

Youth News



April 2024



Thomas "Tom" Freeman
***Testament
to
Resilience***

STOP
CHILD ABUSE



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Youth News

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As we observe **Child Abuse Prevention Awareness Month**, it's imperative to unite in our commitment to safeguarding the well-being and dignity of every child. By raising awareness, fostering education, and promoting resources for intervention and support, we can create communities where children are cherished, protected, and empowered to thrive. Let us stand together to break the cycle of abuse, cultivate empathy, and build a future where every child is safe, loved, and given the opportunity to reach their full potential.

Youth News strives to educate, motivate and inspire people to support older teens and young adults. Have a heart of gold? Donation to help us help these amazing young people: <https://givebutter.com/fosteryouth>

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Photos by: Michael, 15 year old





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

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WHALER's Creation at:
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Testament to Resilience

Interview by: Jonathon, 16 youth

Born in San Francisco Bay, California, Mr. Tom Freeman's roots and upbringing are deeply tied to this coastal town. He often reflects on how growing up in San Francisco Bay allows individuals to authentically express themselves. However, his childhood was marred by adversity. Adopted at the tender age of two months, he only discovered his adoption at eight, which led to a sense of identity crisis. Despite being reassured by his parents that he was special and a gift from God, he struggled to reconcile his appearance with his adopted family.

Throughout his formative years, Mr. Freeman faced challenges in school, compounded by his late blooming and introverted nature. Attending an all-boys Catholic high school further exacerbated his sense of not fitting in, enduring bullying and feeling

alienated due to his lack of athletic prowess.

One pivotal moment in his adolescence was a growth spurt that empowered him to stand up to his bullies, a transformative experience that emboldened him. However, it wasn't until leaving high school that he felt truly liberated, opting to forge his own path rather than conforming to societal expectations. Living out of his car, he embarked on a journey of self-discovery, working odd jobs until finding solace in painting and eventually starting his own painting company.





Tom Freeman

Despite finding love and marrying his high school sweetheart, adversity struck again when a back injury forced him to abandon his business aspirations. Undeterred, he sought a career in law enforcement but found himself unable to disconnect emotionally, ultimately leading to a change in direction.

Becoming a stay-at-home dad marked a significant chapter in his life, allowing him to deeply engage in his sons' upbringing. However, personal turmoil followed with his father's terminal illness and a divorce. Determined to rebuild his life, he transitioned into the financial sector with a newfound commitment to helping others.

Overcoming struggles with addiction, Mr. Freeman's journey of self-discovery led him to reevaluate his priorities and seek healing. Rediscovering his sense of purpose, he embarked on a quest to inspire others, culminating in reconnecting with his birth family and finding love once again.

Today, Mr. Freeman shares his story as a testament to resilience and the

transformative power of second chances. Through speaking engagements and mentoring opportunities, he strives to empower others to seize opportunities and pursue their dreams, emphasizing the importance of resilience, empathy, and continuous self-improvement. His ultimate aspiration is to witness those he's helped achieve success and recognition for their contributions, embodying the essence of perseverance and compassion.



In 2022, Mr. Freeman met his beautiful wife at a networking group and hired her to ghostwrite his life story. Well, the book hasn't been written yet, but together, they are writing a new story. In 2023, Tom and Sheryl Green were married. She's a passionate author, speaker, and animal advocate, and Tom's number-one fan. You will find them caring for their two rescue dogs and a small jungle's worth of houseplants.

Mr. Freeman, father of two sons, has embarked on a journey to advocate for children in the foster care system. From his modest origins to the present, he stands as a champion for youth. Known for his humor, warmth, and genuine concern for young people, Mr. Freeman is now stepping into a fresh chapter of his life. As a financial advisor overseeing a team of over 30 employees across two states, this affable and towering figure embodies a heart of gold.

To contact Mr. Freeman, CLF, Managing Partner, Pacific Advisors Nevada:

(949) 290-2610 | Thomas_Freeman@pacificadvisors.com



Become a part of something extraordinary and make a difference in the lives of children, teens, and siblings. Join us as a foster parent or show your support as a Proud Partner of Clark County Foster Care. Together, we can help them reach their full potential. ❤️ Learn more at www.clarkcountyfostercare.com #FosterCare #SupportChildren #MakeADifference

Let's come together and celebrate the power of sibling support in foster care. Join us in creating a lasting impact by opening your heart and home to sibling groups. Together, we can make a difference that lasts a lifetime. ❤️🏠 #FosterCare #FosterParents #Foster #Vegas #ClarkCounty Learn more at www.clarkcountyfostercare.com

It's crucial to provide stability for children, teens, and sibling groups in foster care. By fostering a child, teen, or sibling group from your local school, you are ensuring they stay connected with their friends, teachers, and neighborhoods. ❤️🏠 Join us in making a difference at www.clarkcountyfostercare.com. #fostercare #foster #fosterparents #vegas #clarkcounty #betheone #makeadifference

Help give our littlest ones a strong start in life! Consider becoming a foster parent to children and sibling groups aged 0-6 years old. Temporary care can create a solid foundation for their future. ❤️🏠 Find out more at www.clarkcountyfostercare.com.

#fostercare #fosterparent #makeadifference #betheone

Teens in foster care face important decisions that will shape their futures. Your support as a foster parent or Proud Partner of Clark County Foster Care can make all the difference. Join us in believing in their bright future. Together, we can create a positive impact. ❤️🏠 #fostercare #makeadifference #betheone www.clarkcountyfostercare.com

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Adults - 18 and older, with a minimum of a high school diploma or GED.

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**See Something
Say Something**



April Is National Child Abuse Prevention Month



FIND TOOLS, TIPS, AND RESOURCES AT
WWW.CHILDWELFARE.GOV/PREVENTIONMONTH

A Call to Protect Our Children

Written by: Terry Lynn Bartmus

April is Child Abuse Prevention Month. This month is dedicated to encouraging communities, organizations, and individuals to protect our children and advocate for their safety and well-being. As we enter Child Abuse Prevention Month, the spotlight shines brightly on our collective responsibility to safeguard the innocence and well-being of our youngest members.

Every year, more than 600,000 children are subject to abuse with many cases going unreported. Among these victims, nearly half are less than the age of 2.

Child abuse appears in many forms—physical, emotional, sexual, neglect—and its impact is profound and lasting. The effects of abuse can cause lifelong physical and psychological harm to children and affect all aspects of life such as development, relationships, and overall quality of life.

Let's break the silence and create an open dialogue that reverberates across communities. Together, let's advocate and support policies that prioritize the safety and welfare of our children. Collectively as a society, we can work towards creating a world where every child is raised in a nurturing, safe and supportive environment.

Awareness is just the first step. It is important to stay informed and know the appropriate resources to report abuse and learn about ways to prevent child abuse from occurring. Websites like the Child Welfare Information Gateway (childwelfare.gov/preventionmonth/) offer invaluable education on prevention strategies. Meanwhile, 211.org stands ready to connect individuals with vital local resources, from housing to healthcare.

In moments of crisis, dialing 988 can provide immediate support when it's needed most.

Locally in Nevada, organizations like Prevent Child Abuse Nevada (preventchildabusenevada.org/) offer tailored resources and education to combat abuse within local communities.

This April, let's unite in solidarity for advocacy and action. Together, let's ensure that every child is nurtured in a safe, supportive environment—because the future of our world depends on the protection of its most precious resource: our children.

During this month, communities, organizations, and individuals come together to shine a light on this pressing issue. Through education, prevention efforts, and support services, we aim to empower individuals to recognize the signs of abuse, report suspected cases, and provide assistance to those in need.



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National Nutrition Month 2024, “Beyond the Table”

Written by: Lisa “Clutch” Tauai



As Ms. International 2024 and a Registered Dietitian, my goal is to teach and help others prevent or even reverse chronic disease through the power of optimal nutrition. By flooding your body with a variety of fruits and vegetables every day, you are consuming antioxidants and phytochemicals that will substantially improve your health. The goal is to ensure that half your plate is composed of fruits and vegetables. When I made this change, I rejoiced in learning my cholesterol had dropped by 50 points!

Every March, we celebrate National Nutrition Month and this year the theme is “Beyond the

Table”. Beyond the Table is about growing food, distributing food, purchasing food at the grocery store or farmers market, and how we treat the food at home. It also focuses on food safety and storage of the foods we eat. Beyond the Table makes us take a step back and think about how our food choices affect the health of our planet. It also is intended to make us think about the work that goes into producing the foods we eat and how our food is grown or raised and where and how it is made.

March, being National Nutrition Month and the beginning of spring, is the perfect time to step back and learn about what is involved in growing your food. Start by visiting your local farms and farmers markets and talk to people who harvest and grow your food. You can also volunteer to assist with community gardens to learn how to grow your own produce.

Consider starting off by growing herbs or lettuce indoors and produce like tomatoes, peppers, and strawberries under a patio or porch that provides enough sunlight.

In addition to learning more about growing your own produce, National Nutrition Month is a great time to reevaluate other wellness goals. A variety of healthy eating and wellness resources are available at <https://www.eatright.org/national-nutrition-month/resources> for wonderful healthy eating/wellness with one of them being National Nutrition Month’s 20



MS. INTERNATIONAL® 2024

Health Tips. Number 2 of the top 3 health tips is to make half of your plate fruits and vegetables. The other top 3 tips include eating breakfast and controlling portion sizes.

Research studies prove that people who eat breakfast are thinner than those who don't.

Eating a healthy breakfast provides a jump start to your day with complex carbohydrates, proteins, and healthy fats to help you perform at your best. Even if you are making healthy choices, it is still important to control your portion sizes. Start by reviewing the Nutrition Facts Label to learn what a portion size is before you eat it. You can even use measuring cups and spoons or a food scale to measure out a portion size if you are trying to be more exact in meeting your daily calorie and macronutrient goals.

As you are making strides to improve your health, remember to take it slow working on one goal at a time. This will help you create a healthy lifestyle that will be realistic, sustainable, and ultimately result in the best version of you!

For more information on National Nutrition Month and healthy eating tips and resources, visit

<https://www.eatright.org> or visit Lisa's website 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

<https://www.instagram.com/lisatauai/>.

Lisa "Clutch" Tauai,

Retired Air Force Lieutenant Colonel

Registered Dietitian

Ms. International 2024

Connect with Lisa on
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Youth Spotlight

Gavin Froehlich was born and raised in Las Vegas. He has a passion for volunteer and giving back to the community. Whether he is teaching Boy Scout merit badges, mentoring at Big Brother Big Sisters or helping combat food insecurity with the Desert Springs Community Resource Center food pantry he is always looking for a way to make an impact on people. He will be graduating from UNLV in May with a degree in Marketing and is pursuing a career in event planning services. When not studying or volunteering, he enjoys working out, cycling, hiking and camping.



Gavin Froehlich

Spotlight a youth today: admin@whalers-creation.us

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How to Become a Foster Parent

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

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





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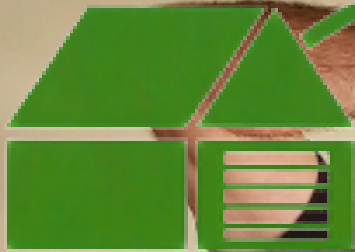
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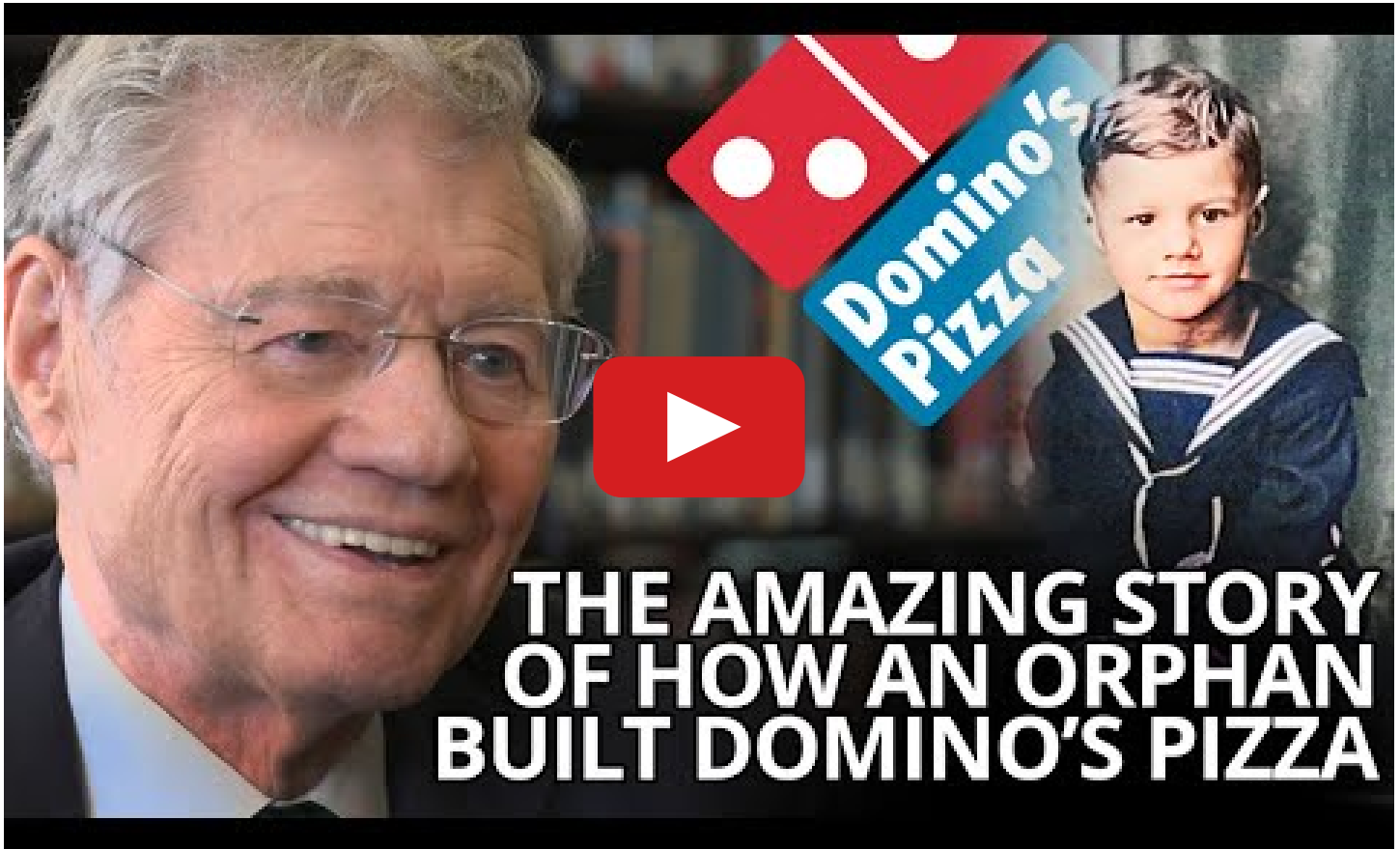


Foster Parents are needed Now!

[**https://youtube.be/de_SiCy4vV0**](https://youtube.be/de_SiCy4vV0)

News8 Now report

From Foster Care to Fame




Thomas Monaghan
Domino's Founder
Foster Care

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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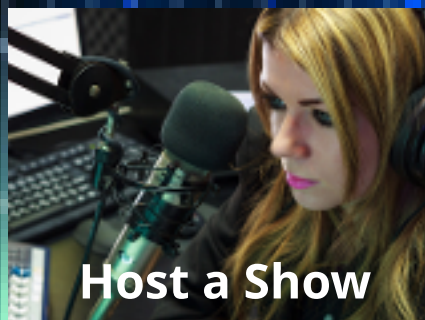


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