

# Youth News

May 2021

## National Foster Care Awareness Month



*We must raise  
#FosterYouthVoices*



# National Foster Care Awareness Month



**Foster! Adopt! Mentor!**

# National Foster Care Awareness Month

## *Frequently Asked Questions*

Written By: Paula Margus

### *What is National Foster Care Awareness (NFCA) Month?*

National Foster Care Awareness Month is acknowledged in May. This is a time to recognize that we can each play a part in enhancing the lives of children and youth in foster care.

### *Why do we observe NFCA Month?*

As cited on the National Today website, when we invest in our youth we invest in the future of civilization and we need to ensure we give them every opportunity possible. Foster care plays a critical role in providing young people who have had to be removed from their homes a critical place of refuge. It is an invaluable resource for keeping children safe in temporary circumstances and providing stability, direction, and comfort to our nation's most vulnerable sons and daughters.

### *What is the historical background of NFCA Month?*

Started in 1988, The U.S. Government has issued annual proclamations in recognition of National Foster Care Awareness Month, celebrated in May, to show appreciation and gratitude to foster parents across the nation. Foster care is a part of the constellation of services provided to children and families by the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services.

The Children's Bureau, created by President William Howard Taft in 1912, is the first federal agency within the U.S. Government to focus exclusively on improving the lives of children and families.

### *What are some ways to support awareness of NFCA in May?*

Spread the word to help educate people on the importance of the foster care system and how much good it does for our nation's youth. Use the hashtag #DareToCare.

1. *Donate, money, clothes, gift cards and computers to your local foster care services or organizations*
2. *Host a fundraiser for local organization*
3. *Contact your local child welfare organization to inquire about becoming a foster parent*
4. *Mentor a foster youth*
5. *Volunteer with local organizations who supports foster youth.*

### *How many children are in foster care?*

According to the Children's Bureau, there are over 423,000 children and youth in foster care. Over half have a case plan goal of reunification with their parents or primary caregiver.

### *What is the average age of children entering Foster Care?*

Although there is a common perception that the majority of children in foster care are very young, the average age is eight years old.

**Continued on page 6**

# Youth News



**Publisher/Founder**  
**La Toria Kern**

## Like & Follow us



WHALERsCreation



@WHALERsCreation



@whalerscreation



whalerscreation

## Volunteer/Work with us

Contributing Writers

Editors

Digital Marketers

Fund Developers

Photographers

Sales/Marketing Reps

Circulation Mgr.

**send resume to:**  
**admin@whalers-creation.us**

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, adoptive parents and mentors. May is National Foster Care Awareness Month, and I am asking you to please consider opening your heart and home to become a foster, adoptive parent or mentor. So many children, youth and teens need you.

One of our team professionals 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.**

Thank you,

*La' Toria*



# Paradise Place

## Jamaican Cuisine

**7365 W. Sahara Ave  
Las Vegas, NV 89117  
(702) 834-8188**

# National Foster Care Awareness Month

## Frequently Asked Questions



### FOSTER CARE STATISTICS



**Neglect #1** reason children are removed from the home.



Over **437,000** children & youth are in foster care.



**118,000** children & youth in America are waiting to be adopted.



Over 20,500 youth are emancipated from foster care without reunifying with their families or being adopted.



Of youth who age out of foster care, 1/4 are incarcerated within 2 years and only 1/2 graduate from high school.



americanspcc.org  
The Million's Voice for Children  
©2015 AFCS Report U.S. Dept. HHS

Continued from page 6

#### *Once in foster care, what is the average wait time for adoption?*

Children available for adoption have spent an average of about one and a half years waiting to be adopted since parental rights were terminated.

#### **How can relatives help?**

Some of the benefits relatives can provide include reducing trauma for a child in foster care, increasing normalcy, and helping to establish permanence. To learn more about placement of children with relatives, refer to <https://www.childwelfare.gov/pubPDFs/placement.pdf>

#### **Is it possible to foster a baby?**

Fostering a young infant is possible, but typically children who are available for fostering range from toddlers to the age of 21.

#### **What resources are available for becoming a foster parent?**

- [How to Become a Foster Parent](#)
- [AdoptUSKids](#)
- [Foster Care FAQs](#)
- [Home Study Requirements for Prospective Foster Parents](#) [Visit Disclaimer Page](#)
- [Background Checks for Prospective Foster, Adoptive, and Kinship Caregivers](#)
- [State Foster Care Information Websites](#)
- [Children in Foster Care Video from AdoptUSKids](#)

# National Foster Care Awareness Month

## *Frequently Asked Questions*

- [Who Can Foster and Adopt](#)

**Continued from page 7**

Resources referenced for article research include:

<https://nationaltoday.com/national-foster-care-month/>

<https://www.acf.hhs.gov/cb/faq/foster-care1>

<https://www.fosterclub.com>

<https://www.personalizedcause.com/health-awareness-cause-calendar/national-foster-care-month>

<https://www.childwelfare.gov/fostercaremonth/>

**Foster!**

**Adopt!**

**Mentor!**



**Digital Marketing & Photography**

- **Websites**
- **Social Media Marketing**
- **Brand Marketing & T-Shirts**

**swisslakesusa.com**



# Youth Spotlight



**Ethan Stoddard**

**Ethan Stoddard** is a 16 year-old chef in the making. Ethan began cooking when he was only five years old. He spent many hours in the kitchen with his mom and older sister. Ethan was allowed to make dinner for his family at 10 years old. His favorite method of cooking is grilling. He enjoys grilling chicken, pork, ribs, steak, hotdogs, hamburgers, salmon, vegetables, and even fruits.

Despite COVID-19's impact on the school year, Ethan is currently an honor roll student. School was difficult in the beginning because of the new schedule, but things got easier as he learned to adapt. Ethan was happy to stay home and have virtual classrooms. He definitely prefers virtual classrooms over face-to-face learning. However, when he does return to the physical classroom he is looking forward to going back maskless.

In addition to the pandemic challenges, in November Ethan was diagnosed with hypertrophic cardiomyopathy, a potentially serious heart condition. Ethan is currently undergoing physical therapy to help rebuild his strength and ability to get back to normal activities. His family has been very supportive, loving, and positive. His grandma has been an additional rock in his life who encourages him to stay positive.

We wish Ethan good health and much success in his career.





**NATIONAL  
ENDOWMENT** *for the* **ARTS**

 [arts.gov](https://www.arts.gov)

# The Effects of Foster Care on Children's Mental Health

Written By: Keisha Mitchell

"Each year, nearly 1% of US children spend time in foster care, with 6% of US children placed in foster care at least once between their birth and 18th birthday." (Turney and Wildeman, 2016)

Children placed in foster care tend to be affected mentally, whether from carrying trauma from a prior situation to their new home or accumulating trauma from being in a new environment. Often they get diagnosed with major disorders such as post-traumatic stress syndrome, anxiety, depression, mania, and the list goes on. When you really think about it, instead of a diagnosis and medication, sometimes all they really need or yearn for is love, compassion, empathy, trust, a listening ear, and at times just a hug.



When visiting a children's psychiatric unit this past week as a nursing student, I met the most amazing children! As we talked each child voiced a multitude of things that they wanted. One child said love, another said someone to listen to them, and another just wanted someone to understand them.

One in particular stuck out the most. She is a 13-year-old foster child, smart, so powerful in the sense that she could change the world just by using her voice. Deep down I know that she knows that about herself as well, but her situation has made her have to, in her words "grow up fast." Experiencing painful traumas early in life, alongside adjusting to multiple foster care placements, increases the risk of having an unhealthy mental state. Let's be the one to change the stigma around mental health for foster children and the youth!

# Primetime TV Mirrors Real Life Issues We're Facing Today

Written by: Paula Margus

It's hard not to notice how today's high-profile news events and issues are being written into the storylines of popular TV shows. In an April 15th cross-over event of *Station 19* and *Grey's Anatomy*, police brutality and racial profiling were spotlighted in reference to the killing of George Floyd. As some staff members at Grey Sloan Memorial learn of this incident, viewers watch each one's reaction and decision as to whether to take part in Black Lives Matter protests. In a previous cross-over episode, the storyline revolved around the kidnapping and sex trafficking of young black females as two black firefighters were arrested by white male officers for trying to intervene.

A mid-April episode of *The Resident* brought awareness to the challenges gay couples face with adoption. The TV characters Jake and his husband Gregg are set to adopt a baby born to a young woman who regarded the couple as her family. Shortly after the birth, their hopes were shattered when the estranged parents unexpectedly showed up in the hospital and blocked the adoption from taking place to a non-traditional family.

This season, on *A Million Little Things*, the young Asian character Theo is targeted and discriminated against by his classmates and a neighbor. Following the episode, three of the Asian American cast members made a public service announcement about hate crimes against Asians. Many other actors are using social media platforms to call out racial and social injustices.

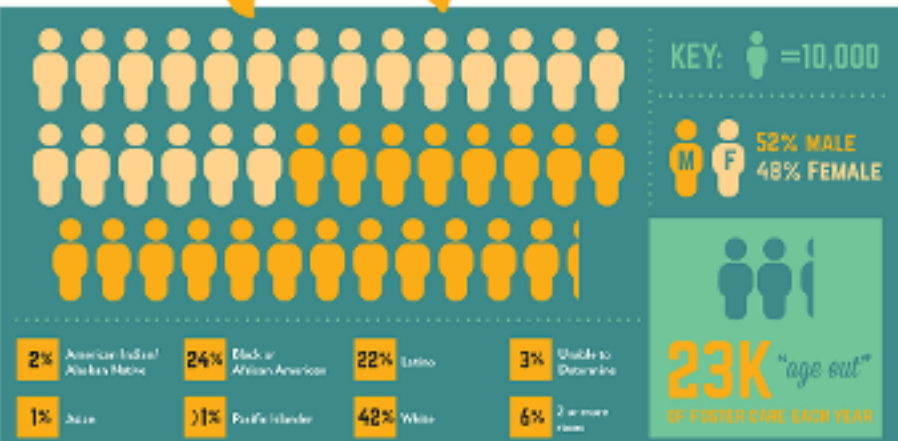
In the newer series *Big Sky*, initially aired on Nov. 2020, the actor Jesse James Keitel makes LGBTQ+ history with a starring role as a nonbinary character on primetime TV. Keitel, who uses she/her and they/them pronouns, hopes the role leads to "a small understanding that you don't need to fully understand someone's identity to respect that they also have a place in this world."

As TV mirrors real life, viewers are exposed to an array of issues that, although may be uncomfortable to watch, portray biases prevalent in our present-day culture and society.

# Teenagers: The Most Overlooked Group in The Foster System

Written By: Sarah Holcomb

Most people don't know a "foster kid." To them, perception is reality. FosterMentor is working to combat the negative stereotypes often associated with youth in foster care by sharing stories of individual success and spotlighting the potential of foster youth. Hollywood can help. Through the power of your story telling and the size of your audience, you can help inform opinions and shape attitudes to support this population.



Did you know that teenagers are the most overlooked group in the foster care system? Unfortunately, this is often due to unfounded fears or misinformation about fostering teenagers, which is heartbreaking for the teens who are often left feeling unwanted or unworthy. Some common misconceptions about fostering teens include parent fears about where the children come from and the influence that they will have over other children in the home. The Department of Youth Corrections, where children go when they commit crimes, is often confused with the Department of Human Services where children go when crimes are committed against them, such as abuse or neglect. Additionally, concerns that teen foster children will instill bad habits or behaviors in other children in the home are largely unfounded. According to *Hope and Home*, a non-profit foster awareness organization, many foster families report that their foster teens have a positive impact on their siblings. The teen fosters will often help their siblings with homework, chores, or communicating with their parents; and the siblings, particularly when older, provide companionship and someone for the foster teen to look up to. Although fostering teens can seem intimidating, this underrepresented group is just as deserving as other children of experiencing the safety and stability of a loving home. If you are contemplating the idea of fostering, please consider welcoming a teenager into your home and heart!

# ABC FUNDRAISING

with  
*La'Toria Kern*

I can help you put the FUN back into fundraising for your school, church, club or promoting your business!

Call or email me to get started

(702) 235-5490 or (803) 497-0520

latoriakern.abcfundraising@gmail.com

**#1 Discount Card in America!**



- Up To 93% Profit!!!
- Up to 20 Discounts Per Card!
- Offers Valid 1 Full Year!
- Earn up to \$9 Per Card!
- [Find Out More](#)



A NEW SPIN ON FUNDRAISING  
**SPINNERS**

- Up To
- + 87.6% Profit!!!**
- No Start Up Cost!
- [Find Out More](#)



**Scratch & Help**

- Up To
- + 80% Profit!!!**
- No Start Up Cost!
- [Find Out More](#)



- Up To
- + 80% Profit!!!**
- No Start Up Cost!
- [Find Out More](#)



**Auntie Anne's FUNDRAISING**

- Up To
- + 80% Profit!!!**
- Highest Profit Peroral Fundraiser
- No Start Up Cost!
- [Find Out More](#)



**SURVIVAL GEAR FUNDRAISER**

- Up To
- + 88% Profit!!!**
- Sell Products That Save Lives!
- [Find Out More](#)



**Flower Bulb Fundraiser**

- Up To
- + 70% Profit!!!**
- Highest Profit Flower Bulb Fundraiser!
- [Find Out More](#)



**Candle Fundraiser**

- Up To
- + 70% Profit!!!**
- Highest Profit Candle Fundraiser!
- [Find Out More](#)

**AMERICA'S VARIETY & CHOCOLATIERS CHOCOLATE BAR FUNDRAISERS!**



- Up To
- + 85% Profit!!!**
- \$1 and \$2 Boxes
- Easy To Sell
- [Find Out More](#)



**Candle Fundraiser**

- Up To
- + 70% Profit!!!**
- Highest Profit Card's Fundraiser!
- [Find Out More](#)



**Movie Ticket Fundraiser**

- Max Profit**
- Perfect Add On Fundraiser
- Easy To Sell
- [Find Out More](#)



**POWERDECAL™**



- Up To
- + 70% Profit!!!**
- No Money Up Front
- [Find Out More](#)

**FLIP FLOPS**



- Up To
- + 70% Profit!!!**
- Customize With Your Team's Logo
- [Find Out More](#)

**SNACKS**



- Up To
- + 70% Profit!!!**
- Low Price Point
- Popular Snacks
- [Find Out More](#)

# The Unexpected Silver Lining of Virtual Learning During the Pandemic

Written By: Sarah Holcomb

Much attention has been given to the negative impacts of virtual learning during the COVID-19 pandemic, but is there a silver lining? Believe it or not, many children are thriving in this “new normal” and are learning more and performing better than they did when they were physically in the classroom. For instance, children with learning disabilities are able to avoid sensory overload typically present in a busy classroom and are able to access on-demand learning sessions if they need frequent breaks. Learning at home allows more time for creative play and outdoor activity, as well as quality time with family and a stronger bond with parents and siblings. The virtual classroom has also given parents a front-row seat to their children’s learning experience, which allows them to expand on lessons within the home or

provide further context for their child’s learning by applying key concepts and knowledge in real-time and in a personalized way. Other benefits of virtual learning include technology literacy, developing resiliency skills when faced with overcoming challenges and raised awareness of the importance of meeting children where they are in their learning rather than applying one-size-fits-all teaching methods. Because virtual learning has seen its fair share of success, many schools plan to continue offering such flexible learning solutions. Online learning options are here to stay. The “New Schools Venture Fund” is a national non-profit that invests in educators committed to making learning more accessible and flexible; learn more at <https://www.newschools.org/>.



# From Foster Care to Fame



**Eleanor Roosevelt**  
(Foster Care)

Former 1st Lady of United States



**Tiffany Haddish**  
(Foster Care)  
Actress/Comedian



UPRIGHT



GARAGE DOOR  
SERVICES



Honest pricing no.  
Locally owned and operated family  
operated for 36 years.

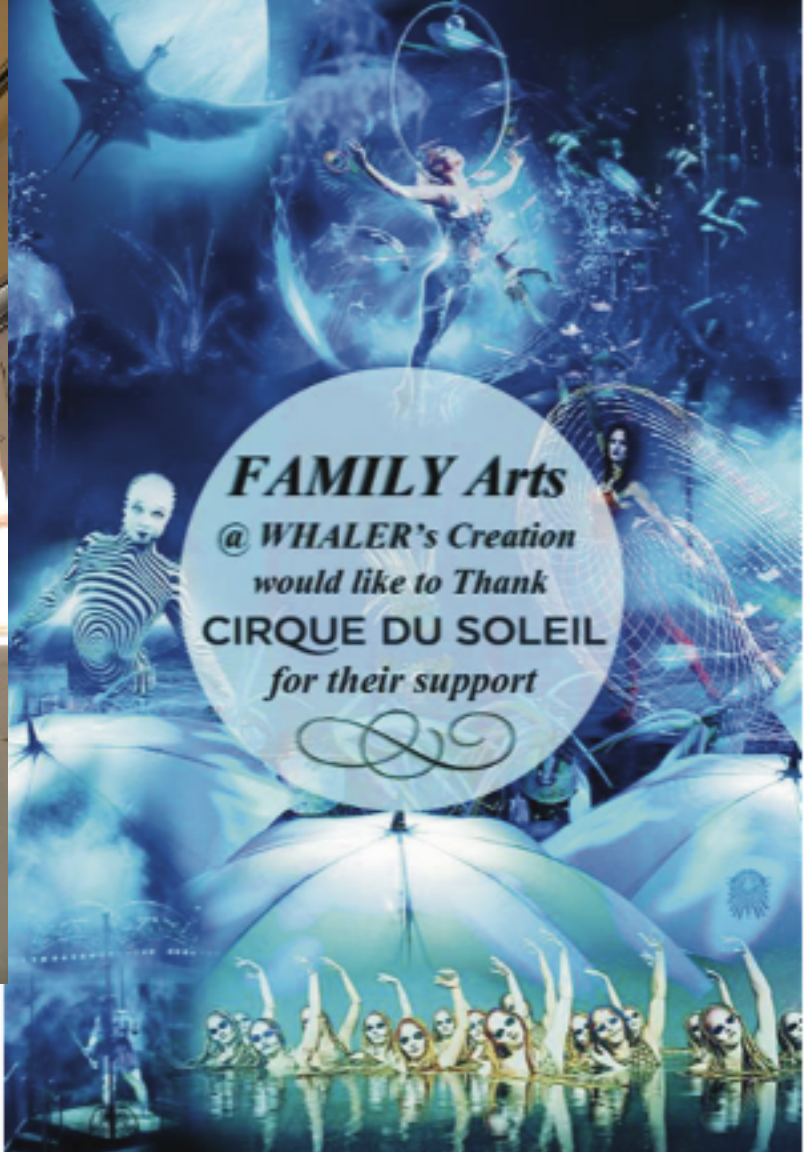
[www.uprightgaragedoor.com](http://www.uprightgaragedoor.com)

(702) 564-7323

Sales, Service & Installations  
Your business is our pleasure



Bonded and Insured  
Lic # 046766



**FAMILY Arts**  
*@ WHALER's Creation*  
*would like to Thank*  
**CIRQUE DU SOLEIL**  
*for their support*





**Mon-Sat: 5:30 pm-8:30 pm (PST)**  
**KFAM Youth Radio**  
**Story Time**

When it's time to say goodnight to your little ones, turn on:

***KFAM Youth Radio***

***([www.whalers-creation.us](http://www.whalers-creation.us))***

and let our storytellers read a bedtime story to your loved ones.



**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*



*Massey & Associates*  
ATTORNEY AT LAW

*"I Support Youth"  
through speaking  
and mentorship.*

Attorney  
Entrepreneur  
Author  
Legal Coach



[www.masseylawvegas.com](http://www.masseylawvegas.com)

**Augusta A. Massey, Esq.**

P:702-722-9906 | F:702-479-7116

[AMassey@MasseyLawVegas.com](mailto:AMassey@MasseyLawVegas.com)

7465 W. Lake Mead Blvd., Suite 100  
Las Vegas, NV 89128

# STEPHANIE KERN

Your Las Vegas Expert

Wardley Real Estate  
Las Vegas, Nevada  
cell 971-506-6352  
stephaniekernhomes@gmail.com



**Foster! Adopt! Mentor!**



**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 educational, inspirational and motivational stories to encourage people to open their hearts and support youth.

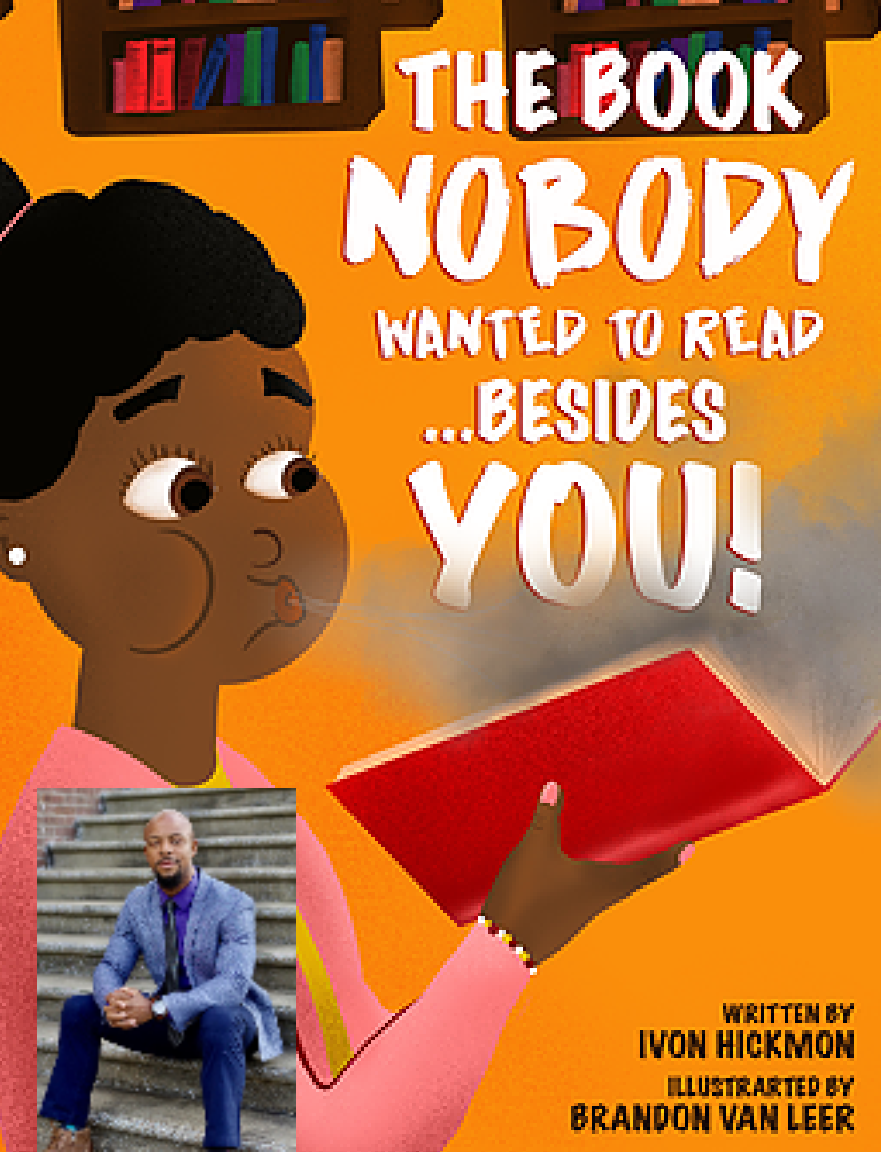
**Join our team:** writers editors, photographers, marketing and sales. *Youth News* highlights the accomplishments of young people near and far.

If you have a story and want to share it with others, please email us at:

[admin@whalers-creation.us](mailto:admin@whalers-creation.us)

**Donations are accepted**  
[www.whalers-creation.us](http://www.whalers-creation.us)

From city to city and coast to coast, our focus is:  
**F**oster **A**dopt **M**entor **I**nvesting in **L**ives of **Y**outh



# THE BOOK NOBODY WANTED TO READ ... BESIDES YOU!

WRITTEN BY  
IVON HICKMON

ILLUSTRATED BY  
BRANDON VAN LEER

## The Book Nobody wanted to Read Besides You!

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 of three boys, son of 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. Life threw tests and trials at Ivon but somehow succeeded.

A true "girl dad," Ivon spends hours a month 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.

# Teens

## Same School Year, Two Different Student Experiences

Written By: Lenna

This year has been crazy and hard to read, but fortunately, I was able to return to school five days a week. At first, I felt uncomfortable doing this, but now after experiencing my school's COVID-19 precautions I know my school community has made it as safe as possible for all students. For example, each class lasts forty-five minutes to an hour and a half, with students remaining in the same classroom for each period to make the spread of COVID-19 less likely. Also, while in class we wear masks, sanitize when sneezing, coughing, or touching our masks, and have plexiglass surrounding our desk to not only be socially distant from others but to also not spread our air to others if it does go through our masks. Another important aspect of our classroom safety is keeping windows open and fans on to circulate air.

When leaving the classroom to go to the bathroom only two people are allowed in the bathroom at once. When going for fifteen-minute "movement" breaks twice a day in the basement or outdoor area



# Talk

of our school, we walk on the right side of the staircase in a single file line to leave room for others walking up on the left, and we stay three steps apart, monitored by a teacher.

For some, it was not as easy to return to the classroom and they are still at home --such as my good friend Bradyn who went out of state and needed to stay home. His daily routine consists of waking up at 8:00 am before school at 8:30, eating breakfast, getting ready for school, attending classes on zoom, and during breaks looking at his phone struggling to stay focused. After school, he usually enjoys going outside and playing his favorite sport, basketball.

In comparison, my day is harder, required to constantly follow school and state guidelines, while Bradyn is at home free to do almost anything as long as it is not on the zoom screen -- which he can control.

# Message from the *Editor -in- Chief*

I am so proud to support this magazine's celebration of National Foster Care Awareness Month. As a foster youth advocate with lived foster care experience, I understand the importance of highlighting and uplifting foster care concerns and issues, particularly with transition aged youth. Beyond educating the public on foster care issues, we also need to galvanize to influence lawmakers and police makers. Creating sustainable change requires uplifting foster youth voices where it matters, in board rooms, and legislative hearings. I am grateful to have participated in Congressional Shadow Programs hosted by national advocacy organizations such as the National Foster Youth Institute and Foster Youth in Action. These platforms allowed me to strategically share my personal and professional experience to encourage child welfare reform. Let's continue to listen to our young people and promote those with lived experience in leadership positions.



**Loney Nguyen with Congressman  
Jamie Raskin of Maryland**

**About the Editor-in-Chief:** Ms. Loney Nguyen pronounced (Lonnie) is a licensed clinical social worker, professional model, and servant leader. Loney is the Director of Programs for WHALER's Creation and serves as Editor in Chief of Youth News magazine published by FAMILY Arts @ WHALER's Creation and Maryland's appointed Foster Youth Ombuds. An expert in youth engagement, she has over 13 years of lived and professional child welfare experience in Maryland, and 7 years supervisory experience in the District of Columbia. An international pageant Queen, she was crowned Miss Baltimore United States, 2019 and Miss Vietnam DC, 2014 respectively. When she is not competing in pageants, she volunteers her time as a local/national pageant judge, coach, and teaches life skills & etiquette classes to encourage a positive self image that ignites the Royal Queen/King in youth and adults.





Building Relationships  
Is Key To Building  
Your Business.....



Vendor Booth Available Info: [702\) 639-6964](tel:7026396964)

# "I Support Youth" Campaign



***Order your "I Support Youth" T-shirts today!***  
We provides job training to youth, young people "earn as they learn". Every dollar you spend or save with Youth News advertisters supports these youth in training.  
Wear your "I Support Youth" T-Shirt proudly and say to anyone who asks;"Yes, I Support Youth and you can too!"

T-shirt sizes: (S- to 5x) email us at:  
[admin@whalers-creation.us](mailto:admin@whalers-creation.us)

More info call: (702) 235-5490



# "Ask Lillie"

If you are in need of some good sound advice from a straight talker, send your questions to **"Ask Lillie"** your answer may be published

**Submit your question to:**  
**[admin@whalers-creation.us](mailto:admin@whalers-creation.us)**

The views and opinions expressed in "Ask Lillie" are the sole views and opinions of Lillie, and may not reflect the view and or opinion of Youth News, staff, volunteers, interns, donors or contributors.



**R**obert **H**ackney  
**Tax Accountant**  
(202) 368-3276

Virtual accounting services anywhere

EST. 2020

# AMAZING DEALS

Premium Quality  
Fashion & More

[ads4me365@gmail.com](mailto:ads4me365@gmail.com)



# The Mindful Corner

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.

Written By: Loney Nguyen, LCSW-C

## A Minute of Gratitude

Gratitude is a feeling of appreciation for what one already has or experienced in their life. It is a feeling of thankfulness for the blessings we have received from the universe. Below is an adapted guided practice from [Mindful.org](http://Mindful.org)

Gratitude Practice: Savor The Moment

*Adapted from a guided practice from Mindful.org, By Elaine Smookler*



**Ground yourself in the present moment.** Bring particular attention to feeling the breath, or something in the body, as you bring your shoulders down and orient your attention toward gratitude.

**Next, bring to mind a sight you are grateful for.** Move through your senses, and find one thing to start with that you appreciate that comes to you from the world of sight if you have this available. It could be a color...a shadow...a shape...a movement.

**Now, shift to a scent you appreciate.** As you continue to work with your senses, now take time to tune in with appreciation to an aroma. What do you notice? It could be gratitude for something familiar: a scent that brings comfort, upliftment; or maybe it's something you've never smelled before, and it just piques your curiosity, ignites you, enlivens you.

**Moving on, tune into any sounds around you.** Shift your attention to your ears and the world of sound. Maybe notice what it feels like to really listen. How many sounds can you notice, and can you feel grateful that you're able to experience sound if you are? What can you notice about these sounds—far away? close?

## A Minute of Gratitude

**The world of touch and texture beckons us next.** We find so much to be grateful for in touch! If there's someone near who you can hug or who can hug you, notice how this makes you feel filled with gratitude for the joy of human contact. Or perhaps you have a beautiful pet that you can stroke and cuddle, or some lovely material with a texture that feels warm to the touch, soft, evocative. Let your senses ignite your gratitude! There's so much to be appreciative of.

**Close with gratitude.** I'm so grateful that you tuned in to this gratitude practice, and I appreciate your time, your effort, and your energy to be present, awake, and alive to your precious life. Have a beautiful day.

*This mindfulness practice provides additional information to an article titled, "Thanks for This," which appeared in the April 2018 issue of Mindful magazine.*



# Meet our TEAM

## GET TO KNOW OUR TEAM

### Contributing Writers



Amulya is a Contributing Writer for Youth News Magazine published by FAMILY Arts @ WHALER's Creation. Amulya enjoys helping people of all ages from teaching seniors technology to teaching elementary kids on concepts that they don't understand and teaching other students to code. In her free time, she likes to play sports, code, graphic design, read, and write novels. Her ambition is to be a scientist with a focus on neuroscience, and genetics. She is passionate about standing up for what she believes in and volunteering where it is needed!



**Paula Margus**, is a Quality Program Specialist and is always looking for improvement opportunities within her team and organization. She analyzes and fixes problems so business operations can run smoother. She applies this to her personal life as well and enjoys helping others to improve their lives. She is very involved in her community and is passionate about youth advocacy, social justice and equality; animal rescue and adoption and health self-advocacy. Paula is a long-time resident of the DC Metro Area and loves to volunteer whenever possible. She stays current on news events, music and entertainment; best-selling books, technology, real estate trends, and learning about other cultures.



**Liam** Photographer / Host of 60 Second Sports Talk on KFAM Youth Radio. He is a recent high school graduate with dreams of becoming a professional sports anchor or sports attorney.

**Foster! Adopt! Mentor!**

# Meet our TEAM

## GET TO KNOW OUR TEAM



**Keisha Mitchell** is an inspirational author, writer, poet, and creator. She self-published her first book titled, DO BLACK LIVES REALLY MATTER? at the age of 20. Keisha chooses her words wisely as she believes that her greatest power comes out through the use of words. Her favorite line to use, “What you speak is what you seek.” As a registered nursing student, Keisha is dedicated to using her voice to advocate for improving health and wellness within the minority community.



**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. She does not shy from argumentative pieces and hopes audiences open their minds to different viewpoints from her writing.



**Sarah Holcomb** is a Human Resources professional, a graduate student studying organizational psychology, and a site ambassador for her organization's LGBTQ+ employee organization. With a passion for personal development, she lives by the mantra “I never dreamed of success, I worked for it” (Estee Lauder). Sarah enjoys writing about psychology and is a big believer in the power of positive thinking and of owning one's destiny. In her spare time, she enjoys reading non-fiction, practicing piano, learning Spanish, and riding her electric scooter around Washington, D.C., which she calls home.

**Foster! Adopt! Mentor!**



# KFAM

oster dopt mentor

## Youth Radio

Turn us on at:  
[www.whalers-creation.us](http://www.whalers-creation.us)

## Black Card Gifts

Community Retailers, Arts, Restaurants, Entertainment, and Service Providers.

This card offers you the best in fine dining and shopping.

Businesses who advertise with us are called: **CARES**: Community Retailers, Arts, Restaurants, Entertainment, and Service Providers. **CARES** are proud supporters of *Youth News*. These advertisers offer you special saving just for supporting our work. Present your card and receive offers like 2-for-1, free gifts, and special discounts. Youth News magazine contains the work of foster/adopted and mentored youth as well as caring adults striving to make a difference in our communities. Our purpose is to educate communities about the vast need for people to consider becoming foster/adoptive parents and mentors. Ask merchants if they honor Black Card Gifts.

## Use your Black Card Gifts

it's the card that supports youth every time you use it. Black Card Gifts provides amazing deals to people with an appetite for luxury and leisure.

### Black Card Gifts



FAMILY Arts @ WHALER'S Creation  
[www.whalers-creation.us](http://www.whalers-creation.us)

0000 702 235 5490

Use this card with our  
Advertisers



"I Support Youth"