

February 2022

YOUTH NEWS



**Educational,
Motivational, &
Inspirational Stories**



*United States of America's
Mrs. Nevada 2022*

**Advocate for Mental
Health Awareness**

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

Foster Adopt Mentor Investing in Lives of Youth

2022



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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Mental Health Matters and That's Reality!

"The Me You Can't See"

**Conversations on Mental Health
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Youth News



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send resume to:
admin@whalers-creation.us



La' Toria Kern
Founder/Publisher

I am deeply honored to work with these amazing people. From our youngest writers to our retirees, we are all committed to educating our communities about the vast need for people to become foster parents, adoptive parents, and mentors.

In this issue, meet TrinaMarie Shaw, *USOA "Mrs Nevada" a former foster youth whom will inspire youth and go-getters to dream big.*

Please open your hearts and home, and help a child in need. You never know, you may help raise the next important person. From city-to-city and coast-to-coast, "I support youth."

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: Family Adopt Mentor Investing in Lives of Youth.**

Thank you,

La' Toria



United States of America's Mrs. Nevada 2022, TrinaMarie Shaw Advocates for Mental Health

Written By Paula Margus

The late Maya Angelou, one of our most beloved and celebrated poets, authors, and activists, has inspired us for many decades with her wisdom. In her personal reflections on her life, she imparted these words: *I've learned that whenever I decide something with an open heart, I usually make the right decision.* As the story for this article unfolded, this quote resonated with a similar truth for a long-time resident of Las Vegas who has been guided by her heart to precisely where she was meant to be. I had the pleasure of interviewing TrinaMarie Shaw, a successful and multi-faceted entrepreneur, who holds the title *United States of America's Mrs. Nevada 2022*. In recounting her life journey, from her earliest memories, she exhibited a steady determination, a strong faith (both grandfathers were pastors), a business mindset, and the drive to work extremely hard for whatever she set her sights on. She describes herself as a wife, mom, mental health advocate, community inclusion builder, speaker, entrepreneur, influencer, writer, and podcaster. With so many responsibilities, I was curious to know how TrinaMarie balanced so many roles. She was very open about parts of her life she wasn't always comfortable talking about. She shared how her high-functioning anxiety forces her to keep things more

structured and how she's very diligent about using a calendar to keep organized. She also doesn't want to let people down and this carries a weight of doing everything she can to please them. As a top-rated real estate agent selling luxury homes, she believes her clients deserve the best service they can get and is always focused on their best interests. Prior to real estate, TrinaMarie applied her Masters in Human Services to a Human Resources Leadership and Development career for over 15 years, which aligned with her strong desire to help people. After her HR career, she pursued her love of photography, earned a degree in commercial photography, and ran a commercial photography business, which she still plays a part in managing. She constantly looks forward to seeing what's possible to achieve, and her son, now 26, has been a primary motivator in her life. When asked about her success, TrinaMarie referenced a quote by Lisa Nichols, a motivational speaker, author, and CEO: *For so long, I wasn't afraid of my possibility of failing, I was afraid it might work. So, for a moment, I want us to be okay talking about fear, because when we talk about it, we can disseminate it, we can minimize it into the nothingness that it always was ... but to be willing to step into it.*



UNITED STATES
of America

MRS. NEVADA

2022

Twenty-two years ago, TrinaMarie Shaw moved to Las Vegas in search of a new start. She was the mother of a young son and had recently gone through a bad breakup that involved domestic violence. Independent at a very early age, by her late teens, she was able to purchase a car, and afford her own place as a single mom while living in California before she relocated to Las Vegas. Her early maturity may have also helped with challenges she encountered as a child. At the age of seven, she was placed in foster care with her older brother at a time when her mother was struggling with mental illness. Prior to a few years ago, she felt shame in talking about this time of her life. She recalls feeling confused about what was happening as she lived with another family of a different race while her father went through the court system to get full custody of her and her brother. She spent a summer and several more months during school sessions in foster care and had to miss part of her school curriculum and enroll late.

Some of the lasting impacts of foster care were having to grow up fast and advocating for father's rights in custody situations, especially when the father is already in the child's life providing for them in a stable home environment. After her parents divorced around the time she was in first grade, TrinaMarie and her brother went back and forth to live with both parents and then lived permanently with

her dad after he was awarded full custody when she was entering the seventh grade. The people she was most close to never spoke about her mother's mental illness and she attributes being a private person and not knowing how to process her feelings at the time to the omission of anyone acknowledging her mom's condition. This experience also influenced her current involvement in mental health initiatives.

In November 2021, Trina Marie earned the title United States of America's Mrs. Nevada 2022. She is living her life of purpose of advocating mental health awareness and eradicating the stigma of mental health through her platform 'Sparkle – Turning Darkness into Light,' a platform that resonates with TrinaMarie on a deeply personal level.



TrinaMarie 4 Yrs old

She educates, teaches, and speaks about eradicating stigmas about mental health. She believes people should be encouraged and empowered to ask for help without repercussions and is passionate about teaching life coping skills in grades 3-12 and college. She's involved in local and national non-profit organizations as an advocate, board member, and brand ambassador. These include Solutions of Change, Mental Health America, and the Junior League of Las Vegas. She has also been a member of Delta Sigma Theta Sorority, Inc., a public service organization, since 2009. In September 2021, she and her husband Rich, and his business partner Dave, of D&R House of Diamonds, helped to raise toys that were donated and delivered to Dillard's at Galleria Mall for Boys Town Nevada. Dillard's and several other businesses made it possible for Boys Town Nevada to receive toy donations totalling approximately \$8,000.

Whichever of her many roles TrinaMarie is fulfilling, she is inspiring change and embracing opportunities to make a difference and taking everything she does to heart.

Please visit TrinaMarie's website for more information on mental health facts and statistics, local Nevada and national resources, community associations TrinaMarie advocates for, and more about her mission; <https://beingtrinamarie.com>



TrinaMarie High School Graduation

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

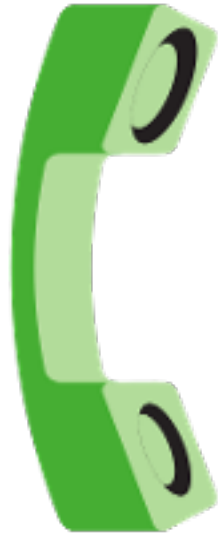
- Adoptive Families Magazine
- Adoptive Parents Committee
- American Academy of Adoption Attorneys (AAAA)
- Child Welfare League of America
- The Center for Adoption Support and Education
- Dave Thomas Foundation
- Evan B. Donaldson Adoption Institute
- International Social Services
- National Adoption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



ad
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NATIONAL

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Crisis Text Line allows teens to access free emotional support for any issue. It can be reached by texting "HOME" to 741741.

Happy Valentines Day!



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Black History Month Crossword

A crossword puzzle grid with 10 numbered starting points for words. The grid consists of empty squares for letters, with some squares being empty to indicate non-letter positions. The numbered squares are:

- 1: A vertical word starting at the top center.
- 2: A long horizontal word starting on the left side.
- 3: A vertical word starting on the right side.
- 4: A horizontal word starting on the right side.
- 5: A horizontal word starting in the middle.
- 6: A vertical word starting in the middle.
- 7: A long horizontal word starting in the middle.
- 8: A vertical word starting in the lower middle.
- 9: A horizontal word starting in the lower middle.
- 10: A long horizontal word starting at the bottom.

Across

2. This person is popular for nonviolent means of protesting against the segregation of whites and blacks in the 1950s and 1960s.
4. This person is best known for refusing to move to the back of the bus after the driver demanded that the seat must be given to a white passenger.
5. This person is another well known author and civil rights activist before Rosa Parks and MLK and one of the founders of NAACP, which is a premier organization for African American rights and activism.
7. This person was another prominent abolitionist and a woman's rights activist. Their famous speech was "Ain't I a Woman?"
9. This person is best-known African American author especially for their most influential autobiography: I know Why the Caged Bird Sings.
10. This person is an esteemed novelist and poet who became a prominent figure during the Harlem Renaissance (a time person where American culture and artists grew). They also wrote a book named Weary Blues and other works, which highlighted the economic situation of lower-class African Americans.

Down

1. This person was the first African American to play for a Major League Baseball team, the Brooklyn Dodgers.
3. This person was a famous abolitionist known for helping slaves escape to the North through the Underground Railroad while never losing a single slave and never getting captured.
6. This person was a prominent abolitionist and a former slave, known for their autobiography where they highlight their life as a slave and escape.
8. This person has earned their fame through boxing and was one of the greatest heavy-weight champions of all time. He also adopted a new name from the Islamic tradition that symbolized a new blank separatist movement in the United States.

Answers

1. Jackie Robinson
2. Martin Luther King
3. Harriet Tubman
4. Rosa Parks
5. Du Bois
6. Frederick Douglass
7. Sojourner Truth
8. Muhammad Al
9. Maya Angelou
10. Langston Hughes

February 2022

- Black History Month
- American Heart Month
- Library Lovers Month
- Senior Independence Month
- Children's Dental Health Month
- National Time Management Month
- National Grapefruit Month
- February 2: Groundhog Day
- February 4: Wear Red Day
- February 7-11: Pride in Food Service Week
- February 10: Umbrella Day
- February 13-19: Cardiac Rehabilitation Week
- February 14: Valentine's Day
- February 21: President's Day
- February 20-26: National Engineers Week
- February 23: School Bus Driver Appreciation Day

verizon^v

verizon^v

Faster!

Adapt!

Mentor!

Be the reason for their success!

Youth Spotlight



Mia Lopez is 20 years old and is currently attending the College of Southern Nevada. She is striving to become a successful voice actress and accents/characters actress. She is a student of WHALER's Creation, where she is learning to perform in front of crowds and have the courage to talk to people on the phone. Mia said "I have learned a lot in my time on stages, both big and small, and I turn those experiences into lessons to do better. I've always wanted to perform on stage with any material I could think of. I've been doing different voices since I was 4, always copying characters or people around me. I love and will always love making people laugh or smile with the voices I make."

Mia's dream is to be on the big screen one day, voicing a character like on Disney or Cartoon Network. She performed at events for WHALER's Creation, two stand-up comedy sets, and three plays. Mia is looking forward to more opportunities.

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REFLECTIONS ON LEADERSHIP

Written by Adria Kinney

Leadership. It's a word we've all heard, but what does it really mean? I recently started a new job working on a leadership program, so I've been thinking about leadership a lot. In my role, I work with young leaders across the globe that have accomplished a great deal in their professional lives. These leaders are authors, artists, activists, lawyers, politicians, scientists, finance executives, and more. They are selected to participate in our program based on their outstanding achievements. Quite frankly, it can be intimidating to read their biographies, and it's easy to feel like I have nothing to offer them. What can I possibly teach these successful professionals about leadership that they don't already know?

After finishing up my first week on the job, I spent some time reflecting on that question. I thought back to my first day, when one of my tasks was to complete a leadership assessment. I spent about 30 minutes answering multiple-choice questions and responding to open-ended prompts. In return, I received a detailed report designed to help me better understand my leadership style, identify strengths and areas for growth, and understand how to better relate to others that I work with. As I reviewed my results, I realized something: before I can ever hope to help others develop their leadership capabilities, I have to start with myself.

By working to become the best leader I can be, I can better understand the unique strengths I bring to the table as well as how to bring out the strengths in others. Understanding my leadership style also helps me understand how I can learn from others who are more skilled in certain areas. What about you – do you consider yourself a leader? How can you grow as a leader? Who are leaders in your life that you can learn from?





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SCHEDULE DATES & THEMES FOR 2022

| | | |
|-------------------|---------|--|
| January 4, 2022 | Tuesday | Baby Boomers Expo |
| February 1, 2022 | Tuesday | Red & Hot Expo |
| March 1, 2022 | Tuesday | Square Biz Expo |
| April 12, 2022 | Tuesday | April Showers of Business Growth Expo |
| May 3, 2022 | Tuesday | The Power of Women & Business Expo |
| June 7, 2022 | Tuesday | Beauty / Fitness / Health Affair Expo |
| July 12, 2022 | Tuesday | 16 th Year Anniversary Celebration Expo |
| August 2, 2022 | Tuesday | Consumer Expo |
| September 6, 2022 | Tuesday | Entrepreneurs Expo |
| October 4, 2022 | Tuesday | Safe Night Halloween Bring the Kids Expo |
| November 1, 2022 | Tuesday | Red, White & Blue Expo |

All event expos are held at Emerald at Queensridge.
 All event expo dates and location is subject to change by the LVBNM Producers.



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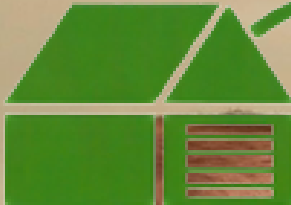
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No-refunds, there is no refunds to any exhibitor for this package payment (nonrefundable).Exhibitor shall not be entitled to a refund of any portion of Cash Investment in the event of a no show, LVBNM Expo is cancelled, postponed, delayed or rescheduled due to weather, an act of God, state of war, act of terrorism, union strike or any other condition beyond reasonable control of LVBNM. In the event the LVBNM Expo is postponed, delayed or rescheduled for any reason, Exhibitor shall enjoy all rights and privileges at the rescheduled LVBNM Expo at no additional charge to Exhibitor.

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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.

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www.whalers-creation.us
admin@whalers-creation.us**

National Grapefruit Month

Written by Jacqueline Monaghan

February is National Grapefruit Month. The reason for that is to remind people of the nutritional benefits of this type of fruit. The origins of grapefruit were found in the 1940s. In 1750, grapefruit was identified and then first described by Revered Griffith Hughes in his book 'The Natural History of Barbados' and often after that, called the forbidden fruit because it was seized upon by those searching for the identity of the original tree of good and evil in the Garden of Eden. The fruit arrived in Florida in 1823 where a majority of grapefruit is now grown in the United States. In the 18th century, they began breeding grapefruits. They are an accidental crossbreed of oranges and pomelos originating in Barbados. There are many varieties and hybrids of grapefruit; red, white, and pink grapefruits are the most popular. In 1929, the variety of ruby red grapefruit received a U.S. patent. Grapefruit trees can grow to nearly fifty feet tall and are the state fruit of Texas. It is called grapefruit because it grows in clusters similar to grapes. Grapefruits are low in calories but very rich in nutrients packed with vitamins A and C, minerals, fiber, potassium, and antioxidants. Grapefruits have been shown to reduce cholesterol, support immune system health, support heart health, help with weight loss, aid blood sugar management, promote better brain function, improve insulin sensitivity, help manage diabetes, reduce the risk of cardiovascular diseases, and combat the formation of free radicals, which can cause cancer. Grapefruit and grapefruit juice has been considered an appetite suppressant, which led to the evolution of the grapefruit diet. The fruit amongst other certain citrus fruits can interfere with prescription medication; some interactions can cause potentially dangerous health problems. Problems arise because chemicals in the fruit can interfere with the enzymes that break down the medication in your digestive system. You can celebrate National Grapefruit Month by incorporating the fruit into your diet.



From Kinship Care to FAME!

Maya Angelou

Kinship Care

Writer, Actress, Dancer and the

First African-American woman on the US quarter



Oprah Winfrey

Kinship Care

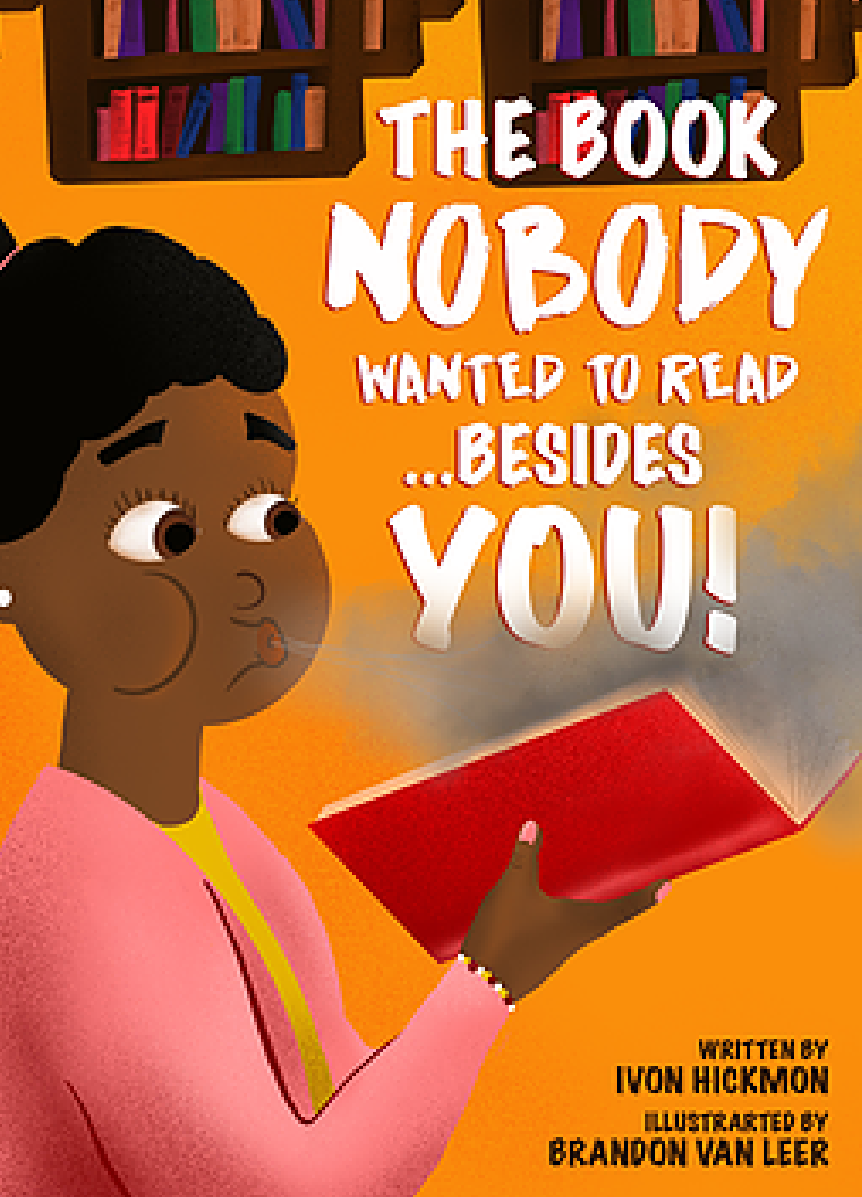
Media Mogul

Author

Actress

Philanthropist

Entrepreneur



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.

A portrait of a man with a shaved head and a goatee, wearing a blue suit jacket, a purple shirt, and a grey tie. He is sitting on concrete steps with his hands clasped. A watch is visible on his left wrist. The background shows a brick wall and more steps.

Ivon Hickmon

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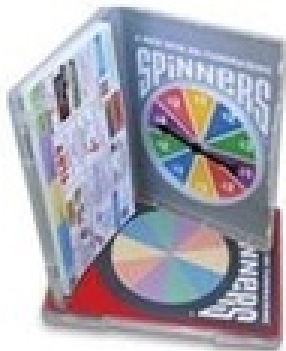
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The Mindful Corner

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

Mindfulness is a technique that can help us stop and be in the present moment rather than the past or the future. By practicing mindfulness, we can learn to become more aware of our own thoughts, feelings, and the environment around us. It helps us to refocus and recenter our mind, body, and spirit. Throughout this issue, you have read several articles that may have been thought-provoking or tapped into your emotions. Whether you were inspired by a story or an article that triggered a traumatic memory for you, take this moment to reflect on how you are feeling.



The Five Minute Journal

This exercise is centered around gratitude, a positive psychology technique. Here are 5 daily questions to answer in your journal of choice:

IN THE MORNING :

Set your intention for the day

- (1) What are you grateful for?
- (2) What would make today great?
- (3) Daily affirmation. I am...

AT NIGHT - End your day on a high-note and reflect

- (4) 3 Amazing things that happened today...
- (5) How could I have made today even better?

Take a mindful minute

Breath-in
Breath-out
Relax



When it's time to say goodnight to your little ones, turn on:
KFAM Youth Radio
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Have you heard of warmlines?

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



I Support Youth



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Meet our TEAM

GET TO KNOW OUR TEAM CONTRIBUTING WRITERS OVER 21



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.



Paula Margus, is a Quality Program Specialist, is always looking for opportunities to make improvements. 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/adoption and health self-advocacy. Paula is a long-time resident of VA.



Sarah Holcomb is a Human Resources professional and a graduate student studying organizational psychology. With a passion for personal development, she lives by the mantra "I never dreamed of success, I worked for it" (Estee Lauder). In her spare time, she enjoys staying active and riding her electric scooter around Washington, D.C., which she calls home.



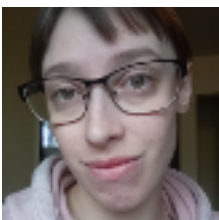
Samantha Cooper is a 20-something writer living in the DMV area. She runs a blog, "Scoop's Animation Corner" where she reviews animated movies and TV shows. She is also the co-runner of the YouTube channel, "Chamber of Spoilers."



Adria Kinney loves reading and writing and is passionate about expanding educational opportunities for underserved youth. She holds a Bachelor's degree in Psychology, a Master's degree in International Education, and resides in Washington, D.C. where she works as Program Officer for FHI 360.



Christa Cooke is a software engineer with a keen interest in technology, LGBTQ+ issues, politics, and the intersections between the three. She is an aspiring writer and avid sci-fi and fantasy reader, with a dream of one day publishing a novel of her own. Christa has spent much of her twenties traveling; she's now chosen to make Washington D.C. her home, close to her chosen family.



Jacqueline Monaghan is a new to writer who saw this as an opportunity to enhance her writing skills, She is really enjoying it and also loves working with her hands. She wants to continue working as a remodeling contractor.

Meet our TEAM

GET TO KNOW OUR TEAM YOUTH UNDER 21



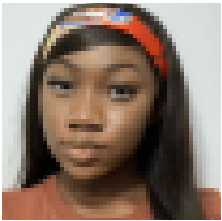
Liam, a photographer / host of 60 Second Sports Talk on KFAM Youth Radio. He is a recent high school graduate with dreams of becoming a professional sports anchor or sports attorney.

Foster



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.

Adopt



Tolu is an African writer, who uses her voice to advocate for change. She writes articles, poetry and screenplays alongside finishing her first novel to be published Spring 2022. When she is not writing, she loves fashion and cloud watching.

Mentor



Jordan, enjoys running, sports, and writing. As of now, she is not sure what career path she wants to pursue, but writing and academic maybe apart of her future.

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