

PASSAGES PRESS

A WAYFINDER SCHOOLS STUDENT PUBLICATION

Blackfish

Lila Acheson, Motahkomikuk

Blackfish is a documentary about a killer whale named Tilikum who was kept in captivity almost all his life, 33 years to be exact. During those years he ended up killing three people. After that keeping killer whales in captivity became a nationwide issue. Many people started to question just how inhumane it is to keep such majestic animals locked up in confined spaces and wanted to find out what happens behind closed doors.

Come to find out Seaworld wasn't as fun and loving towards the animals as they portrayed themselves to be. Studies showed most of the orcas were suffering from malnutrition and depression.



Blackfish (2013) - IMDb

Even their dorsal fins would sag, not surprising due to a life of training or swimming in circles in a small space when they're meant for an ocean.

In 2010 they finally had to stop their infamous whale shows at Seaworld after Tilikum killed his trainer during a show by vigorously thrashing her around by her leg and bringing her to the bottom of the tank, drowning her.

I find it pretty awesome that I was able to experience one of their shows at Seaworld in Florida before they shut it down. I was only about five years old when I went and I will never forget it. Of course, knowing the research I am firmly against orcas in captivity, but it was also an amazing experience.

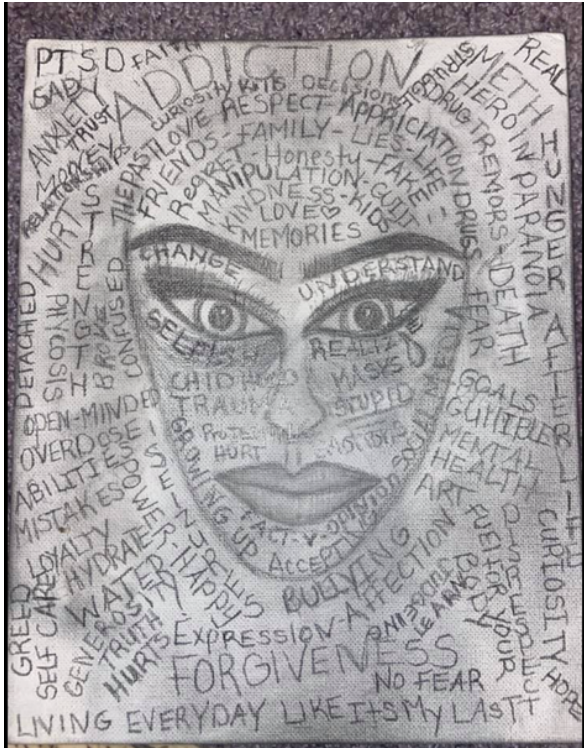
In January of 2017 Tilikum passed away due to old age and poor health conditions, but he will be remembered by many, making an impact on his fans and an even bigger impact on the captive orca community.

I MATTER, Mikayla Sargent, Sanford

I MATTER more now that I am a mom.
I MATTER because I'm a person.
I MATTER because my children need me.
I MATTER as much as anyone else.
I MATTER even when I think I don't matter.

Overthinking

Lindsey Berube, Calais



Overthinking, by Lindsey

This is my drawing of what it's like to overthink. Overthinking can be good, and it can be bad. Your mind is stronger than you think it is. You'll learn so much more in life if you can learn to appreciate the people around you, learn to control your feelings and thoughts, and learn to love yourself too.

I was asking God for strength to get through the past few weeks because I was going through one of my biggest struggles. I didn't need treatment. I didn't need opinions or advice. All I really needed was myself and my kids this whole time. This whole time I had taken myself and my kids and my entire life for granted. I am thankful to be here today, to have that chance to make better decisions and better memories with my children and my friends.

I only have one life to live. I was so reckless, hurt, beat down, depressed, and confused with myself and life. But now I understand and know I don't need to be so confused and stuck. I have REAL goals and I know that I'm not perfect and that I don't know everything in this world. I love harder, I live happier, and I look forward to waking up every day and appreciating everything in this crazy world including myself.

Interview about Coloring as Self-Care

Autumn Francis-Stevens, Pembroke

Q: You use coloring as self-care. When do you use it?

A: Some nights before I go to bed I spend an hour, sometimes two or three. I'm very careful about staying in the lines so it takes me a while to finish detailed pages.

Q: How do you feel after you've spent a long time coloring?

A: I usually color at night when I have had busy or stressful days with too much going on. When I start coloring it puts my mind at ease so after I'm done coloring it's usually stress relieving.

Q: Do you fall asleep afterward?

A: Yes, after relieving a bunch of stress it calms my mind to help me get some sleep.

Q: How did you discover that coloring could help relieve stress for you?

A: Growing up it was a big stress reliever for me. My mom always made sure that my siblings and I had art supplies in our room so when we got home from school or at night before bed we were doing something creative.



Page from Autumn's coloring book.

Q: What are your favorite kinds of coloring books and drawing pens/pencils?

A: Mostly mandala coloring books and animal coloring books. I have a few different kinds of detailed adult coloring books. I have three different containers of markers, colored pencils, and gel pens.



Autumn's coloring books and preferred coloring tools.

Q: How long does it usually take you to finish a page? Do you need to

finish it all at one sitting to feel stress relief or can you take a few days to work on one and get the same relaxed feeling?

A: Sometimes in a couple of hours, I can finish a whole detailed page depending on the size of the coloring page and details. There are some pages I still haven't finished because there are so many designs it takes too long and I start on different pages.

Santa Claus Rae Philbrook, Cushing

Over time, I realized that Santa wasn't real. I don't remember when I confirmed he didn't actually exist, but I remember when my older siblings would get a gift from "Santa" and they would quietly thank my parents. That was a pretty big sign that he was a fictional character to simply make the holiday more magical.

As I got older it was pretty clear that the effort they put into making me believe in Santa had died down. The tradition of all of the children sleeping in the same room was no longer a part of Christmas. Another sign that Santa wasn't real was that the wrapping paper was the same as the presents from my family. I never really put that together until I was older, maybe nine or ten.

Soon the effort to make me believe in Santa moved from me to my baby brother, which I was perfectly okay with. Being the one behind the spark of the fictional man was just as exciting as being the one to believe.

I loved believing in Santa when I was younger but being able to thank my parents and give them my appreciation for all of the gifts that they buy makes me really happy. I like seeing my brother believe in Santa. It's just as enjoyable as believing in him myself. Although I don't get to have that same excitement, I have a new reason to enjoy the holiday.



Santa, iStock

A Cover Letter Miranda Leavitt, New Gloucester

To Whom It May Concern,

Hello, my name is Miranda Jean. I love being with animals, playing outside with my daughter, Dakota, and painting. When I get the chance, I love to go for walks with Dakota, go to beaches and lakes, go on trail walks and hikes, or even go to the pond to catch frogs and sit outside enjoying the weather.

I have many skills. I am a good communicator and I am responsible, as well as friendly. I'm also very good at working with animals. I have had animals all my life. I'm good at listening to people when they are talking to me or asking me a question or if they need someone to vent to. While my resume shows that I've only had a handful of jobs, when I have worked, I have worked hard. I have worked with Joe Trafford, a family friend, and farmer. I spent my time loading and unloading trucks full of hay for his customer's animals. Joe relies on me when he doesn't have much help. The bails of hay are heavy and so I have to be strong. I have also worked at Jennifer Garry's horse

barn in New Gloucester. I spent my time cleaning stalls and water buckets and using my organizational skills to prioritize the work. I exhibited and used patience because it took a lot of time.

I know that I would be great at being a farmhand of some kind because I love animals and I would very much enjoy helping with animals. I have experience with cleaning horse stalls, cleaning water buckets, and stacking hay. I am very understanding. I am responsible. I am good at cooking and cleaning. I'm good with childcare. I am a quick learner, and people can depend on me.

Looking forward to hearing from you,
Miranda Leavitt

Making a Birdhouse Madison Dorais, Buxton

Phase one of building a birdhouse seemed pretty easy to me until it wasn't. First, I got all the wood I needed and cut all my pieces to the length they had to be. Measuring and cutting were a little difficult when I needed an angled end, but it didn't stop me from learning how to cut them like that. My stepdad showed me the best way to do it.



Madison using a miter saw

Phase two of building my birdhouse was putting it all together and was a tricky thing to do. My stepdad and I put the bottom piece down, set up the walls, and nailed those in with a nail gun. I'd never used a nail gun before. I did get about 75% of the nails right, then I hit a rough patch and I missed nails, or they



Madison using a nail gun.

didn't fully hook in. As I finished the walls and bottom it was time for the roof to go on. My stepdad and I agreed that a pitched roof would be better until we realized that we were both wrong - very wrong. When we matched up both roof pieces, nailing them in wouldn't work any which way we tried! We tried longer roof pieces thinking it would help, but we were wrong again. I gave up and decided to switch roof ideas. I went with a flat top that I can take on and off to clean for the birdies and a pitched roof off the sides. My final piece to cut was a hole which was very hard because you have to know when to put pressure on or take it away. I didn't use enough pressure at first, so it just spun. Now my birdhouse was complete - - besides the paint.



Madison's birdhouse using her Memere's favorite colors.

Phase three of building my birdhouse was all about painting and glossing it so it would be able to stay outside in all weather conditions. I chose my colors because they are some of Memere's favorite colors and this birdhouse happens to be a gift for her. Painting my birdhouse was easy, I just had to make sure my layers were thick enough and glossed over enough so it was weatherproof and ready to be gifted to Memere.

Ultimate Fishing Trip Brooke Neptune, Motahkomikuk



Maine Lakefront Cottage, vrbo.com

For my ultimate fishing trip, I would take all my closest friends that I grew up with to Sebago Lake for a night to go ice fishing. It would be Justin, Tre, Ruben, Nevaeh, Amu and me. We would definitely have to take two vehicles because not all of us could fit in one! In one vehicle it would just be us, two girls, then in the other all the guys would ride together because being squished into a car full of guys for four hours would not go so well.

Once we rent the cabin and get everything settled, we will go on the lake to try to catch some landlocked salmon for dinner. We would bring a pop-up ice shack to bring on the lake so we don't get too cold. We'll make a fire to stay warm and just take the time to enjoy each other's company while we wait to see the tip-ups go up. After we are done fishing, we'll all change into some warm clothes and play cards while we cook up the fish we caught.

After our long day of fishing, we can all go to bed, then in the morning, we will head back to the rez.

I feel like this would be a good time for all of us to get away from our hectic lives. What's better than going fishing with all the people that I love, even if it's just for one night?



Maine Lakefront Cottage, vrbo.com

Your Pet/Your Mental Health Lily Harvey, Washington

When a person is not feeling mentally healthy, to me that means not having the energy to get out of bed all day, even to eat, take a shower, or brush your teeth. It's feeling like you're an inconvenience and that everyone would be better off without you. Sometimes people think about hurting themselves because they want to distract themselves from their emotional pain with physical pain.

Mental issues and physical issues are connected because the brain controls your body. So if you have poor mental health, you may not be motivated to do simple hygienic tasks like taking a shower or brushing your teeth.

I read a study that said that pets release oxytocin in our brains when we see them. Oxytocin is also known as the love hormone. It makes us feel happy and trusting, which contributes to the human-animal bond.



Pet Health, Getty Images

Pets can help owners with long-term mental health conditions such as depression and anxiety in several ways. They can distract people from mental health symptoms such as suicidal thoughts or panic attacks. In the study I read, pets also gave a reason for owners to do tasks during the day or care for something other than themselves.

As a pet owner, I agree with these scientific findings because there's no better feeling than your animal wanting to be pet or cuddle with you after a long stressful day or when you're upset. It instantly brightens up your day and makes you feel better.

Animal Science

Miranda Leavitt, New Gloucester

Are animals science?

Animal science is concerned with the science and business of producing domestic livestock species, including but not limited to beef cattle, dairy cattle, horses, poultry, sheep, and swine. In addition, animal science is concerned with aspects of companion animals, including their nutrition, care, and welfare.

Why is animal science considered a science?

Animal science protects human health. It is important for scientists to study how diseases spread between humans and animals. Animal scientists can also use animals as models for humans. Studying fetal development in sheep, for example, can help us understand fetal development in humans.

What defines animal science?

The animal sciences comprise applied animal physiology, nutrition, breeding and genetics, ecology and ethology, and livestock and poultry management.

How does animal science help the environment?

They study these animals to help keep them healthy and productive. Animal scientists help put food on the table. When animals grow well and stay healthy farmers can produce more meat, milk, or eggs for our consumption. Animal scientists also work with farmers to decrease the environmental impact of animal agriculture.

How important is animal science to human life?

Animal science deals with the biology of animals under human control. The domestication of animals is important to the growth and wellbeing of more than one industry, such as poultry, dairy, and the meat industry. Every discipline comes together to describe the importance of animal science.

What type of science works with animals?

There are many different types of zoologists and wildlife biologists, as these scientists typically specialize in a specific species or part of zoology. Like entomology, ornithology, teratology, histology.

Is animal science the same as veterinary?

A major in animal science may prepare students to

work in the veterinary field. While animal science focuses on degree programs may also include other topics that are relevant to studying and working in veterinary sciences.

Can an animal scientist be a veterinarian?

Veterinary medicine is one of the traditional careers pursued by animal science majors.



Animal Science, Berry College

8 Birth Control Options

Lily Harvey, Washington

Birth control pill

Combination birth control pills are daily medication that contains two hormones (estrogen and progestin) to prevent pregnancy. The combination of estrogen and progestin prevents ovaries from releasing eggs. You take the pill daily for three weeks and then take a week of placebos that bring on your period.

Effectiveness: 91% with typical use

Effort: Take every day

Sexually transmitted infections: Doesn't provide protection

IUD

An intrauterine device (IUD) is a little, t-shaped piece of plastic inserted into the uterus to provide birth control. The three types of IUDs that use the hormone progestin include Mirena, Skyla, and Liletta. Skyla is the smallest of the progestin IUDs.

A progestin IUD releases a small number of hormones into the uterus to prevent sperm from fertilizing eggs. It's inserted by a healthcare professional.

Effectiveness: over 99% effective

Effort: lasts from three to six years and requires a quick procedure to insert and remove

Sexually transmitted infections: doesn't provide protection

Birth control implant

The implant is a very small rod inserted under the skin of a woman's upper arm to provide birth control. It's invisible and prevents pregnancy for up to four years. The implant releases progesterin, a hormone that keeps ovaries from releasing eggs. Progesterin also thickens the mucus inside the body to prevent sperm from reaching eggs. It needs to be inserted into the arm by a healthcare professional.

Effectiveness: Over 99% effective

Effort: Lasts up to four years, but can be removed

Sexually transmitted infections: Doesn't provide protection

Birth control shot

The shot is an injection of the hormone progesterin that provides birth control for three months. It can be administered at home or by a healthcare professional. The shot contains the hormone progesterin, which prevents ovaries from releasing eggs. It's a good option for those who can't take estrogen.

Effectiveness: 94% with typical use

Effort: get a new shot every three months

Sexually transmitted infections: doesn't provide protection

Male condom

A condom is a thin covering worn on the penis during sex to prevent pregnancy. Condoms are the only method of birth control that prevents sexually transmitted infections. They're widely available with or without latex and spermicides. By covering the penis, condoms prevent sperm from reaching eggs. The barrier also helps protect against sexually transmitted infections.

Effectiveness: 82% with typical use

Effort: use every time you have sex

Sexually transmitted infections: provides protection

Birth control patch

The patch is a thin, beige piece of plastic that looks like a square bandage. It's easy to use and works like the pill, but you only need to change your patch once a week. Applied to the skin, the patch gives off hormones that prevent the ovaries from releasing eggs.

Effectiveness: 91% with typical use

Effort: change the patch every week for three weeks, then leave the patch off for one week

Sexually transmitted infections: doesn't provide protection

Vasectomy

Vasectomy is a medical sterilization procedure for men who are sure they don't want a future pregnancy. A vasectomy permanently blocks the tubes that carry sperm to the penis.

Effectiveness: over 99% with typical use

Effort: nothing after the procedure

Sexually transmitted infections: doesn't provide protection

Tubal ligation

Tubal ligation is a medical sterilization procedure for women who are sure they don't want a future pregnancy. Tubal ligation blocks the fallopian tubes, preventing sperm from reaching the egg.

Effectiveness: over 99% with typical use

Effort: some methods require a follow-up X-ray three months after the procedure

Sexually transmitted infections: doesn't provide protection

Shopping Habits & Techniques

Isaiah Ellis, Waldoboro

I don't have any shopping patterns since I don't have a job nor do I go shopping, but I can give two examples of the shopping habits from my mom and my aunt and uncle.

I see my uncle and aunt's shopping technique is that they bring a meal plan list with them and they go shopping for the stuff they need on that list. They are smart about their technique because it limits the amount they spend on food. Sometimes they get stuff that isn't on that list, but they don't go overboard with spending.

My mom is completely opposite from that. She will go to stores and just buy what she thinks she needs. By doing this she usually spends much more than she intended. Sometimes when she leaves the store she says to me that she spent over \$40 and that she doesn't know how it happened. Usually, it's because she gets stuff that she doesn't need. This "technique" isn't very smart. When you go into a store not

knowing what you want, you will probably spend much more than you want to.

From what I've observed from my family, my best shopping habit to form would be to create a list of ingredients from a meal plan I have for that week or month. I would try to avoid any unnecessary spending, and once a month I would get something special for myself, like a new game or a DVD set I want from Amazon.



Shopping List, Canva

Taxes

Isaiah Ellis, Waldoboro

Every year before April 15, adults have to pay taxes. The reasoning for this is so workers of the government can get paid. You have to pay taxes according to the law and failure to do so will cause a penalty like being sent to jail time or getting fined. You get a special form from the



Taxes, Canva

Internal Revenue Service (IRS) and you have to fill it out. Tax money helps with repairing roads, funding parks, libraries, and schools. If you pay the government too much money, they will send a check as a refund. Employers report to the IRS how much an employee is making, so they can make sure you are sending in the right amount.

Baby Ava Krysten Chandler, Rockland

Some things I have noticed about my baby Ava are. . . Ava is a really smart baby. She is only four months old and she is already holding her head up, and she holds her bottle too. She plays with toys. She loves to smile and talk. She's now yelling and laughing and trying to crawl and walk. She started crawling at six months old. Ava is 10 months old and she is almost walking. Ava can say, "Dada" and "Momma."

Brooklynn is way different than Ava. She loves to yell and laugh and to make kissing sounds. She loves climbing stuff and knows how to stand up in her high chair.

Some Sleep Disorders Maddy Dorais, Buxton

Restless Leg Syndrome - the irresistible urge to move legs. It often occurs in the evenings.

Jet Lag - is a sleep disorder for those who travel across multiple time zones too fast.

Narcolepsy - is an overwhelming daytime drowsiness.

Insomnia - is basically when you have problems falling and staying asleep.

Sleepwalking - is when you get up and walk around while still asleep. Some may do other things while sleepwalking, too.

Stress can be a big factor in sleep disorders. Coffee, Medication, Anxiety, and Depression can also be factors in disturbing sleep.



Sleep Disorders, Canva