

June 2022

YOUTH NEWS



Educational, Motivational, & Inspirational Stories

Teen Vogue - 10 Inspirational
Graduation Quotes

When They See US

Facts and History of The Hot Air Balloon

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



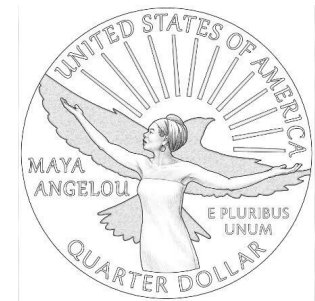
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WHALER's Creation



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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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Circulation Mgr.

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.

June is National Graduation Month, we are wishing all graduates much success with whatever is next for you. Make loved ones proud and stay focus. Good things are coming your way.

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."

La' Toria



WHEN THEY SEE US

Written by Dr. Kay Ramsey

When they see us, we get the looks of despair as if it's our fault that we grieve for our beloved parents and we had nowhere else to go. For some of us, our parents neglected and abused us, and they ended up in jail. Why didn't they love us enough? This is how our story began but I promise you, this is not where it ends.

These are the stories of transitional-age-youth (TAY), ages 16-25 that make up 16 % of the foster care system. According to the Children's Law Center, there are over 60,000 children in foster care and the number continues to increase. In 2010, AB12 (assembly bill) was signed, which extended foster care until the age of 21. This has changed the trajectory for many youth, however, there still remains a call to action for additional support. The TAY population are youth who leave foster care without being adopted or reunited with their biological families. They also make up a large proportion of youth who are involved in the juvenile justice system and on probation. Transitional youth "age out" of foster care through emancipation or because they reach the age of no longer being eligible for foster care services.

Within the foster care system, the ideal age for placement or even adoption is 0-3 years old. Unfortunately, as a child gets older, the more difficult it is to place them with a loving resource (foster) family. The TAY

population has also been stereotyped as the invisible community who come with too many challenges to manage. However, when you think about yourself as a teenager or maybe you have your own teenager didn't you or don't they still need love, structure, guidance, and support regardless of their age?

I guess I was considered one of the lucky ones when I was adopted at the age of 2 years old. But when my adoptive mother died in my early 20s, I felt abandoned and all alone. I'm sure it was nothing close to what a transitional-age-youth feels. For me, in my 20s, I was considered a young adult and presumably should've had things figured out, but I didn't. We surely can't expect the same for youth dealing with adversity, especially as they continue to be lost in a system that caters toward the school-to-prison pipeline and then homelessness. Instead, there needs to be a call to action for the TAY population to end the revolving door and disrupt the system by providing hope, encouragement, opportunities, confidence, and empowerment. Non-profit organizations like *Kids in the Spotlight* and the *Nehemiah Project LA* do just that.

Nehemiah Project LA is a nonprofit organization that creates awareness of the challenges that an at-risk and transitioning foster youth experience. The founder of the Nehemiah Project LA, Bishop Ed Smith,

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.

June Awareness Month

- Graduation
- National Safety Month
- National Candy Month
- National Great Outdoors Month
- 3rd: World Bicycle Day
- 5th: World Environment Day
- 6th: Yo-Yo Day
- 10th: National Ballpoint Pen Day
- 13th-20th: International Men's Health Week
- 14th: World Blood Donor Day
- 14th: Flag Day
- 16th-22nd: Nursing Assistants' Week
- 21st: First day of summer
- 19th Juneteenth
- 19th Father's Day
- 21st: International Day of Yoga
- 26th: Beautician's Day
- 27th: Sunglasses Day & Take My Children to Work 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

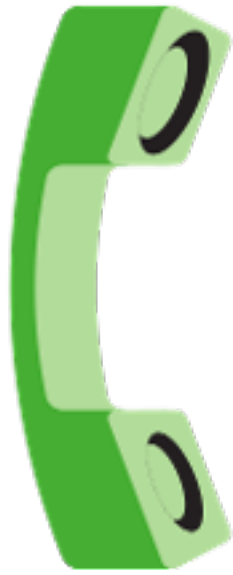
- Adoptive Families Magazine
- Adoptive Parents Committee
- American Academy of Adoption Attorneys (AAAA)
- Child Welfare League of America
- The Center for Adoption Support and Education
- Dave Thomas Foundation
- Evan B. Donaldson Adoption Institute
- International Social Services
- National Adoption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



ad
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NATIONAL

SUICIDE



PREVENTION

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1-800-273-TALK

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.

Significance of Foster Care

Written by Durga Krishnamoorthy

As we enter May, the National Foster Care Month, let's all make a difference to last a lifetime! "Every child dreams of a family, so is every soul longing for love." Why wait? Foster a child, Foster a future. Foster Care is a 24-hour home-like atmosphere in which a minor child who cannot be with his or her parents for some reason is provided a safe and stable environment. The place can be a ward, group home, or private home under the responsibility of a state-certified foster parent. This placement is usually done either by the government or a social service agency. Benefits of this system are multifold. Children remain in a home-like or family setting along with their siblings (if any), attend community schools, experience family holidays and events, form social relationships, and gain individualized attention. Foster Care is a nurturing temporary support, NOT a substitute for parents.

How it works?

In many cases, foster care acts as a forever home. The end goal for foster parents is to encourage family reunification. This means that the biological parents can take time to resolve their struggles and get their lives back on track for the sake of their children. Unlike adoption, there are no restrictions for parents and children to meet each other.

Here are few statistics about foster care:

- Children are due to negligence, substance abuse and inability to cope up.
- Majority of children are from White, African American, and Hispanic ethnicities.
- 40% of the children go to only 1 foster care support environment.

- 45% of children are supported by non-relatives, followed by 30% of relatives.

- Youth who leave foster care become homeless for the next 1-2 years.

60% of girls become pregnant within a few years of leaving.

Children and teens in foster care need YOU! Yes, you can change a life. Criteria to become a Foster Parent:

- ✓ Must be at least 21 years of age (any gender, or marital status)
- ✓ No criminal background
- ✓ Must be employed or steady monthly income
- ✓ Have a home (own or rental) meeting the licensing requirements
- ✓ Have a home study completed
- ✓ Exhibit emotional stability, physical health, reasonable discipline, and supervising ability.

If you are approved, you will receive training and payments to help you meet the daily needs of the child or children placed in your care along with medical coverage.

Happy parenting experience!

Foster!

Adopt!

Mentor!

FACTS AND HISTORY OF THE HOT AIR BALLOON

Written by Paula Margus

June 5th is National Hot Air Balloon Day, an annual celebration that marks the impact hot air balloons have had on travel and leisure. The hot air balloon is the oldest form of flight technology used for carrying humans. Many are intrigued by the bright colors and spectacular view of these balloons as if magically floating in the sky.

The Montgolfier Brothers, Joseph-Michel and Jacques-Étienne were the inventors of the first hot air balloon that safely carried people into the sky and back to land. In 1777, Joseph was inspired by laundry drying over a fire that formed pockets of air and raised laundry upwards to make a flying machine. He noted that smoke had a special gas with a special property called "levity" that can lift things up in the air (historyofballoons.com).

The brothers held the first public presentation of a hot air balloon in the Annonay area of France in front of a group of dignitaries on June 4, 1783. The balloon crossed 2km (1.24 miles), its flight lasted 10 minutes and its maximum altitude was 2,000m (6561.68 feet).

After flights with animals and unmanned balloons had been experimented with, the first hot air balloon flight with humans occurred on the 15th of October, in 1783. Jean-Francois Pilatre de Rozier was the first person to take a hot air balloon flight, a French chemistry and physics teacher and one of the first pioneers of aviation (www.daysoftheyear.com/days/hot-air-balloon-day/).

In 1794, the first use of hot air balloons in the military occurred. This was during the battle of Fleurus whereby the first use of a hot air balloon was used for observation purposes. Hot-air balloons have been used for meteorological purposes, military surveillance, and even mail and package delivery services. The hot air balloons we see today have been created in so many different shapes, including commercial products that have been used to advertise businesses.



Today, the balloons are mostly used for recreational purposes, to include competitive sporting events to set new hot air balloon racing records. The first Atlantic crossing occurred in 1987, with the first Pacific crossing coming four years later. The first trip around the world happened in 2002 when Steve Fossett made the trip.

The balloon itself consists of an envelope, which is used to contain the hot air, and a gondola, where passengers and a means of creating hot air are typically housed. The heated air inside the envelope has a lower density than that of the cold air outside, and this causes the balloon to rise.

Hot air balloon festivals are held annually throughout the year, allowing hot air balloon operators to gather – and serve as a great opportunity for spectators to admire and take rides, whereby the balloon is secured to the ground with tethered ropes.

Can you guess where is the most famous hot air balloon festival? Featuring more than 500 balloons, the Albuquerque International Balloon Fiesta in New Mexico is the world's premier ballooning event, takes place every October. The mass ascension takes place at Balloon Fiesta Park's 78-acre launch field – the equivalent of 54 football fields. Most balloon flights take place between April and October. The best weather for hot air balloon flying is blue skies, light winds, and little or no rain. Strong winds and heavy rain make it too dangerous to fly, and too risky for pilots. The best time of day for hot air balloons to fly is in the early morning when weather conditions are the most stable. Early morning typically provides the best chance for good weather – allowing for cool temperatures. Check out www.travelchannel.com for hot air balloon festivals near you and around the world (type 'hot air balloon festivals' in the search field).





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teenVOGUE

10 Inspirational graduation quotes

1. " You must have some vision for your life. Even if you don't know the plan, you have to have a direction in which you choose to go." - Oprah
2. Intelligence plus character-that is the goal of true educations. - Martin Luther King, Jr.
3. "You miss 100% of the shots you don't take" - Wayne Gretzky
4. "You can't do it alone. Be open to collaboration. Find a group of people who challenge and inspire you. Spend a lot of time with them and it will change your life". - Amy Poehler
5. The horizon leans forward offering you space to place new steps of change." - Maya Angelou
6. Real leadership comes from the quiet nudging of an inner voice. It comes from realizing that the time has come to move beyond waiting to doing. - Madeleine Albright
7. "No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind - Taylor Swift
8. Your imagination is your preview of life's coming attractions." - Albert Einstein
9. "All of our dreams can come true if you have the courage to pursue them" - Walt Disney
10. Don't just get involved. Fight for your seat at the table. Better yet, flight for a seat at the head of the table. - Barack Obama



Happy Graduation

Faster!

Adapt!

Mentor!

Be the reason for their success!

Youth Spotlight



**J'Nya is finishing up her first her college!
Hats off to you J'Nya! Good work.**

**Do you know a young person that
should be spotlighted?**

Send your youth info to:

admin@whaler'screation.us



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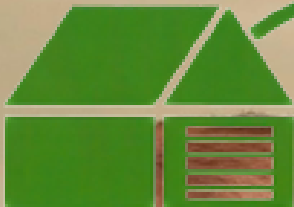
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120,000 children and teens are waiting to be adopted. The number of children in foster care nationwide increased 2.3% this year to 437,465. Making it a figure that has risen every year since 2012. Studies indicate that one out of every four youth who 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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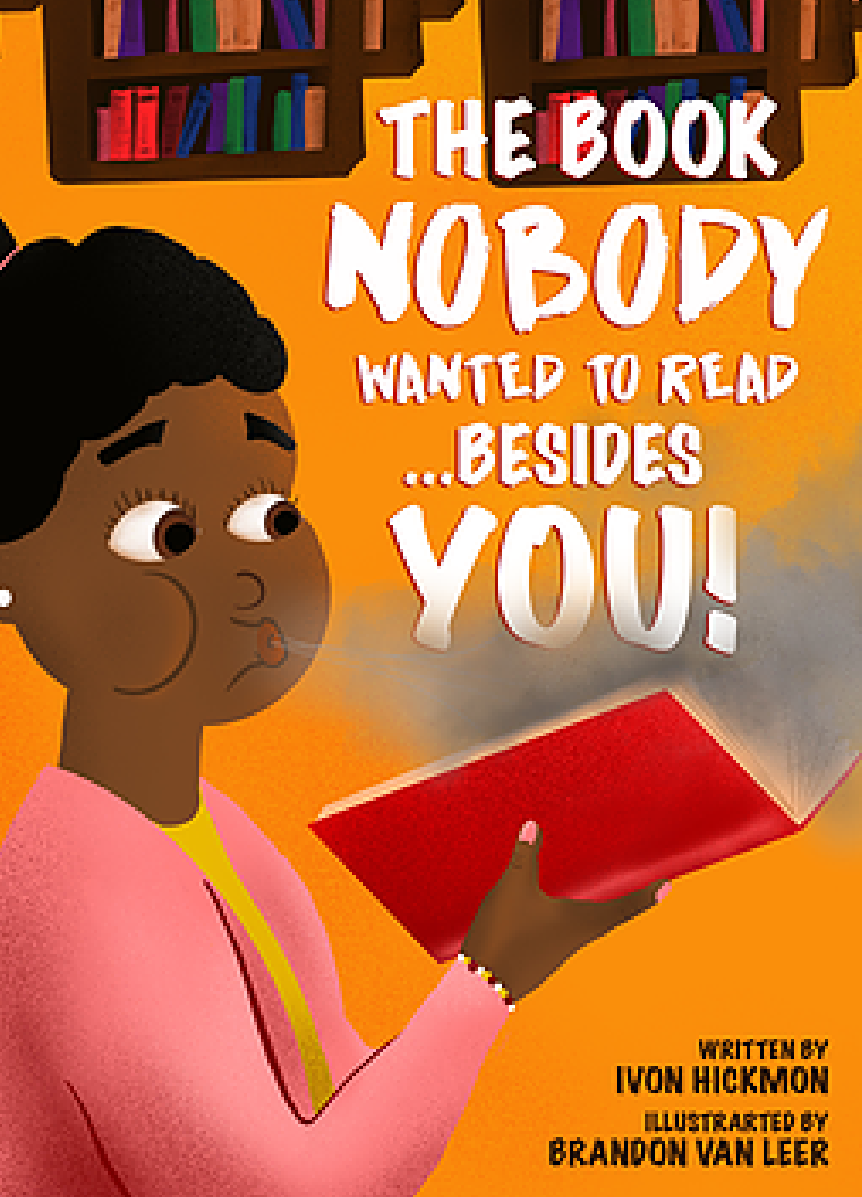
AT A TIME



*REACH YOUR GOALS
FASTER QUICKER
& FURTHER*

NO CHANGE = NO CHANGE

DENIS "DENNY" MAHEUX



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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**Sam Goldwyn
Movie Studio Founder
Foster Care**

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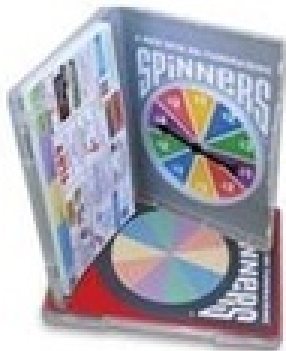
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The Mindful Corner

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?

Warmlines are phone numbers people can call when they need someone to talk to or just be there, whether they are experiencing a crisis or not.

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

They can feel confident that the person on the other end of the line is a person with a shared experience who understands and has compassion.

Visit www.mhanational.org/warmlines <<http://mhanational.org/warmlines>> to find a warmline near you.



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From city-to-city.coast-to-coast &
nation-to-nation our focus is

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Ask Lillie



Dear Lillie,

I am a foster parent who has welcomed in my home over 30 children. I am not sure what's going on, but the last two kids I got are so disrespectful. I am always finding my self-making up excuses for them when teachers, neighbors, or friends talk about their behavior. In my quiet place, I pray "Lord help me.. help these kids." What I am concerned about it how to I get them to just slow down and think. I don't want people thinking ill of them. I don't know how to balance correcting them and advocating for them. I want my kids to know I am here for them. But they are so disrespected to me and other, I don't know what to do.

Loving Foster Parent



Parent, Dear Loving Foster

I am a former foster parent. Remember children will test the boundaries. Listen to people when they speak to you about your children. Don't jump to defending them right away. Their information could be helpful to you. Never stop being their advocate and always have their back. Try the reward system. Reward them for positive behavior. The award method works. Catch them being good and make a big deal out of it. It's like smiling at someone. It's hard not smiling back. Find fun things to do with them and reward them often for doing the right thing. But, stay prayed up.

Good luck, 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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