

PASSAGES PRESS

A WAYFINDER SCHOOLS STUDENT PUBLICATION

Propaganda Techniques

Hayley Hoffses, Waldoboro

It is quite interesting how businesses and politicians will use popular or unique advertisements to catch the viewer's interests. Either by using a popular person, product, life problems, religion, etc., to make someone believe that they or their product/business is the best. Political advertisements seem to have more harmful intentions, at least from the ones I've seen over the years. Many such ads are mostly lies and insults which are honestly sad. It's upsetting at how both politicians and businesses will use various platforms to try to make themselves look good, and fool many of their viewers.

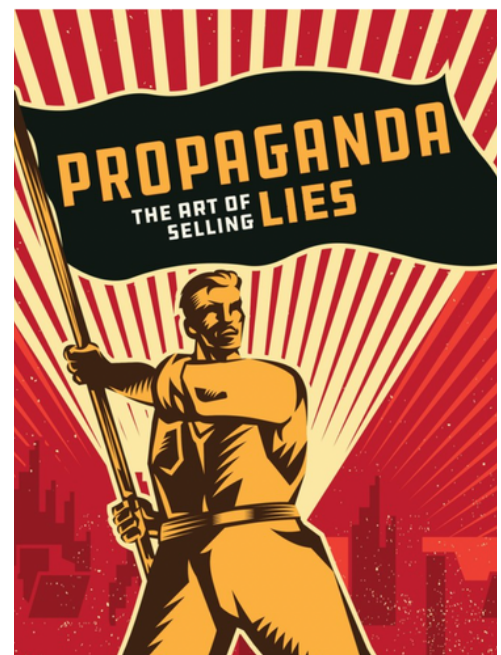
Fact and opinion can easily be mixed up most of the time. Many like to make their opinion seem like a fact. The way fact differs from opinion is that fact is based on proven evidence to back up a topic. Like for example, a crime. With proper evidence, it can be proven to be guilty or innocent. An opinion is a personal belief on a topic not necessarily based in reality. They may say that a law is bad, but you may say a law is good. But there is no evidence to prove either belief is correct.

Propaganda has multiple ways of persuading people like using someone's (or their own) religious beliefs to make those in a religion believe that they (the propagandist) are good, to make them or their product seem good. Propaganda is mainly using some form of persuasion to make a viewer believe what they are seeing/hearing.

In the past, using things like posters were a very common way of propaganda, such as Army posters to recruit Army members. Restaurants have some big signs. There have been quite a few public speakers

who have used propaganda. Hitler used public speeches to get his name well known throughout Germany. He used propaganda to persuade his followers that the Jews should be killed. Propaganda is used to persuade the viewer/listener to take interest in the topic in front of them.

Sometimes it is almost impossible to hold back an opinion when reporting on a subject. But, I think news organizations and journalists should try as hard as they can to keep their personal views on their subject to themselves. Sometimes an opinion can reach many people, and cause a huge debate. I don't think situations like that should happen when simply reporting a situation or subject. Their main focus should be informing others about the subject at hand, not getting others to believe in what they personally think.



Propaganda: The Art of Telling Lies, Rotten Tomatoes

Social Media Influence

Autumn McIntyre, Pembroke

Kids nowadays have Snapchat, Instagram, TikTok, YouTube, Facebook, etc. I really don't spend that much time on social media besides TikTok and YouTube. I mainly use my phone for my photos, Safari, Netflix, and games. I have to admit though that I do spend quite a bit of time on TikTok. I don't feel that I am on social media too much. I do spend quite a bit of time on my phone throughout the day, but I don't really scroll through any social media accounts, liking photos that people post about their lives. I occasionally remember that I have Instagram, so I have to scroll through months of posts to see how my old friends are doing.

I would say my biggest problem is TikTok. I probably spend at least a couple hours each day on TikTok, usually more at night. I also have Zoom and Facetime. I use Zoom for online meetings which is really a good resource for those not wanting to travel far to meet up in person. Facetime is another really great app for when you are far away from a person but still want to talk to them, see their face and surroundings.

Social media provides many avenues for people to connect to issues like never before. Not only can users discover posts about issues they care about, they can make and share posts themselves. People have the opportunity to follow and engage with organizations, nonprofits, and other groups that exist to tackle various issues.

Social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading, unrealistic views of other people's lives and peer pressure. The risks might be related to how much social media teens use.

You can protect your computer from viruses or cyber attacks, or keep your personal information safe by using a firewall. Keep all of your software up-to-date. Use antivirus software and keep it current. Make sure your passwords are well-chosen and protected. Don't open suspicious attachments or click unusual links in messages. Browse the web safely. Don't post any personal information about your life online, and stay away from pirated material.

Propaganda Techniques

Ethan Fogg, South Thomaston

Glittering generalities: It uses general words like freedom, patriotism, and truth to make people feel more positive about their product.

Testimonials: It is when they have a celebrity endorse the product so people will feel inclined to buy or trust a brand.

Bandwagon: It makes the consumer feel like everyone else is buying/using the product so you should too.

Plain folk: Uses a common person to convince you into believing they are like everyone else and that most people feel that way.

Name-calling: It is where they use negative symbols to persuade the public see it in a negative light.



"We Can Do It!", poster by J. Howard Miller

This is a poster that uses more than one type of propaganda. It is an example of plain folk and bandwagon. The target audience is women and it is saying women like you can work in a factory. Everyone is doing it so you should too.



James Montgomery Flagg "I Want You"
Army recruitment poster, Gary Borkan posters

This is an example of glittering generality. He is pointing his finger at you implying it is your moral responsibility. It was first used during WWI to recruit soldiers.



Silly Whopper, That's A Big Mac Box, Mind Over Media

This is an example of name calling. It shows a whopper setting on a Big Mac's packaging because it's too big to fit implying that the Whopper is much bigger than the Big Mac.

Self Care

Raelynn Philbrook, Cushing

What is fear?

Fear arises with the threat of harm, either physical, emotional, psychological, real or imagined. I do feel fear but I try to ignore it purposefully. This is because I like to try new things but fear kind of prevents that in a way, so I just shove it down and act nonchalant. There's no way to overcome fear unless you force yourself to breathe through the panic and face it head on.

Emotional needs are feelings or conditions we need to feel happy, fulfilled or at peace. Without them we may feel frustrated, hurt or dissatisfied. Some examples of emotional needs may include feeling appreciated, accomplished, safe or feeling part of a community. In order to sustain ourselves physically we need things such as food, clean water, shelter, sleep and physical activity. Social needs may include love, acceptance and belonging.

The need for emotional relationships drives human behavior. As an example, friendship can satisfy this need. Spiritual need is the need to love and be loved, the need for meaning and purpose, the need for support and hope, and the need for dignity and respect. Intellectual need is the desire to learn something. It has been recognized as critical in effective education and learning. This need arises when someone poses a question to themselves or others, either out of curiosity or to solve a specific problem.

Some aspects that play a part in my well-being include affection, acceptance and trust which are emotional needs. Feedback and belonging from friends and family helps meet our social needs. Respect, love and purpose are spiritual needs. These needs can be met by simply asking and expressing what makes me happy. Someone with a growth mindset views intelligence, abilities and talents as learnable through effort. Someone with a fixed mindset views those same traits as inherently stable and unchangeable over time.

I have a growth mindset, I believe that if you want something you're going to want to learn about it. A personal example of mine is English. I enjoy learning new vocabulary and going out of my way to excel in this subject.



Raelynn doing some community service at CMCA

First Aid and Home Safety

Emily Alley, Calais

What made you feel safe and secure in your home when you were a child? What made you feel unsafe?

My night light made me feel safe. I was scared of the dark for a long time. Even though I grew up with the lights off, the dark always scared me. I'm a big noise and light person. It makes me feel more protected, like when you hug your parents. It's a secure, warm feeling. I also made sure all the doors were locked. I would double check the locks.

Just knowing that I did these things right before bed made me sleep a lot easier, especially since my room leads directly to a porch. I always felt unsafe anytime I was left alone. No matter how old or what time it is, it could be in the morning or late at night, I always like to check the doors.

What is the difference between an emergency and a non-emergency?

Non-emergency refers to things that require attention and help, but not immediate response or intervention. Like an argument with someone that gets out of hand or when you sprain your ankle. Emergency would be if someone was in a critical situation, regarding health, life, property, environment. Like if you got into a car crash, or if you were caught in a dangerous situation like being held at gunpoint.

What are some of the things you can do to make your home more safe?

I've been working on my life and room. We bought shelves and organizers. I have a big thing with collecting and not a lot of space, so we are creating more space by elevation. I've been trying to keep my clothes, trash and dishes organized and sorted. I have a hard time finishing things so I've been pushing myself everyday to complete things. I think for me it's all about my willingness to do it even when I feel sick. I'm good at cleaning but bad at telling when to clean.

My mom has been helping me do things to get organized. She's been reminding me of things, and encourages me when I need it. I cleaned my room the other day and it came out nice. I'm planning on putting up the shelves soon.

We went over an escape fire plan. Our main doors leading outside are the main door on the side of the house. The second would be the green door which is located at the front of the house near the road. Last would be my bedroom outside door or the garage doors downstairs. They're auto or manual so you can pull them up in case of an emergency. They are large doors.

Instead of just an at-home first aid kit, I want to put together a list of survival items too. Both have to do with emergencies. I think most people should have at least some of these things in their home like canned goods, toilet paper, and water. Essential supplies in case of a mass emergency. You don't have to go to extreme measures to make sure your family is safe but a few of these simple measures will help keep you and your home safe.



Safety, Mortgage Calculator

Time Management

Ethan Fogg, South Thomaston

Time management is figuring out your priorities and then setting a certain time aside to finish or work on it. Time management is important because it can reduce stress, and teach/help with self-discipline. It will improve the quality of the work you do and it can help with decision making. It stops you from missing opportunities and helps you accomplish more so you have time to spend with family and friends. It can open up more possibilities for you.

I think time management is an important skill but I am not very good at it because I have a very loose idea of my schedule and of how I'm going to do things. Recently, I bought a whiteboard calendar and I plan on scheduling times. I feel that will help

because I'll be able to see everything I need to do, and when it needs to be done for the whole month. I am going to set a schedule and have designated times to work on schoolwork and other things to better manage my time. I think it will help me not procrastinate if I have it written down.



Ethan's whiteboard calendar

Time Management

Autumn McIntyre, Pembroke

Time management is having a plan or routine set in place for when you use your time wisely to complete something important that is upcoming. Time management is something that everybody should use, including myself. It gives you more control and stability in your everyday life. I suffer from procrastination so I've really struggled to use time management correctly, so I was really excited to complete this subject.

I did some research into what "backwards planning" is all about. Basically it's planning the steps you need to take in reverse, you start with your end goal and then work your way backwards from there to develop a plan of action. I was hesitant about this idea. I didn't really think it would work. I tried this with some homework my therapist gave me. She told me to create a compliment jar and add one compliment to myself every day to improve my self-esteem. I tried to think about my end goal and how I would feel.

To see if it gave me any motivation I tried to write something down. I found it hard to be able to come up with something positive to say about myself even when I knew how nice it would feel at the end to read everything I wrote to myself out loud to hear. I keep on wondering maybe I did the steps wrong. But eventually I was able to figure out something. I ended up writing about how I was proud of myself for officially having my license for a whole year. So did this method work well for me? I'm not sure, it didn't really speed up the time process for me either.

I kept track of how I spent my time for a whole week. I carried a journal around with me everywhere I went to write down what activities I was doing. Monday was a lazy day. I started developing a really bad cough and felt like I had no energy. I ended up sick and in bed all day. Tuesday was the same.

My baby nephew ended up developing the same sickness and ended up going to the ER and tested positive for RSV, which I assumed I had too since our symptoms were the same. Wednesday, I was still pretty sick but I decided to be productive and went for a walk and hung out with my older sister. Thursday, I went for another walk and decided to help out by cleaning the entire house and completing some math and practiced my guitar. Friday, I completed my time management, read five pages of my new book, went for a walk, practiced guitar and did some self-care.

Reading over what I did all week, I didn't complete a whole lot which I can't blame myself for because I was sick. I noticed I definitely am a very isolated person, mainly by choice. I need to join more social activities to fill up my time. I noticed the more tasks I completed during the end of the week, my anxiety level started to drop. It also felt nice not to be sick and in bed all day.

I plan to graduate this year but in order to do that, I need to minimize my distractions and focus on my future. I need to have a specific time to myself where I work on productive activities and have it known that nobody should interrupt that time I am working on myself and my goals. I don't really have a schedule for my day, besides when I have work or meetings with my teacher. I am going to order a planner for myself to plan an effective schedule, so my days aren't spent wasting important time, and so that I can accomplish my goals more efficiently.

Eating Disorders

Mikayla Robbins, South Thomaston

Eating Disorders

Eating disorders are any of a range of psychological disorders characterized by abnormal or disturbed eating habits.

Types of Eating Disorders:

Anorexia nervosa

Anorexia nervosa is an eating disorder that causes people to obsess about their weight and what they eat. Anorexia is characterized by a distorted body image, with an unwarranted fear of being overweight. Symptoms include trying to maintain a below-normal weight through starvation or too much exercise.

Bulimia nervosa

Bulimia is a potentially life-threatening eating disorder. People with this condition binge eat and after doing so they will make themselves vomit or some will resort to excessively exercising.

Binge eating disorder

Binge eating is the repeated inability to control consumption of large amounts of food at one time often followed by induced puking.

Pica

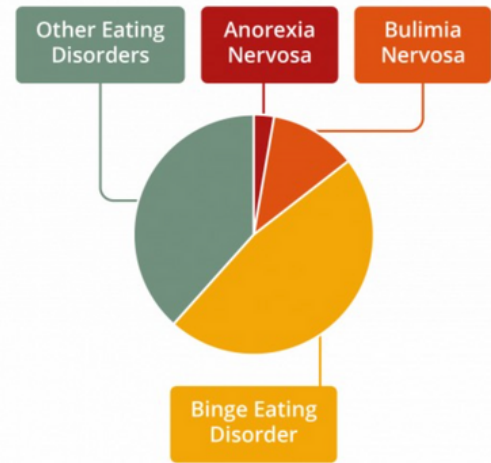
Pica is an eating disorder in which a person eats things not usually considered food. Young kids often put non-food items in their mouths, but kids with pica go beyond that and sometimes they eat things that can lead to health problems.

Rumination disorder

Rumination syndrome is a condition in which people repeatedly and unintentionally spit up undigested or partially digested food from the stomach, re chew it, and then either swallow it or spit it out. Because the food hasn't yet been digested.

Avoidant/restrictive food intake disorder

Avoidant (ARFID) is an eating disorder commonly found in Children. Children with ARFID are extremely picky eaters and have little interest in eating food. They eat a limited variety of preferred foods and may not eat food items with a particular color, aroma, texture, or even brand name. Instead they may only eat foods with a certain consistency.



Eating Disorders, National Eating Disorders Collaboration Australia

Anonymous

Dear S,

I know you've been very anxious and depressed lately but here's one thing you need to hear. You have to stop caring about what other people have to say. The more you ignore it and stay to yourself, the less likely you will fight and get into unnecessary trouble. I promise you that I've learned so much, that I am smarter now than before. I know your mindset. I can help you get to your potential, but the first thing you have to do is to begin to change yourself while trying to keep an untroublesome nature. Be more mindful and understanding of yourself.

Sincerely,

PS

Dear Past Self,

It's okay to be afraid and it's okay to not know the answer. You are smart and beautiful. You do not deserve what is happening to you. Being abused doesn't define who you are. It is just a tribulation in your life. Things will get better when you start believing in yourself.

You have allowed people to walk all over you and disrespect you because you cared too much, and you wanted them to stay. You thought you needed them to be there because that's all you've seen. You

thought that's what you deserve and it's not. You are worthy of something beautiful and someone who loves you for who you have become. You will not be stuck in this cycle, you will break it because if you don't, you will never begin to understand or move on from your past trauma. Your children will experience the same disturbing behavior, and they will believe it's acceptable.

It will hurt, and you will have a hard time moving on and trusting people. The people who mattered most to you will slowly fade away, and everything you once knew and tolerated will become clear. People's intentions will come to light and you will understand they came into your life to teach you an important lesson.

The reality is you will get depressed and insecure. You will not know how to control your emotions and cope with life. You may get some anxiety trying to figure it out, but everything will be okay. You will make it out of this if you keep trying. Keep telling yourself just because this happened, it doesn't define you. You will get through this. Sometimes bad things happen to good people.

There are always mistakes to be made and lessons to be learned. Keep saying your daily affirmations and talking about your trauma, and learn to be patient with yourself. Always love yourself because you are great! Take your time in your healing process. Don't blame yourself or let that stop you from accomplishing your goals.

Love always,

A



Types of Abuse, Very Well Health

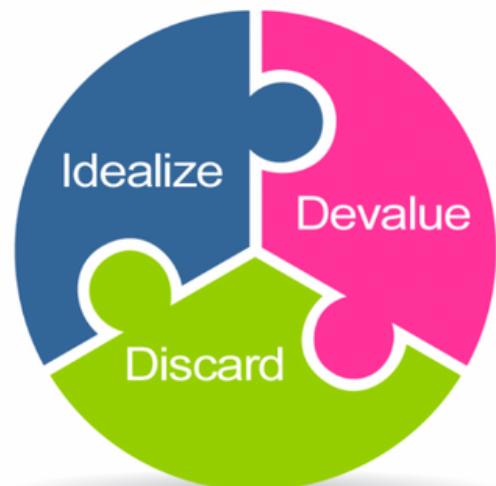
Narcissistic Abuse

Danielle Mehau, Bath

How can you recognize narcissistic abuse? Is there a pattern of behavior?

- Walking on eggshells-never setting boundaries and trying to stay on the abuser's good side
- Mistrusting-distrusting others that were close to you and not trusting yourself
- Self-isolation-hiding in shame, believing no one will ever believe you, making it easier to be drawn back in
- Loss of self-worth-hearing the voice of the abuser in the head, vying for approval of the abuser
- Feeling lonely- non-communicative partner, hovering, emotional manipulation through silent treatment
- Freezing up-instead of fight or flight, freezing to attempt to minimize the intensity
- Trouble making decisions-doubts your sanity and absorbs the insults and believes them to be true
- Feeling you've done something wrong-and that you are the problem, putting blame for their actions on you, rather than taking responsibility for their actions

Cycle of Narcissistic Abuse



Cycle of Narcissistic Abuse, Narcissist Abuse Report

Is Narcissistic Personality Disorder something that can be inherited?

Yes, it can. When you are raised in a narcissistic environment you can become this, although you don't realize it. Codependency and narcissistic behavior go hand in hand. They rely on each other to keep this dysfunction alive. These cycles can be broken.

What symptoms lead to a diagnosis?

- Have an exaggerated sense of self-importance
- Have a sense of entitlement and require constant, excessive admiration
- Expect to be recognized as superior even without achievements that warrant it
- Exaggerate achievements and talents
- Be preoccupied with fantasies about success, power, brilliance, beauty or the perfect mate
- Monopolize conversations and belittle or look down on people they perceive as inferior
- Expect special favors and unquestioning compliance with their expectations
- Take advantage of others to get what they want
- Have an inability or unwillingness to recognize the needs and feelings of others
- Behave in an arrogant or haughty manner, coming across as conceited, boastful and pretentious
- Insist on having the best of everything — for instance, the best car or office

The Sanford Mill Fire Kristina Rideout, Sanford

On June 23rd, 2017, an old shoe factory known as the Staton Trust Mill in Sanford, caught fire and was destroyed. The Sanford Mill stood tall until the fateful day when three boys decided to commit arson. They burnt two buildings down.

Over 150 first responders battled the burning blaze that spilled from the building for hours. At its highest blaze, fire hydrants weren't enough to put this fire out. The first responders had to use Number One Pond to accommodate the fire.

The Sanford Mills had two buildings but only one caught fire. All damages to the second building were caused by the heat of the first building on fire. First responders spent days trying to get the fire out and contain it to the one spot where it caught fire. Three days later, the rubble was still smoldering.

I was driving alongside Number One Pond, when smoke filled the sky in front of my car. I followed the smoke to see the mill was in flames. My cousin and I walked to River Street where the mill was located. First responders were working hard. The streets were filled with curious people watching as the mill burned.

No one knew what had happened but they were trying to piece together any information they could. Accusations were made. From the streets we watched a place we had known our whole lives burn down. The fire was big. The smoke was dark and thick. My mum could see it fourteen miles away at work.

Today, only one building stands. The town of Sanford tore down the main building that had ignited two years prior. It took more than two weeks for the demolition to be completed. They have not torn down the second building.

Three boys were charged with felony arson charges. All this damage was because of children fooling around. They caused so much damage that was irreparable.



Staton Trust Mill on Fire, WGME

What I Have In Common With “The Kid In Me”

SayTun Hassan, Lewiston

I've always wondered what I have in common with my peers? Is it hair, clothes or shoes? I feel like I don't have anything in common with them, but I do know this one strong woman that I have something in common with. Her name is Margaret Thayer. We both made mistakes we ended up loving. We both made sacrifices. Our personalities and lives are different, but we both are open-minded and strong people who think deeply about life and its meanings.

There are strong differences between us though. We believe in different Gods and also have different cultures. In my family, my parents are more strict, while hers were more humble, they were not paying attention to her needs. Even though our parents were different, we still feel the same, because we both feel neglected. She didn't get the attention and love she needed.

I was getting the attention, but not the freedom and space that I needed as a growing teen. We both experienced trouble and neglect, but with different issues. Even though there are differences in dress, culture and appearance among peers, it's what we go through in life, and how we deal with it, that shows us that we have a lot in common with others.



The Kid in Me, by Margaret Thayer Paige

Project Semicolon 416

Keli Crowley, Hope

I wanted to write about Project Semicolon 416 because my birthday is on April 16. I learned two years ago that the project was founded on my birthday in 2013. When I learned about this project I thought it was a good idea. The Project Semicolon 416 is for people battling depression, anxiety, loss of a loved one, suicide, addiction, self-injury and for those who are supporting others dealing with these issues.

The project was founded by a college student named Amy Bleuel who lost her dad in 2003, to suicide. For this project, Amy asked anyone suffering with mental health issues to draw a semicolon on their wrist every April 16, to let people know that their story is not over yet, and that they are choosing to keep thriving. Amy lost her battle to depression March 23, 2017. She was only thirty-one years old. Amy lost her battle, but she would still want others to keep fighting through it together.

I have grown up fighting depression and anxiety, so I found this project extremely helpful. I would like as many people as possible to draw a semicolon on their wrist every year on April 16, to help others know that their story isn't over. Project Semicolon 416 has shown me and so many others in the world not to judge others by their actions, but to find the root of why they are doing so. I used to judge people not knowing what they were going through at home or outside of their home. This project has helped me to better understand them and has helped me become a better person.



Semicolon, JornCrafts on Etsy

My Wish For This Year

Brekyn Wadsworth, South Thomaston

My wish for this year would probably be to rescue a dog. I feel that recently I have seen too many dogs being mistreated. Honestly, I'm surprised by the amount of people I've seen who do not see their dog as a part of the family. Most people get dogs because they are loyal but where is the dog owner's loyalty in these cases?

Dogs get bred for people to take care of and love. They can't ask for food. They can't ask to be brought to the doctors because their tummies hurt. These animals are helpless in some respects. People should pick by breed and not by heart. Treating an animal as if it's dangerous just because of the way it looks or because of the breed, is similar to discriminating against people because of their race, gender or love preferences.

Some dogs are different from others; some are more reactive, some only bond with one person, some don't like affection. If you look at it this way, dogs get brought up in a family just like a person. Some dogs get abused and some get treated like animals instead of a family member. Canines have feelings, just like you and me. The only difference is that they can't always communicate those feelings and thoughts to people that don't try to listen.



Dogs from Pope Humane Society's website

Gunther Poetry

Anastasia Myatt, Lewiston

Gunther Acrostic

Good boy
Unhappy until he gets food
Never full
Too chunky
Hates hearing the word diet
Easily startled
Really big eyes

Gunther Haiku

is a chunky cat
Gunther likes to make biscuits
His breath stinks really bad

Free verse

I love my Gunther
His big ol' eyes
His fluffy body
He is my sweet cuddle buddy
Coming up in the middle of the night
To sleep next to me
Whether he already ate or not
He is always asking for food
I love my Gunther



Anastasia's cat, Gunther

Early Childhood Development

Keli Crowley, Hope

There are many ways a child is unique and special. My son Issac loves to fall asleep in his grampy's lap while watching Scooby Doo. He likes to play his piano with his feet while on his back. He has a unique cry where he will squeak as he cries. He likes to wake up and has a bright smile every morning. It's so

precious. He makes me smile when he laughs. Issac has a nightly routine where he will cuddle with whoever is near in order to fall asleep. He likes his swing. Isaac is becoming such a social person and wants to be very active. I want to be more active with him. I would like to run around and play games with him instead of just watching.

As a child, I enjoyed drawing and being creative whenever I had free time. I believe I had fun doing this activity when I was younger because it let my mind just explore. This activity allowed me to let out all my feelings in the form of artwork. I let my imagination take over as I would explore all the different ways to be creative. I had a stressful childhood so being creative gave me a chance to escape from reality. My older sister would write down what I would tell people about my artwork. We would then present it to the whole family.



Keli and her son Isaac

I didn't always have the love and support most kids have when they're younger but having my sister by my side is what made this activity special. I have learned that social/emotional learning helps you not only bond with your child but it allows you to understand their feelings and actions. There are many ways to help your child develop with this in mind by just simply spending time together as a family or just making sure you take an interest in their activities as well.

The five stages of social emotional learning are self-awareness, self-management, social awareness, relationship skills, and making responsible decisions. As your child is going through each stage you can help them by understanding how they develop during the stages. Understanding social emotional learning not only helps your child at home, but it also helps

him/her develop better relationships outside the house. I have learned that it helps them with communication and helps them build a better mindset.

As your child gets to the age of one, you may notice your child gaining three to five pounds and growing about three to five inches during the first year. As your child gets to the age of two, you will notice their weight slowing down. Cognitive development progresses so you start remembering recent events that have happened in their life. You may notice them starting to copy you when you make noises and talk.

Your child's imagination will start to show more now especially while they're playing. Your child starts to create great bonds with those they are close to, while also trying to do things for themselves. By the ages of two to five you will see your child wanting to make choices for themselves as they learn more about their feelings and are developing friendships with peers close to their age.



Keli's son Isaac in his jumper

Parenting Asia Nguyen, Auburn

No one prepares you for what it's like to be a parent. You can read articles, watch movies and try to learn from someone's experience, but that is not yours. Parenting is never black and white. Google will give you guidelines like don't yell, praise them, don't punish, spend one-on-one with your child. Give them unconditional love and your undivided attention. That is in a perfect world but it is not the reality.

You will want to yell at your child, especially when they do things they know they aren't supposed to do. You've taught them right from wrong, but they still do the wrong thing. That is when you find it hard to praise. Having more than one child it's hard to spend 1:1 time with each child. Somedays you are too tired to give your child/children your undivided attention. When your child does something you disagree with, it's hard to not just discipline. You try to make it a teachable moment and that doesn't always happen. To have control over yourself and your feelings is one of the hardest things you have to do being a parent. Regardless of how you feel it is your job to teach your child.

Watching your child hit milestones is a beautiful thing. To hear them say their first words, take their first steps, learn their favorite color, food, tv show, it makes you proud. Negative reinforcement doesn't help usually, and isolating your child usually ends up in them rebelling against you. If I could go back in time I would have been more present and interested. Being a young mom, you get overwhelmed, frustrated and easily overstimulated. It can be very hard to be a good parent. Sometimes you are just in survival mode.

My children have taught me patience, how to love and be loved unconditionally. Having little humans depend on you makes you strive to want to be a better person, and it is easy to find motivation to reach your goals. Most people have a hard time determining how to discipline their children. I like the idea of setting limits, hearing your child out and letting them express how they feel. I believe in being in the moment and praising them for milestones and good behavior.

Something I struggle with is sibling rivalry. It is hard to validate but also non-validate your child's feelings when there is more than one child involved. Most times I find myself listening and letting them work it out between themselves. I step in if they get physical or disrespectful. They all fight for your attention at once. They demand that you spend one-on-one time with them. If you don't, they'll say that you love the other one more. I try to split time and give individual attention to each of my kids, doing the things that interest them. All three of my kids have different interests.

It's important to always be a parent first, but being a friend is also just as important. Your child should know you will be there for them no matter what and

that you have their back. They should feel like you're their biggest fan, to create the precedent of a friendship that will impact your child and will carry on with them through life. A parent's bond with their child is the one of the most important things in a child's life. They rely on that relationship. They need to know they can trust someone wholeheartedly.

A skill I would like to perfect is "follow through." It is so hard for me to set a boundary and stick to it. I will say something then I will let my kids do what they want within reason. The biggest thing to learn is to earn respect. You have to say what you mean and mean what you say with kindness and firmness. A child will walk all over you and expose your weaknesses if you do not stick to your word.

Being a parent is a beautiful thing. You learn so much about life, yourself and your child. Watching my daughters become young, beautiful individuals has been a blessing in disguise. Being a teen mom was hard. I had to change my life, the way I thought and how I reacted. Being a parent is about balance. You can have your life separately from taking care of humans. The balance is important to you and them. If you are not mentally and emotionally there it will be harder on you and your journey to be a parent.



Asia and her family

The History of the Tampon

Emalee Donahue, Lewiston

The ancient Egyptians used the papayas plant which is also known as a paper reed. They also used the plant to make sails, clothes and even mats. In 1500 BCE to 500 CE, those were their feminine hygiene products during menstruation. Then in the 5th Century BC, Greeks used wool tied around a stick. It seems like it would be a little uncomfortable. Romans would use wool and the Japanese would use paper. In Asia and Africa, they used grass and wood tied together.

What we know today as tampons, didn't come around until the 20th century. The first creation of the tampon was by Dr. Earl Haas in 1933. He got the idea from his friend that used a sponge so that she didn't have to wear the uncomfortable pads. Unfortunately, he didn't make it popular so he sold the idea to Gertrude Tendrich for \$32,000. She called it Tampax but then sold it in 1936, because she did not make a lot of money from the sales.

Did you know that tampons were well known during World War II? Tampons then became popular because of them being more comfortable, and less of a mess for the women who worked in factories. In 1972, the National Association of Broadcasters lifted the ban on promoting tampons on tv, and since then it has made its way around the world.

It took such a long time to get to where female hygiene products are today. Approximately 70% of American women use them. Maybe they can continue to broaden the horizon for women to make an even better product in the future.



Kotex Ad, BBC

Science

Kenzie Phifer, Union

Science is important for knowledge, and for a better world view. Everything we think is common sense came from science. There was a time when things like the cause of perspiration or why we as humans produce heat from our body wasn't known. Without science we wouldn't have technology, electricity or knowledge of just about anything.

There's many different branches of science. Physical science is the study of non-living things and systems. Life science is the study of life in all its forms. Earth science is the study of earth and all our other planets. Natural science is the study of all natural phenomena. Social science is the study of human society and relationships.

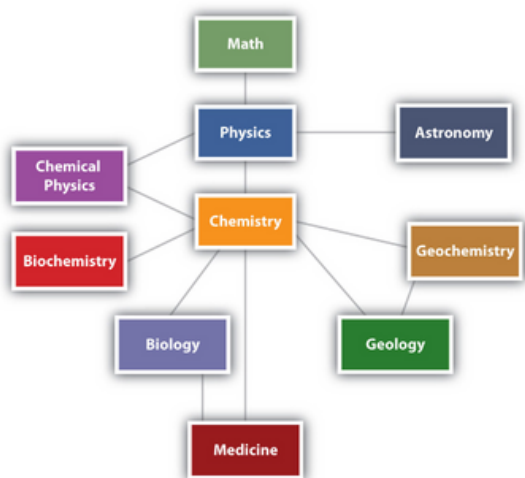
Physical science is the systematic study of inorganic things such as, mechanics, optics, acoustics, electricity and heat which are all related because they are forms of energy. The main branches of physical science are physics and chemistry. Physics centers around the structure and behavior of individual atoms and their components, while chemistry deals with the properties and reactions of molecules.

Life science or biology studies life in all its forms such as, animals, plants, bacteria, viruses and cells. When talking about life or life science it really just comes down to cells and their components and processes. Biology studies how organisms live. There are so many branches of biology like ecology, which deals with the interactions between organisms and their environment. Zoology is the study of the animal kingdom. Microbiology studies single-celled organisms or small-cell colonies, including viruses, bacteria and parasites.

Earth Science is the study of earth, all the other planets in space and the universe. The main branches of earth science are geology, oceanography, astronomy and meteorology. Geology is the science of the earth and deals with the composition of earth's materials, structures and processes, past and present. Oceanography is the study of the ocean, its movement, organisms and processes. Astronomy is the study of celestial objects, space, and the universe as a whole. Meteorology is the study of the atmosphere and how processes in the atmosphere determine earth's weather. It looks at how the climate

changes over time.

Natural sciences are the empirical sciences that explain natural phenomena and deal with matter, energy, their interrelations and transformations. The five main branches of natural science are chemistry, physics, earth science, astronomy and biology.



What is Chemistry, Introduction to Chemistry: General, Organic, and Biological

Water Contamination

Emily Alley, Calais

There has been a surge in unclean water in Washington County, Maine. There has been some strange stuff going on with the water. In Sipayik (Pleasant Point) it took several years of marching, going to Augusta, getting news coverage to finally get a bill passed for clean water on the reservation. Calais city water is too dangerous to use with dangerous chemical and alkaline levels. Woodland and Princeton have seen a rise in lead levels.

I researched contaminated water in the US, and the growing problems it creates. Coal Mountain, W.Va., which serves around 118 people—tops the list with its water system having the most violation points in the country: 595 points over five years. It has detected high levels of radionuclides, disinfection byproducts, arsenic, lead, copper, nitrates, and coliform across the U.S.

Drinking water systems serving millions of people fail to meet state and federal safety standards. Millions more Americans may be drinking unsafe water

without anyone knowing because limits on contaminants set by the U.S. Environmental Protection Agency (EPA) are too high.

Some of the solutions for water contamination.

1. Wastewater treatment
2. Plastic waste reduction
3. Water conservation
4. Install a water-efficient toilet in your home
5. Septic tanks
6. Avoid using the toilet as a wastebasket
7. Stormwater management
8. Green agriculture
9. Return used motor oil for recycling
10. Use a commercial car wash
11. Sweep sidewalks and driveways
12. Fight mud
13. Avoid using lawn fertilizers that contain phosphorus
14. Leave an unmowed buffer next to streams and lakes
15. Flush responsibly
16. Use the trash, not the drain



Sources of Water Pollution, Kent Health Care Products

Shark Breeds and Facts

Miranda Leavitt, New Gloucester

Megalodons lived eighty-eight to one hundred years. An adult megalodon could grow to be about 33.5 feet and was the largest fish that ever lived. They went extinct about 3.5 million years ago. The biggest Megalodon was sixty-five feet long.

Hammerhead sharks live in the Central and Southern United States, Asia, Africa, and Australia. Most Hammerhead sharks are carnivores, but some are omnivores, eating sea grass, stingrays and other fish. There are nine species of them and they tend to be

very shy. A Hammerhead uses its head as a weapon to help them to hunt. These sharks are endangered because of human activity.

The **Great White shark** lives about everywhere but there is a high concentration in the United States, Southern Africa, Japan, Oceania, Chile, and the Mediterranean. They are carnivores and cannibals. Their life span is about seventy years. They eat fish, marine mammals such as seals, sea lions and sometimes whales, seabirds and sea turtles. They only have two predators: orcas (killer whales) and other sharks. Their eyes glow in the dark. Their blood is toxic. They can jump out of water about ten feet in the air.

Frilled sharks are eel-like. They live worldwide in isolated pockets. They eat cephalopods, squids, octopus and fish. They have more than three hundred teeth and have six gills.

Tasselled wobbegong sharks live in the Pacific Ocean near north Australia, Papua, New Guinea and Indonesia. They are carnivorous. Their predators are large fish, sharks and marine mammals. They have poor eyesight and a nasty bite. They suck in their prey as they swim.

Goblin sharks live in the Atlantic, Pacific and Indian oceans, but are mostly found off the coast of Japan. They are pink and grow into their noses. They eat rat tails, dragonfishes, cephalopods and crustaceans. Their predators are other sharks. They are deep sea animals.

Greenland sharks live in the North Atlantic and Arctic oceans. They eat fish, seals, eels, squid, and other small sharks. They have no predators. They live longer than almost all species of sharks. Their meat is toxic. They are blind but they find their prey by smelling.

Megamouth sharks live worldwide in tropical or temperate latitudes. They were discovered by accident and eat filter feeders, krill and plankton. Their only predators are sperm whales and cookie cutter sharks. They are the third biggest shark in the world but are slow swimmers.

Whale sharks live in warm waters across the world. They eat plankton and small schools of fish. Healthy adults have no predators apart from humans. Juveniles are known to be preyed on by blue marlin,

orcas and predatory sharks. They are deep sea divers. They actually have fingerprints. Human divers have been known to catch a ride on them.



Shark, Wikipedia