcomed.

July is National BIPOC Mental Health Awareness Month in this issue we're talking about Bi-polar disorder. This is an excellent read for anyone who does not understand what is Bi-polar. We focused almost the entire magazine to this issue. In our opinion it is that information.

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

One of our team members may call you to ask for support. Please "Answer the Call."

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

Foster Adopt Mentor Investing in Lives of Youth.

"I Support Youth."



FAM versations

*YouTube, Facebook, Twitter, LinkedIn & Tumblr
WHALER's Creation - Talk Show for Teens & Young Adults*

Fridays at 3:00 PM (PST)



Hosted by: LaToria

YOUR FEEDBACK COUNTS!

Youth News, staff and volunteers would love to hear from you! Please send your feedback to: ***admin@whalers-creation.us***.

- Is there a specific type of content that you would like to see (more puzzles, information on resources, etc.)?
- Do you enjoy the articles we write?
- Are there any topics you would like us to write about?
- Do you have any other feedback regarding the magazine?



WE HEAR YOU.

July Awareness Month

- National Park and Recreation Month
- BIPOC Mental Health Awareness Month
- International Self-Care Day (July 24)
- **Social Wellness Month**
- **Wedding Season**
- **Family Reunion Month**
- **UV Safety Month**
- **Picnic Month**
- **National Cell Phone Courtesy Month**
- **National Culinary Arts Month**
- **National Recreation and Parks Month**
- **National Grilling Month**
- **3rd International Plastic Bag Free Day**
- **4th Independence Day**
- **10th Teddy Bear Picnic Day**
- **10th - 16th National Therapeutic Recreation Week**
- **17th World Emoji Day**
- **17th National Ice Cream Day**
- **18th Global Hug Your Kids Day**
- **20th Fortune Cookie Day**
- **24th Parents 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

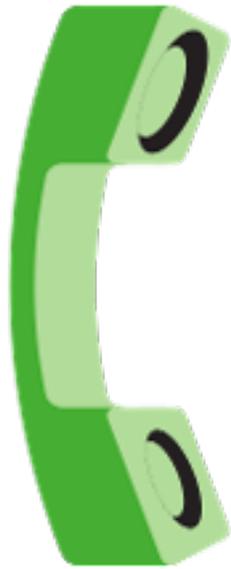
- Adoptive Families Magazine
- Adoptive Parents Committee
- American Academy of Adoption Attorneys (AAAA)
- Child Welfare League of America
- The Center for Adoption Support and Education
- Dave Thomas Foundation
- Evan B. Donaldson Adoption Institute
- International Social Services
- National Adoption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

Exploring Bipolar Disorder in Teens

Written by Paula Margus

Bipolar disorder, sometimes referred to as manic-depressive illness, is a chronic and serious mood disorder, characterized by dramatic shifts in mood, energy, and activity levels that affect a person's ability to carry out day-to-day tasks.

(<https://www.nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-teens>).

Bipolar disorder can arise at any age, but it most commonly develops in the late teens and early adult years. Research suggests bipolar disorder affects 1-3% of youth — particularly adolescents, as it is somewhat rare in children. It can be difficult to diagnose for a number of reasons. It can mimic other conditions such as hyperthyroidism and symptoms such as mood changes and occasional insomnia are common in adolescence.

(<https://www.medicalnewstoday.com/articles/324365#early-signs>)

The features of bipolar disorder vary widely from individual to individual, but they may include:

- **hypomania:** an elevated mood
- **mania:** a severely elevated mood
- **depression:** a low mood

- **mixed episodes:** high and low moods at the same time or in quick succession

Bipolar disorder is not the same as the normal ups and downs every child or adolescent goes through. The mood changes in bipolar disorder are more extreme, often unprovoked, and accompanied by changes in sleep, energy level, and the ability to think clearly. Bipolar symptoms can make it hard for young people to perform well in school or to get along with friends and family members. Some children and teens with bipolar disorder may try to hurt themselves or attempt suicide.

These mood and activity changes are very different from the child's usual behavior and from the behavior of healthy children and teens. Typically, people with bipolar disorder experience periods of extreme happiness or high energy and activity. These are known as manic episodes. Before or after a manic episode, a person with bipolar disorder may experience periods of intense sadness and depression. These periods are known as depressive episodes.

Bipolar symptoms in teens:

A teen with bipolar disorder who's having a **manic episode** may:

- have a very short temper
- talk excitedly and quickly about a lot of different things
- be unable to focus
- rapidly jump from task to task
- be unable to sleep but not feel tired
- feel incredibly happy or act silly in an unusual way
- do risky things like drinking while driving
- do compulsive things like binge shopping
- become overly sexual or sexually active

During a **depressive episode**, a teen may:

- feel worthless, empty, and guilty
- feel very down and sad
- complain about stomachaches, headaches, or other aches and pains
- sleep too much or too little
- have little to no energy
- have a loss of concentration
- be indecisive
- have no interest in activities or socializing with friends
- overeat or not eat at all
- think a lot about death and suicide

(<https://www.healthline.com/health/bipolar-disorder/bipolar-disorder-in-teens#symptoms>).

Bipolar diagnosis

A physician may perform a physical exam, an interview and lab tests to rule out other conditions that may disguise the disorder. A health care provider will ask questions about the individual's mood, sleeping patterns, energy levels, and behavior. Although there are no blood tests or brain scans that can diagnose bipolar disorder, a health care provider may use tests to see if something other than bipolar disorder is causing the symptoms. It's also very helpful for a health care provider to know about medical conditions in the family, such as depression or substance use.

A child psychiatrist or another mental health professional can conduct a mental health assessment to determine if a child has bipolar disorder. According to the National Institute of Mental Health, the following may contribute to bipolar disorder:

- **Genetic features:** Bipolar disorder is more likely to develop if a close family member has it.
- **Stress:** Adversity, trauma, and stressful events can trigger bipolar disorder in people with a genetic predisposition. **Biological factors:** Some research suggests that people with bipolar disorder share key distinctions in brain structure and function.

There are 4 Types of Bipolar Disorder

- Bipolar I - the most common of the four types. Will have at least one manic episode; may or may not have a major depressive episode.
- Bipolar II - characterized by the shifting between the less severe hypomanic episodes and depressive episodes.
- Cyclothymic disorder – considered a milder and chronic form of bipolar disorder characterized by episodes consisting of hypomanic and depressive symptoms that do not meet the full criteria for bipolar or major depressive disorder.
- Other specified and unspecified bipolar and related disorders

Parents can ask the following questions to help identify symptoms of bipolar disorder: Does your child go through extreme changes in mood and behavior? Does your child get much more excited or much more irritable than other kids? Do you notice that your child goes through cycles of extreme highs and lows more often than other children? Do these mood changes affect how your child acts at school or at home?

Bipolar treatment

After a professional has made an evaluation, they may recommend psychotherapy, medication, or both to treat the disorder. Over time, a treatment and management plan may be changed to better fit the teen's needs. A range of treatments are effective,

but it can take time to diagnose bipolar disorder in children and more time to find the best approach to treatment.

Conditions that may occur alongside bipolar disorder include:

- anxiety disorders
- disruptive behavior disorders (e.g., temper tantrums, physical aggression)
- drug or alcohol use disorders
- attention deficit hyperactivity disorder (ADHD)

These conditions can conflict, worsening symptoms and making treatment more challenging. The symptoms of these conditions can also resemble those of bipolar disorder, and this may create challenges during diagnosis.

Medication can help manage mood changes, by decreasing the frequency and severity of manic and depressive episodes. It can take time to find the best drug and dosage for each person, as the symptoms vary, and people respond differently to different drugs.

Conclusion

Diagnosing bipolar disorder can be complicated and requires a careful and thorough evaluation by a trained, experienced mental health professional. When symptoms show up during a person's adolescence or teenage years, it's important to consider that they are already going through a lot of changes due to puberty and hormonal shifts.



With treatment, children and teens with bipolar disorder can manage their symptoms and lead successful lives. Below are resources that can help with bipolar disorder:

Organizations

- American Psychiatric Association (APA)
- Brain and Behavior Research Foundation
- International Society for Bipolar Disorders (ISBD)
- National Institute of Mental Health (NIMH)
- National Alliance on Mental Illness (NAMI)
 - International Bipolar Foundation (IBPF)
- Depression and Bipolar Support Alliance (DBSA)



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Youth Spotlight



**J'Nya is finishing up her first her college!
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**Do you know a young person that
should be spotlighted?**

**Send your youth info to:
admin@whaler'screation.us**

10 Highest Paying Tech Jobs

In 2022 A Brief Overview into It

By:Durga Krishnamoorthy

Data Scientist

There has been a 29% increase in demand for data scientist year over year and a dramatic upswing of 344% increase since 2013. The yearly salary of a data scientist can be \$150,000, making it the highest paying job in 2021.

AI Engineer

An artificial intelligence artificial develops, manages and oversees AI initiatives within an organization with a salary of \$110,000

Big Data Engineer

A big data engineer plans, designs and manages the entire lifecycle of large-scale development and deployment of Big Data applications with an average yearly salary of \$140,00

IoT Solutions Architect

The IoT solutions architect is a leadership role of overseeing the strategy behind the development and deployment of IoT solutions with a salary of \$130,000

Blockchain

A blockchain engineer specializes in developing and implementing architecture and solutions using blockchain technology. The average salary is over \$150,000

Software Architect

A software architect optimizes the development process by making design choices and dictating technical standards such as coding, tools and platforms. The salary is \$114,000

Cloud Architect

A cloud architect deploys and oversees an organization's cloud computing strategy. Salary \$107,000

Devops Engineer

Could also refer to someone on the development team taking part in the deployment and network operations , or to someone from the operations team working on applications development. Salary up to \$140,000

10 Highest Paying Tech Jobs

In 2022 A Brief Overview into It

Full-Stack Developer

A full-stack developer is a someone with skills in every stage of development from concept to end product with salary of \$106,000

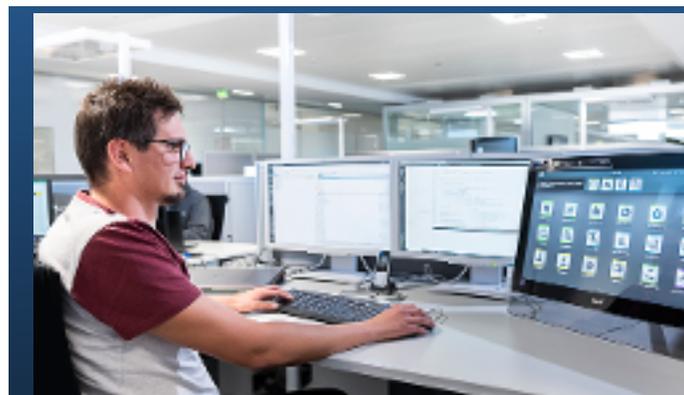


Product Manager

A product manager helps to determine parameter around the product and engineering team builds, then leads the development of that product from conception to launch with a salary of



DevOps Engineer





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

Do you want to help a youth?

Foster! Adopt! Mentor!

Together we can make a youth strong community

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

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

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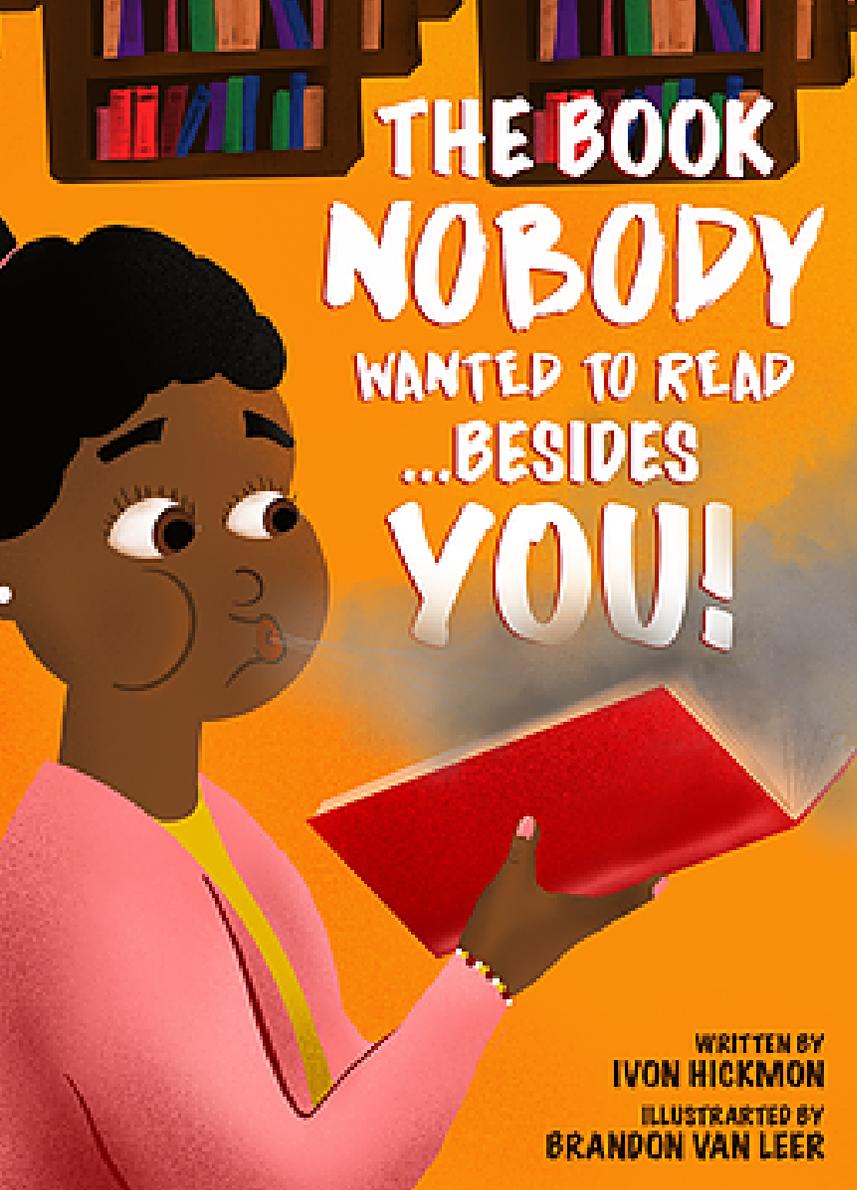
AT A TIME



*REACH YOUR GOALS
FASTER QUICKER
& FURTHER*

NO CHANGE = NO CHANGE

DENIS "DENNY" MAHEUX



This beautiful story captures the need for inclusivity and emotional intelligence. Readers are introduced to the protagonist, as she shows empathy and compassion towards our book character. By definition, inclusion is the action or state of including or being included within a group. Inclusion must be taught and fought for. Equipping children is essential for this life's journey. Emotional intelligence is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way. This dynamic story teaches your children a proven, practical tactic to develop emotional intelligence skills. After reading this story, children will be empowered to love and embrace themselves fully and gain awareness of their emotional state.

About the Author: The youngest son out of three boys to military parents, Ivon found his dreams of playing among the NFL greats were closer than he'd ever imagine. Ivon's football career journeyed from "last man" on the roster to earning his football scholarship with honors and being selected as team captain and MVP.

A true "girl dad," Ivon spends hours visiting both his daughters' schools, cultivating children through the power of reading. These visits propelled Ivon to release his debut children's book, *The Book Nobody Wanted to Read... Besides You*, a fun and silly book that introduces children to emotional intelligence and inclusion.

Inclusion Diversity Unity The Hickmon Helper

To book Ivon for speaking engagement or fitness training:

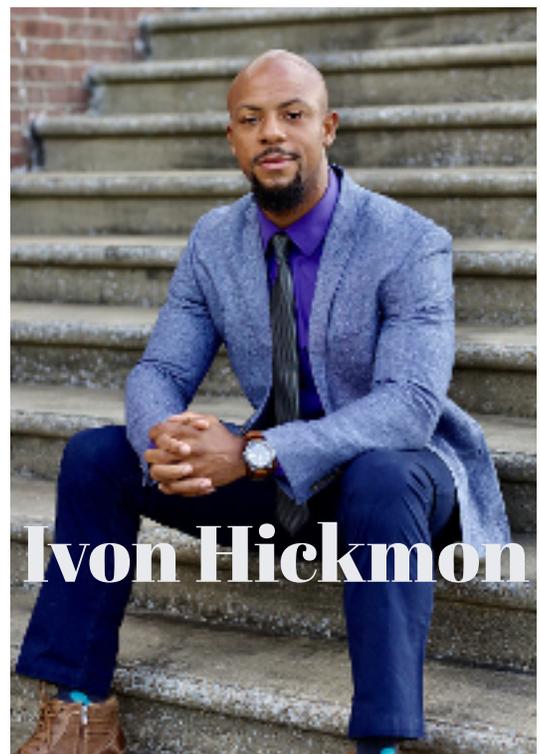
<https://www.thehickmonhelper.com>

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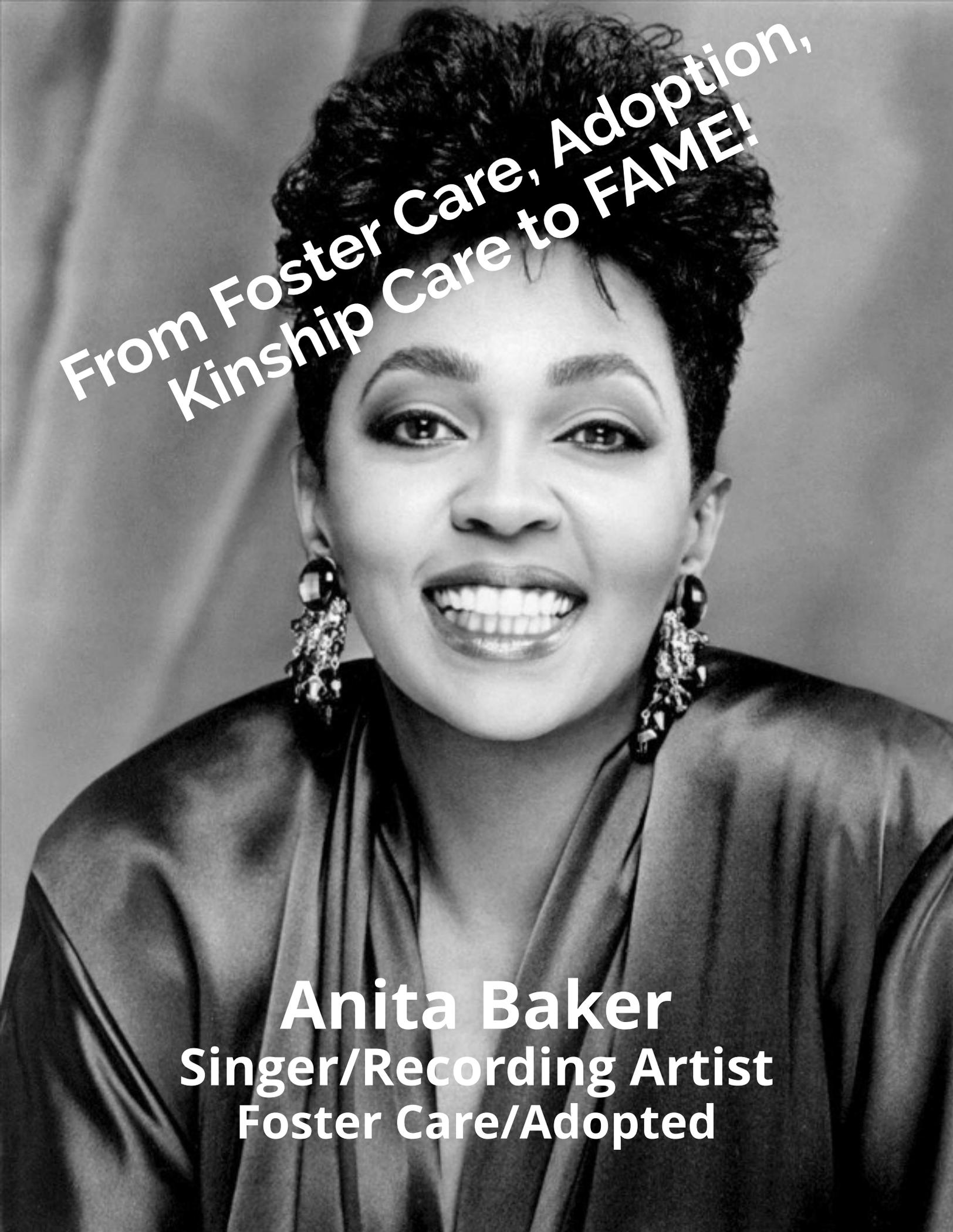
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Ivon Hickmon



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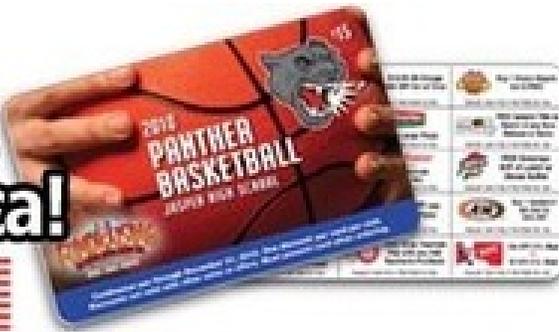
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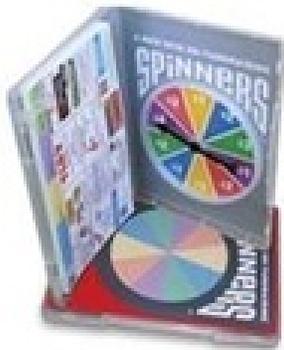
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The Mindful Corner

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
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Ask Lillie



Dear Lillie,

My granddaughter use to visit me all the time. I was her number girl. She use to call me everyday. If she didn't call me she came by to see me. I always looked forward to seeing or hearing from her. She means so much to me, but now she has grown up and I barely hear from her. I understand the circle of life . Everything has it's moment in time. I wish we could spend more time together like we use to. But I don't want to take her away from her family. I don't know how to let her know I miss our time together.

Sincerely,

Sad Grandmother



Dear Sad Grandmother,

I think everyone who has a good relationship with their grown grandchildren can relate to what you are feeling. Yes the circle of life only gives us a little bit of time to enjoy spacial moments with our loved ones. I wish we could hold on to sectional moments in time for ever but it does not work that way. You are still very special to her. The love you shared is for a lifetime. Every once in a while you should call her and let her know you have been thinking about her. That may open her eyes to call you more often. Give her time she will come full circle again. Plan a girls day to get it started.

Wishing you a fun day with her

Lillie

Grandmas
hold *our* tiny
hands for just
a little while
but our hearts
forever



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

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