

PASSAGES PRESS

A WAYFINDER SCHOOLS STUDENT PUBLICATION

Martin Luther King, Jr. Merjema Brkic, Camden

Born in 1929 in Atlanta, Georgia, Martin Luther King, Jr. was heavily influenced by his father who was a church pastor. His father stood up to segregation in his daily life. During the 1960s, King Jr. inspired many people during the civil rights movement. He helped people with their faith. He preached kindness even in difficult moments. There were several instances where he led his country to pursue justice for all.

1955 - The Montgomery Bus Boycott

King led the boycott which lasted 385 days. It was in response to Rosa Park's arrest for breaking segregation laws. Following a 1956 ruling by the Supreme Court, segregation on public buses was deemed unconstitutional.

1963 - The Birmingham Campaign

King led the Birmingham community to call out police brutality and injustice. The effort proved that consequences exist for those who act unfairly based on race. It also set a precedent for future hearings involving similar acts.

1964 - Civil Rights Act of 1964

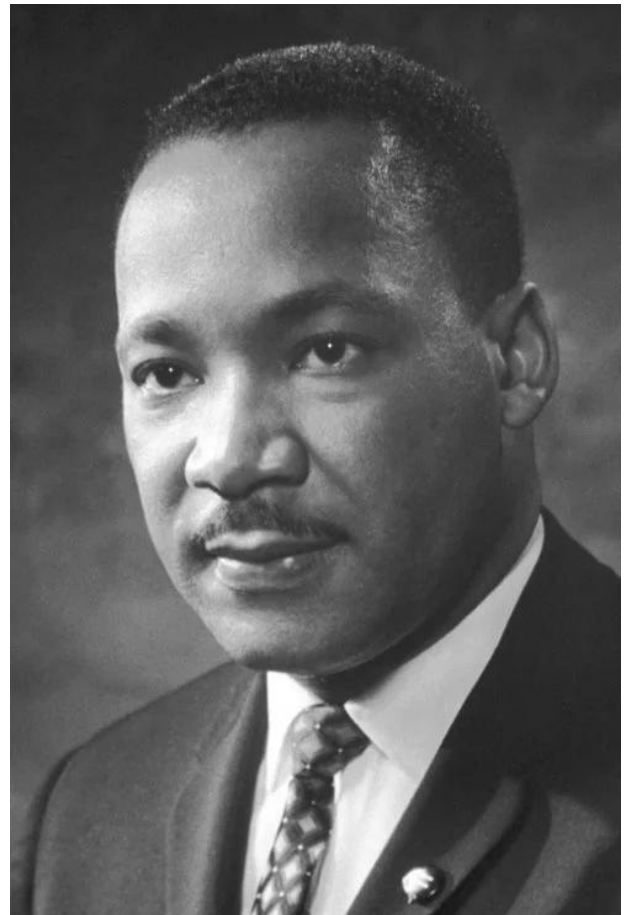
This act ended segregation in public places and banned discrimination based on race, color, religion, sex or national origin. It is considered one of the primary legislative achievements of the movement. King's activism helped shape the qualifiers of the act.

1965 - Voting Rights Act

King led marches in Selma, Alabama, bringing light to voting inequality issues. It prompted President Johnson to send a bill to Congress to remove race-based restrictions. After passing into law in 1965, the

act outlawed discriminatory voting practices adopted in many southern states. It prohibited unfair practices such as literary tests as a prerequisite for voting.

King highly impacted views and laws about discrimination based on race, religion and gender. His many peaceful protests and movements opened people's eyes and made them strive for change.



Martin Luther King, Jr., NoblePrize.org

Rights and Responsibilities of Being a United States Citizen

Merjema Brkic, Camden

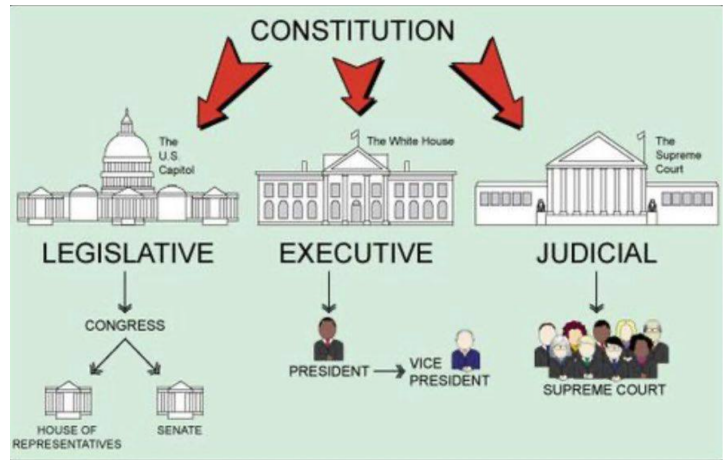
There are many rights and responsibilities involved in being a U.S citizen. You become one through birth or naturalization. Some rights of a U.S. citizen consist of freedom of speech, freedom to worship how one may wish to, right to a fair trial, and the right to vote. Some responsibilities include defending your country and/or the constitution, paying income and taxes to federal, state and local authorities on time, respect the rights, beliefs and opinions of others, respect and obey federal, state and local laws.

I am a citizen of the United States. I am over 18 and a resident of Maine. In order to vote, I will need to make sure I have the required documentation of identification and proof of residency. I filled out the green voter registration card and dropped it off at my local town office. While there, I experienced the feeling of being a responsible young adult. Other reasons one may go to their local town office is to discuss matters that concern them, to register a car, to seek support and assistance for low-income families.

I felt as if I was a better citizen of the United States. I got to see what the ballot looked like. There is a lot of support to vote but at the same time it seems difficult. It will take me some time to understand voting procedures and to decide who gets my vote.

All levels of government must obey the U.S. and state Constitutions. The federal government is assigned certain powers while the rest are assigned different powers. The federal laws apply to everyone in the United States while state and local laws apply to the people living and working there. Laws vary from state to state.

There are three branches of the government. They are legislative, executive and judicial. The branches of powers are set up in a way so that all three powers are separated to ensure the government stays effective and people's rights are protected. Congress and the Senate make laws. The executive carries out the laws through presidents, vice presidents, cabinet and most federal agencies. The judicial branch evaluates the laws through the Supreme Court and other courts. The constitution is the supreme law of the nation that all must abide by.



Branches of Government, ReadWorks

Pros and Cons of Becoming a Carpenter

Jeremiah Leavitt, New Gloucester

Some of the pros of becoming a carpenter are that you get to use tools and to work with your hands. It's a good profession. You don't have to deal with a lot of people and it gets me out of the house. It can actually be fun at times and it does pay well.

Cons of being a carpenter are that some of the jobs are big and take a great deal of time. You may have to drive a long distance to your job sites. You can't be afraid of heights. There are times when there are no jobs to work on so you don't get called into work. The work is hard and can be tiring.



Carpentry Tools, Jeremiah Leavitt

How To Buy A Car

Autumn Todesca, Berwick

Step 1: Have a consistent income and stable work history.

Step 2: Have a credit history and check it at Equifax or CreditKarma.

Step 3: Look for a desirable car within your budget at dealerships, Carfax, etc.

Step 4: Get a car loan by going to credit unions, banks, lenders to get quotes. Get pre- approval once you find the loan institution that you want. Go with the best interest rate (as in, the lowest interest rate) so you don't have to pay back a lot more than you borrowed.

Step 5: Research the car and call the dealerships in your area to find the best deal.

Step 6: Go see the car to test drive it. Make sure it's the one you want. Check Carfax (info on history). If it's been in an accident, I would walk away.

Step 7: Rebates, find them online and ask the dealership for graduate and military rebates.

Step 8: Negotiate with the dealership. A 7-8% mark up, could negotiate to 3-4% rate. Review price break-down. Ask the dealership what it is or remove it. Don't sign up for add-ons or let them pressure you.

Resources: <https://www.youtube.com/watch?v=uanFtCbPH-o>



Cars, Motortrend

Science and Opportunity

Emalee Donahue, Lewiston

Science is very important in our day to day lives. The questions we ask, like why is there water on the outside of the glass, is science. Science creates solutions of everyday life, answers to the mysteries of the universe, improving the quality of life in some cases.

Science has three branches called physical science, earth science, and life science. Physical science is physics, chemistry, and astronomy. Earth science is dealing with the physical constitution of earth and the atmosphere. Life science is the study of life (biology), watching/learning about the organisms and their way of life.

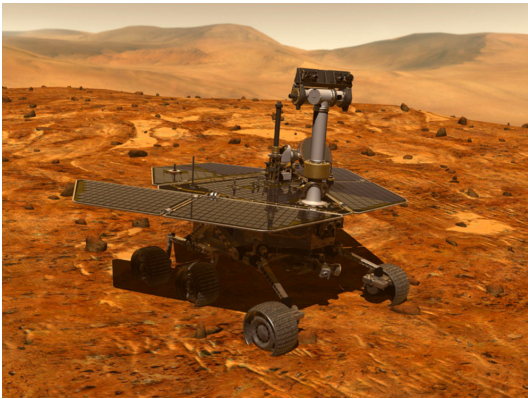
I find physics fascinating. Physics is the natural science that studies matter, its fundamental constitution (what it's made of), its motion and behavior as well. It includes space, time, energy and force. Physics is involved in almost everything. Kinetic energy is part of our everyday life. It is the energy an object has due to its motion. One example is when a big vehicle at the top of the hill rolls down the hill, as a vehicle's speed increases so does its kinetic energy.

Another example is liquid vs solids. The particles in a solid ice cube have small kinetic energy moving around slowly. As it heats up it turns to a liquid and the particles then begin to move a lot faster. The ice melts faster when it is touching a glass due to the heat flowing from the glass to the ice cube. Since the glass is warmer, it creates a melting point to the ice. Then causes the solid ice to turn into a liquid called water.

Melting points happen because of the heat given to the object. The more heat, the faster the particles move, the more kinetic energy there is. So when the ice melts and gets warmer the kinetic energy increases, causing the particles to move faster causing it to turn to a liquid. Liquid is very important in our lives. Life depends on water to survive.

Scientists were determined to find water on Mars, to see if there was once life on Mars. The movie "Goodnight Oppy" was amazing. It was about two rovers going to Mars to find information on a planet we had never seen before. I love the "life" that the

robots had. They found drinkable water molecules and lots of craters that once used to be volcanoes or mountains. Humans can accomplish amazing things.



An artist's rendering of NASA's Opportunity rover on Mars.
NASA/JPL-Caltech

Benefits of Reading

Emily Alley, Calais

The impact of reading on brain development and learning is huge. Not only is reading your main source of learning and communication but it's also the key thing we use without realizing. Not many people realize for a developing brain everything is confusing. Patience is important when teaching and learning to read and write.

Reading benefits for children include supported cognitive development, improved language skills, prep for schooling, increased concentration and discipline and improved imagination. It helps in developing a bond with the child and creating a lifelong love for reading.



Miscellaneous Books, Wendy Dyer

Schedule time to read. Reading is an easy thing to put off because there are often no exact expectations. Set yourself up for success. Pick a location that is conducive to reading. Choose and use a specific reading strategy. Monitor your comprehension. Take notes as you read.

My Interests, Skills and Values

Brooke Neptune, Indian Township

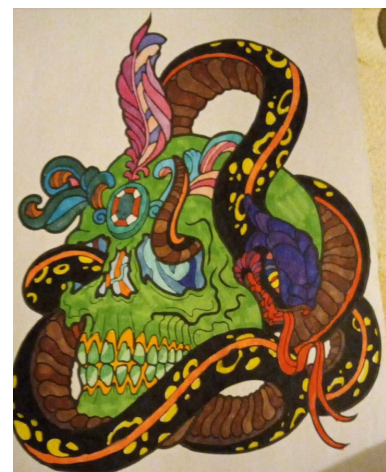
Some of my interests include cosmetology and hair, but also math and DIY projects. They feel relaxing to do, but can also be challenging which is good because I love a good challenge. Some of my skills are problem solving, adaptability and time management. All of those things would be my skills not only because I like them, but because I feel I'm pretty good at all of them.

I value the people that I love, along with loyalty, honesty, respect, kindness and reliability. This is who I am and try to be so I wish that others would be also. I would like to sometimes receive what I put into the world to other people.

I asked a trusted person who I felt would give me an honest answer about my disposition. They told me that I am someone who is a trustworthy person that could be trusted with anything. She said she knew that whatever she tells me, she always knows that it would stay between us no matter what. She said she knew if ever she needed me that I would be there to help her in any situation.

Student Artwork

Miranda Leavitt, New Gloucester





Original artwork by Miranda Leavitt

Things I'd Like To Understand Jennifer Jacques, Lebanon

About Love...

- Why does it have to be so hard?
- Why do we get hurt after falling in love?
- Why is love based on our parent's experience?

About Life...

- Why is it so confusing?
- Why do prices keep going up and making it harder to live?
- Why are there more homeless people than people living in homes?

About Death...

- Why does it have to happen?
- Why is it so hard to lose your loved ones?
- Why do your loved ones go too soon?

About Myself...

- Why am I so insecure about my body?
- Why did I want to just give up at one point in my life?
- Why do I give so much love and feel as if I'm not good enough?

Being a Parent Kailey Townsend, Calais

Something I have learned from other parents is that it's always good to get a break at some point, whether it's a shower alone or having someone watch the child just so you can have a couple minutes alone. Don't feel bad about leaving the baby to go out once in a while.

I sometimes get a break to shower and to eat a warm meal. That's if someone else has finished eating or the baby is sleeping. I've been able to hangout with my friends a couple of times without the baby, but my friends have been very supportive and don't mind if I brought her along.

One thing I want to do differently from other parents is to not let my child chew on things that we don't know where they've been. I saw this happen at a play group I went to. Parents let their kids chew and lick all over toys that the other kids had touched and put on the dirty floor. Next time, I will make sure to bring some of the toys I have at home so I know where they have been.

I want to take my child around others so that she learns how to play well with other kids. I have learned from parenting Eliana that there are good and bad times when being a parent. She has taught me that parenting can be stressful at times. But watching her growing up is the best thing I could ever watch. We learn something new together every day. No matter what mistakes I make, I'm always going to try to be a good parent no matter what age I am.



Kailey and her daughter

Self-Care

Emily Alley, Calais

It's important to perform self-care for your own well-being, for your physical and mental health. Everything we do is tied to self-care and self-awareness. It's like breathing. We do it completely out of the blue, subconsciously. Kind of like self-care. Getting up to shower, talking to someone about yourself and your day is also part of self care.

My personal favorite is breathing exercises and meditation. It helps clear the mind and the body from anything that could be harmful in the moment. Self-awareness is so important when it comes to mental health and getting better. If you can admit your own problems, you are better off.

Opening up and talking about thoughts and feelings can really improve your overall life. You'll be calmer, less stressed, less anxious. Even the smallest things like changing your bed covers or cleaning up a little around the house can help with self care. It's looking out for yourself in ways you know works for you. Everyone is different and finds something that works for you.

Different types of self-care: They are activities that help you connect, process, and reflect on a full range of emotions.

- Practical self-care
- Physical self-care
- Mental self-care
- Social self-care
- Spiritual self-care/maintaining connections
- Taking care of your body
- Taking a break from news and social media
- Make yourself a priority
- Go outdoors
- Stick with a daily meditation practice
- Give yourself permission to cry
- Take deep breaths

Fire Safety

Autumn McIntyre, Pembroke

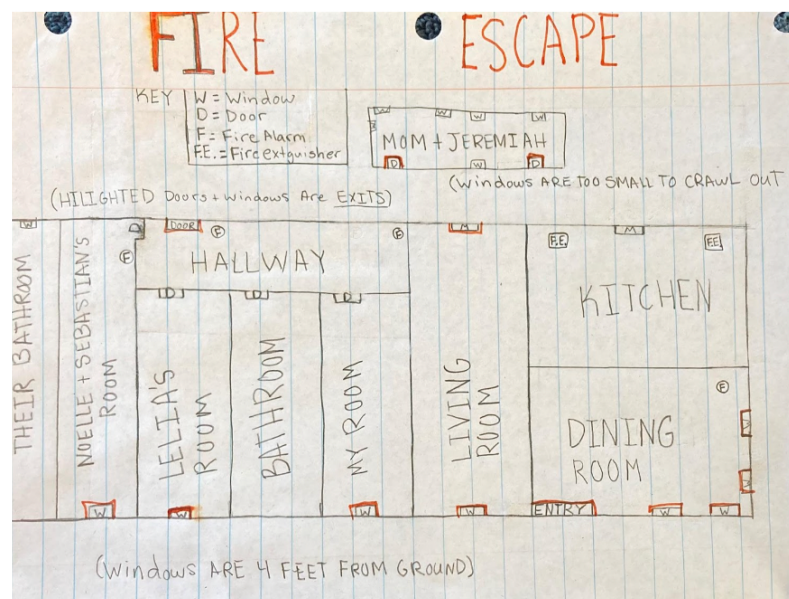
It's been about a year since I've moved to rural Pembroke. We take fire safety very seriously. We have smoke detectors. Everything we had for fire

safety in the city of Waterville, we have here. The only thing we don't have is a fire escape which we don't really need because we don't have an upstairs. We can't get trapped in a room because everyone has their own windows. I would say the windows are about four feet off of the ground so we could easily jump out. My mom also made sure to have a discussion about what would happen if we did have a fire with the whole family there so I feel protected and so do my siblings.

I drew a map of our house and we practiced a few different scenarios of where we would get out if there was a fire in a certain area. All under a specific time limit. The first scenario we practiced was getting out of the house if there was a fire in the living room, and the entryway was blocked. I set a timer for 10 minutes to see if we all could successfully get out within that time.

The obvious decision for us to make was to get out through the door in the hallway. The problem we had with that though was that we don't have steps. I would say it's a 5-6 foot drop. We opened the door and immediately Sebastian (my sister's boyfriend) went first because he's strong and we assumed he could help everyone down.

He took the baby first then my sister Noelle went down to help my other sister and me get out. It took us four minutes and thirteen seconds. I think that it went quite well. The only thing I would have done differently would be to have steps by that door.



Autumn's Fire Escape Plan

Ten Things That Scare Me

Kristina Rideout, Sanford



Logo from 10 Things That Scare Me Podcast

1. After yesterday's events of false reports of school shootings, I'm scared. I've never been so scared in my life, waiting to get that call that my baby brother was okay.
2. I'm afraid of losing someone that I love. During my life I had only dealt with death a few times. Death had never really affected me the way that my pops passing made me feel. Now losing my mum, dad or siblings are such scary thoughts to me.
3. I'm scared of my dog getting hurt. When my dog Rollie was two he got out without us knowing. I went out front and saw him get hit by a car. The cry that came from him haunts me still. I can't listen to a dog cry without thinking about it.
4. As weird as this sounds, feet scare me. I don't even know how to explain it. They are just so gross and look weird. I just don't like them.
5. There is a swing ride at Six Flags that's not like any swing ride I've ever been on. It was about 100 feet high and goes up and down the entire ride while it spins you like a normal amusement park swing. The chains were so small. It scared me so much. I don't think I will ever go on a swing ride again.
6. I am claustrophobic. I don't enjoy small spaces. It makes me anxious, as it feels like the walls close in on me.
7. Although I LOVE fire and could jokingly say that I'm a pyro, the thought of burning myself scares me. Even if it's a small burn, I don't like it. Being burned alive is also a fear.

8. I used to be so afraid of fireworks but I've gotten a lot better with them. One year my brother got hurt using a roman candlestick and it scared me. The following year when the fireworks went off at the pond, I was so scared that I cried. I was alone and "trapped" in my neighbors yard, scared to move to go find my mum.

9. I've never had surgery, but I am scared of it. I almost needed it back in 7th grade when I broke my elbow but I didn't. The only time a doctor has cut me open was for my birth control. Even though it was like half an inch, even that scared me a bit.

10. My future. I just sit sometimes to think about my future. It can bring me into a dark place. I think that I won't have a good job, that I could end up homeless. So much that I don't know.

Emotional Abuse

Cassy Kane, Phippsburg

Psychological abuse is a form of emotional abuse. With emotional abuse you endure many similar things as you would being psychologically abused. However, there is a slight difference. Psychological is more to do with the mind, its health, whereas, emotional is to do with feelings. You can endure emotional abuse by anyone, whether they discredit you, isolate you or force you to keep quiet about things they're doing to you.

Some people use how you feel about something to manipulate you, and they use other ways to manipulate you into believing that they are right, and that they know what's best. They try to control who you're with or who you talk to, as they try to make you feel like they are all you have. It makes you feel trapped but scared to leave at the same time. They use your emotions against you to manipulate you into staying or changing.



Power and Control Wheel, Domestic Abuse Intervention Project

The Negative Aspects of Social Media

Miranda Leavitt, New Gloucester

Multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. If you're alone and see someone post a relationship post it could make you feel a little lonely. If you see posts about death that can be depressing.

Social media could promote negative experiences such as an inadequacy about your life or appearance. You see models and then you look at yourself. People body shame you without you even knowing it. People have been feeling worse and worse about themselves since social media.

On social media there's always someone ragging about an issue. I saw a fight on Facebook. They were acting horrible because they didn't get what they wanted. To put it all over social media is just not right.

My mom always tells me this when I am stuck inside on my phone and she tries to get me to go outside. This generation will never get to really understand what having no technology is like. Most would not be willing to go without technology.



Autumn's Family Campsite

Should We Have Shut Down Our Screens Day?

Autumn McIntrye, Pembroke

In my opinion, we should have frequent screen-free days. I have experienced what being off all of my devices is like. Whenever we head up to my family's campsite, we lose all internet access. It is completely remote, with zero wifi, so we have no choice but to be off our devices. It's super beneficial though.

We can go out to enjoy the full experience without having any electronics in the way, except for when my mom takes pictures of course. My point is, when it comes to not having any devices, you're more mindful of your surroundings. It's great to take a break every now and then.

According to uwhealth.org, the average teen spends at least nine hours a day using media or technology of some form. They can check their social media accounts up to 100 times per day. Technology has become the new normal. I hear stories all the time about how people back in the "olden days" weren't attached to devices, mainly because there were not any. Apparently they played outside a lot more often than kids do now.

A lot of people can develop an addiction when they're on their phones 24/7. It's called Nomophobia, which according to cambridge.org is this fear or worry at the idea of being without your cell phone. According to ncbi.nlm.nih.gov, "Various psychological factors are involved when a person overuses the mobile phone, for example, low self-esteem, extrovert personality. The burden of this problem is now increasing globally. Other mental disorders like, social phobia or social anxiety, and panic disorder may also precipitate in Nomophobic symptoms."

When it comes down to treatment of Nomophobia there's not much you can do... verywellmind.com says "While there is no specific treatment for nomophobia, your therapist may recommend exposure therapy, cognitive-behavioral therapy or both to address your symptoms. In some instances, your doctor may also prescribe some type of medication to address symptoms of anxiety or depression that you might be experiencing."