

Youth News



Outstanding, Inspirational & Motivational Stories

Educating communities about the need for people to consider becoming foster/adoptive parents and mentors



COVID-19
Special Edition Issue
Students, Businesses & Families
Reflect!

www.whalers-creation.us Foster! Adopt! Mentor!
Vol 1 Issue 3

Inspiration, Motivational & Outstanding Stories

Educating communities about the need for people to consider becoming foster/adopted parents & mentors.

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

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 general 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 Outstanding, Inspirational and Motivational stories to encourage people to open their hearts and support youth.

Freelance Writers & Contributors

are needed. Teen - Adult writers, editors, sales, photographers, and marketing support is needed. *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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Overcoming Fears And Obstacles To Succeed



Written by: Rebeca Garcia

Fourteen-year-old Guadalupe is known to shine in any room she walks into. She was born in Las Vegas, Nevada where she currently lives with her family. She has two younger brothers that motivate her to be the perfect role model. With her charisma, determination, and kind heart, she has navigated through difficult phases in her life and defeated all odds against her to succeed.

In May of 2019, Guadalupe was taken to the doctor's office after she began having extreme trouble swallowing. Following many medical exams, including an ultrasound, Guadalupe was diagnosed with thyroid disease. Guadalupe remembers the doctor bluntly telling her parents she would have to take medication every day in order to control her condition.

Despite the positive prognosis, Guadalupe said it was hard to accept the new medication regime and the effects it would have on her quality of life. Guadalupe stated, "I was always so upset and sad. I was mad that the medication was changing my body." In addition to adjusting to the physical side effects, Guadalupe reported that her new medication regimen began to have negative effects on her mental health. She began feeling depressed and anxious throughout the medicine titration process. Guadalupe stated, "I didn't want to worry my mom and dad but I was going through a very hard time when I was first diagnosed. It was like the dosage continued to rise the more time passed, which made me worry."

Guadalupe's family has been her continued support system. She says that both her parents have been very attentive and nurturing throughout her hardships. "Whenever my mom and dad saw me cry, they would remind me how brave I was," she said. Their encouragement made her happy as she worked through overcoming the fears she felt. Guadalupe says that her family has sacrificed so much for her, even as they struggle financially. She wishes to be able to help them by obtaining a career in the medical field. Guadalupe says that her condition has really inspired her to be a pharmacy technician in order to help patients feel better through medication. She said, "Even though my medication has changed my body, I feel so much better because of it."

Overcoming Fears And Obstacles To Succeed



Celebrating the C City-to-City and



Class of 2020 from Coast-to-Coast



The Class of 2020 speaks out from City-to-City and Coast-to-Coast

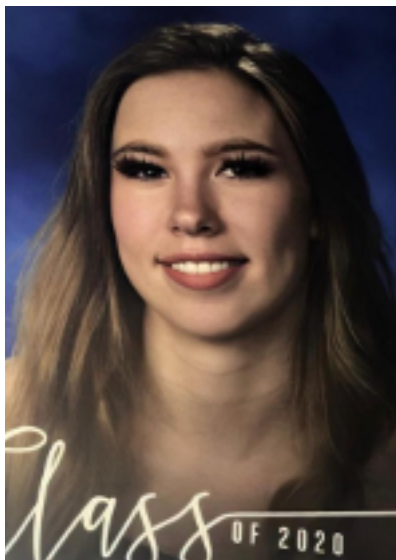
COVID-19 has affected everyone in some way or another. We wanted to get an idea of how it affected students in particular. We sent out a call to interview high school and college students/graduates that were affected by COVID-19. There were a range of reactions, some positive, some negative. We know that COVID-19 uniquely affected everyone, but here's what we heard.

High School Students/Graduates



"Graduating highschool has taken me closer to my goal of playing football professionally. I have learned that no matter how hard things can get, the best way to handle any situation is to keep going."

Danny Thomas De La Rosa Jr.
Las Vegas, NV



"Highschool has given me the skills to treat everybody with genuine respect. Everyone is different and that is what makes everyone their own person."

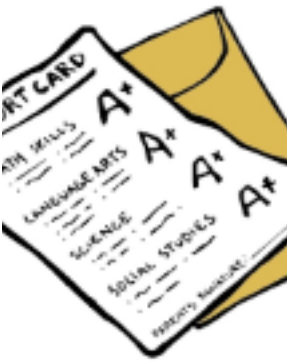
Harlee Johnson
Las Vegas, NV

High School Students/Graduates Cont.



"My mom and brother have been my biggest support system during high school—especially during Covid-19. Being the second person in my family to graduate has made them proud."

Deandre Wilson
Wilmington, NC



"My parents support me going to college but say it may cost them because we live paycheck to paycheck," she said. "I know the medical field may be expensive, but I will work hard to get there."

Guadalupe
Las Vegas, NV



"I was looking forward to things like my high school graduation. The more time passed by, I stopped worrying about all of it. COVID-19 stopped us from doing fun things, it doesn't mean it will determine our future. I'm glad everyone I know is safe."

Liam
Las Vegas, NV

High School Students/Graduates Cont.



"Man, this year has been crazy! All I can say is that I'm glad I have all of my high school credits done, finished, and completed! I'm sad I could not finish my year of cheerleading."

J'Nya Pressely Hickmon
South Carolina



Graduation for Tracy was something different, although he was honored and he received his High School Diploma he never will have the experience and feel the emotions of walking across the stage to receive his High School Diploma with family and friends looking on and cheering. Tracy has maintained an "A" average from Kindergarten through 12th grade, so from him not to be able to walk across the stage to receive the one thing that he had worked so hard for was just a heartbreaking feeling for me. I know I am blessed that my African American son made it through school with no "incidents", but the one thing that he will never get again is the opportunity to graduate from his High School.

By Anita: Mom,
Pennsylvania

College Students/Graduates



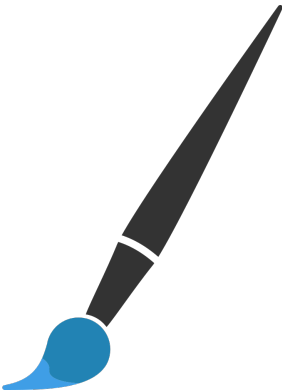
"It's affected me negatively. I can't get into a productive state of mind at home... I was an incredibly stressful change."

Valerie D.
Kansas



"Well, I miss my college football team. I love playing football and training for the next season so until things get better I am OK with being home with my parents.."

Tryvian
South Carolina



"If we continue with remote learning, my school won't be able to open at all. Without the revenue from room and board, the college can't operate. They'll have to teach out the programs."

Hailey B.
New York

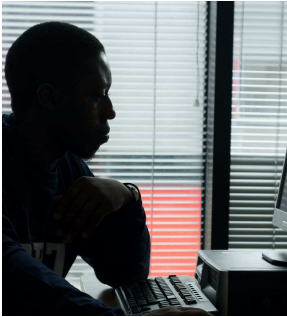
College Students/Graduates Cont.



"The classes themselves aren't that bad. Most of my professors have been really understanding, so the workflow was manageable. By far, the worse part was getting kicked out of university housing."

Maria B.

Indiana



"Remote college has been great for me. I got all A's and I'm looking forward to the next semester."

Hugh J.

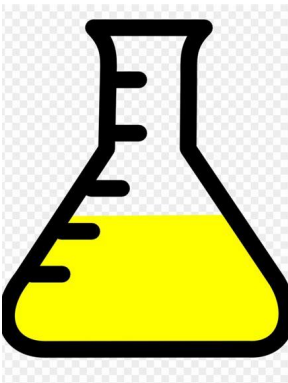
Ohio



"It just doesn't feel like college. I love college, I just hate what COVID has done to my experience."

Cheyenne D.

Texas



"It's been difficult to focus without being around other students... For now, things are okay, but I really hope to have at least a hybrid education next semester."

Chloe L.

California



Congratulations Class of 2020!

Say it loud, "I survived COVID-19!!!"
My future is bright and I am looking forward to
making a difference in this new world.

Guidelines to stay safe

- 1. Wash your hands.**
- 2. Social distancing.**
- 3. Wear a face mask.**

We're in this together!



Businesses Speak Out on COVID-19



Chelsea Lhuillier, Genger Manager: Applebee's, Sumter, SC

"COVID-19 hit restaurants really hard in the beginning. We had to let go over 90% of our staff. In the restaurant industry our servers rely on tips, when we had to cut staffing down drastically it affected not only employees but also their families. We went from 15 servers til two or three people. This was difficult for me because this pandemic had the greatest impact on our staff families. Things are getting a little better now we are able to bring back 30% of staff."

Bentsen African Braiding Shop, Newark, NJ

"We had to close our doors for three months. When we were able to reopen we took less customers as a result we lost customers. Today business is slow."

Jasmine; Sales Executive: Smartfare, San Diego, CA

"This Pandemic is affecting everything. People who booked trips to places like Italy, Spain, Africa, and Sweden are now calling everyday cancelling travel plans, People are afraid to travel. Booking took a big hit. I am looking forward to when things start picking up again."

Lynn Angelone, Owner: Angelone's Florist, Raritan, NJ

"We are a delivery service business and even though sales are down in one way things are going well for us. People are connecting with loved ones through floral deliveries."

School During a Worldwide Pandemic

After the United States government imposed country wide restrictions due to the corona virus pandemic, students everywhere were affected. Schools are a huge social category that have been heavily altered during this unsettling time. The daily lives of students have been significantly changed due to the fear of getting sick, loss of guardian income, or feeling burnout. With more than 4,000,000 confirmed cases, according to the Centers for Disease Control and Prevention in the United States, students and educators must try their best to cope around the new reality framed by these changing times. Despite operating in crisis, students continue to amaze the country with their hard work and dedication.

Danny, now 18, is part of what many call generation pandemic. He recently

graduated highschool in a very non-traditional way. As unforeseen challenges arose, Danny's senior year slowly took a significant toll.

Events such as senior prom and graduation were canceled as classes transitioned to fully remote learning. As stringent restrictions grew, senior year became uncertain, yet Danny's dreams to become successful remained. The disruption of his final year of high school did not affect his determination to graduate. He stayed focused and worked hard to excel.

Danny continued to display his leadership skills which he credits from serving as captain of his school's varsity football team. Earning straight A's, he also did his best to uplift his peers.

Danny, through many ups and downs, is a 2020 graduate and has been accepted to



Danny Class of 2020

Pacific University of Oregon, Ripon College of Wisconsin, and University of Las Vegas. Danny has decided to attend the University of Las Vegas where he will major in Computer Engineering. He says he will be trying out to play football for the university in hopes to one day play professionally.

Amid the pandemic, Cristopher finished his freshman year of high school. As intimidating as high school can be, Cristopher's parents say he was absolutely crushing it. He was very involved as he was part of mariachi and the football team. He largely enjoyed after school activities that kept him busy. He says coaches and music teachers helped motivate students, cultivate their interests and foster a smooth transition to a new school. Cristopher recalls when schools closed and the corona virus was declared a pandemic. He felt scared because it seemed out of control. As his online classes

began, he said it was more difficult to balance classwork and homework on his own. Keeping focus while staying home was difficult due to all the distractions compared to school. Through hardship, Cristopher managed to finish another semester with straight A's.

He feels determined more than ever to attend college and build a career.



Cristopher,
High School Student



Isabella

He stated "I want to follow my sister's footsteps of being a valedictorian. Online classes were hard, but not a barrier for doing the best that I possibly can."

Eleven year old Isabella was a fifth grader when the pandemic broke. She was part of the T.A.G (talented and gifted) program where she excelled in every subject. Being a fifth grader was very exciting because of all the farewell traditions held in her elementary school.

After the pandemic, they were all cut short. Although the music Orff Festival, graduation ceremony, and club performances were postponed and later canceled, this did not inhibit Isabella and her classmates' ability to amaze their teachers with resilient attitudes. She says that staying motivated was not always easy because of the change in schedules and environment.

As Student Council President Isabella would encourage her classmates to stay motivated with ongoing work. Isabella would have video meetings and continuously check in with her peers. She remembers being devastated that school was closed, but relieved that she and her classmates would be safe with their families. Isabella stated, "Some days were better than others but I knew that I had to push myself so I can influence my classmates, and make it to middle school. Going through a pandemic is horrible but it has also helped me believe in myself and keep a positive attitude."

Isabella has done the best of an awful circumstance. Isabella has done the best of an awful circumstance. She received impressive grades and is now off to middle school where she will get closer to her dream of being a veterinarian.

As the national quarantine regime continues, students are preparing to carry on with online schooling this August. Their contagious motivation shows during this new educational experience.

Danny, Cristopher, and Isabella are only three of the many amazing students that have succeeded despite a worldwide emergency. Their willingness to prosper is only a preview of what the future has in store.

About the author



Rebeca Garcia is a Mexican American writer. She is a dog mom to Nala and Chewy and is currently obsessing over James Patterson's thriller series. In her free time, she writes in her blog, Crossing Borders. As a social justice advocate, she voices testimonials aiming to spread racial and cultural awareness.

Hats off to the Class of 2020

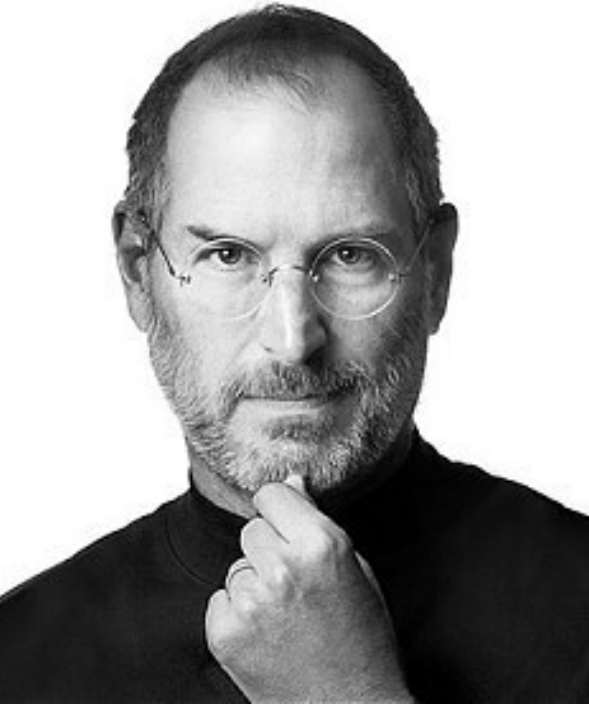


Youth Spotlight



Sophia Rose Smith is a Contributing Managing Editor at *Youth News Magazine* published by FAMILY Arts @ WHALER's Creation. She's also the People Editor for her high school's newspaper, *The MVHS Oracle*. In her free time, she works as the Head Grant Writer for Olimpico Learning, writes poetry, and serves as the Founder and Editor-in-Chief of *Binsey Popular Press* literary magazine. When she's not writing, she spends her time volunteering as a docent for her local history museum, drinking tea, and practicing calligraphy.

From Foster Care to Fame



Steve Jobs

Founder of Apple Computers, iPod, iPhone and iPad.



Coco Chanel

(Born Gabrielle Bonheur)

Fashion Designer

"I Support Youth"



Call to action to support youth!

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"Ask Lillie"

I get so mad when I see people walking around without a face mask. I want to say something but don't. My children are told to wear a mask when they leave my home. I want my kids to understand face masks are important right now. What advice do you have for people who think they should not wear a face mask? Thank you

Trying to stay safe.

Dear Trying to Stay Safe,

I think you are doing the right thing. It does start at home. You are the best example you can be for your children. Protect yourself as best you can and hope the government will mandate wearing a face mask. The only advice I have for people who do not wear a mask is to stay away from me. Keep your distance. If every business enforced a rule that if you do not wear a mask you can not come in, people would put a face mask on.

Thank you for doing the right thing for your family and my.
Lillie





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A Seasonal Entertainment TV Show

Sleep. 😴 Getting enough sleep, 6-8 hours, helps your body function properly. Inadequate sleep can lead to stress or irascibility.

To practice healthy sleeping habits, download the following free apps!

- **Breathe: Meditation & Sleep**
- **Rain Rain Sleep Sounds**
- **Slumber: Fall Asleep**



Meditation and relaxation techniques. 🧘 Meditation is a great way to manage stress. It helps build self-awareness as a health enhancing benefit. Taking deep breaths during the day is a great starting point.

For meditation techniques, try:

- **Meditation and Relaxation Pro**
- **Relax Meditation: Guided Mind**
- **Unplug: Meditation**



Seek professional help when needed. 🧑‍⚕️ A professional can help you solve problems you are encountering. They can help you feel stronger and build yourself up which will improve your quality of life.

It is never wrong to seek help. Keep the following apps in hand and use them when needed:

- **The LifeLine**
- **Wysa: Mental Health Support**
- **Lifehelp—Online Therapy**
- **Bloom: CBT Therapy & Self-Care**
- **BetterHelp- Online Counseling**
- **Teen Counseling**
- **Talkspace Therapy & Counseling**



Take breaks. 🧑‍💻 Take a break to replenish your energy. Rather than hours straight, pace yourself to

Consider the following free apps and okay to take breaks:

- **StudyBreak Focus Time Tracker**
- **Take a break - timer, reminders**
- **Break Timer**

Set realistic goals. 🧑‍🎓 Setting goals for yourself can help keep you motivated. Write your goals in your journal to discuss. Remember to set reasonable goals. Reward yourself after you have. Reward yourself after no victory is too small!

For help setting goals, check out:

- **Goal Setting Tracker Planner**
- **Strides: Goal & Habit Tracker**
- **6 MindPad—Life Organizer**

Exercise. 🏃 Exercising helps improve mood. Exercising makes you release endorphins which helps reduce stress while making

Begin an exercise routine with:

- **Seven—7 Minute Workout**
- **Map My Walk By Under Armour**
- **Running Walking Tracker Goals**
- **Strava: Run, Ride, Swim**

Welcome to Self-Care Bingo. This is not your ordinary bingo because every cell is a chance for you to choose three spots in order to win self-awareness and appreciation. Check off the more you are prioritizing yourself and your needs. Listen to your body and

By: Rebeca Garcia

from studying in order to
than working through three
reduce mental fatigue.

ps that remind you it is health

ker
r



Journal. 📖 Writing your thoughts can help you reduce stress while allowing you to self reflect.

Begin journaling with the help of the following free apps:

- **Reflectly: Self-Care Journal**
- **Prompted Journal**
- **Jour: Journal for Mindfulness**
- **Day One Journal**



short and long-term goals for
activated. You can write out
display your determination.
goals according to the time
r reaching each goal because

ut the following apps:



Find a creative outlet. 🎨🎨🎨

Practicing 'you time' through a creative outlet is not only fun, but will help distract you from stressful situations. Painting, dancing, or playing an instrument is a great way to fill your mind with positivity.

Find a creative outlet you will love by trying the following apps:

- **Brainsparker Creativity Cards**
- **Skillshare—Creative Classes**
- **SketchAR: learn how to draw**
- **Guitar Lessons » Coach Guitar**



improve mental health.
endorphins and cortisol which
ng you feel good!

n the following apps:

our
als



Follow good nutrition. 🥑🍷🍇

Good nutrition promotes healthy living. Skipping or eating junk will reduce your energy levels. Even on busy days, it's important to refuel.

Start your healthy meal plans with the help of the following apps:

- **Mealime Meal Plans & Recipes**
- **Healthy Eating Meal Plans**
- **Healthy Recipes—Tasty Food**



checkmark ✓ is a point towards a healthier you! Each bingo round will require
checkmark ✓ the entire chart and you are a visionary! The more you consider,
self-care.



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